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SAUTÉED SPIGARELLO

SERVES 2 / PREP TIME: 5 MINUTES / COOK TIME: 5 MINUTES

Spigarello is an heirloom variety of broccoli that is considered a parent to raab. While this recipe easily accommodates nearly any leafy green, why not try something new? Mix and match with any favorite cooking fat to expand the number of choices—you have even more! (And if you can't find spigarello, kale works just fine—just cook it a few minutes longer.)

1 bunch organic spigarello

2 tablespoons duck fat, pasture-fed lard, or coconut oil

6 garlic cloves (or more), peeled

1 small Meyer lemon, half of it juiced and the other half cut into wedges for garnish

1 tablespoon olive oil

1. Wash the spigarello and separate the leaves from the stems. Chop the leaves finely and cut the stems into 1-inch lengths.
2. Heat the fat in a cast-iron pan over medium-high heat.
3. Smash the garlic cloves using the side of a chef's knife and sauté them until they turn brown but are not burned.

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4. Add the spigarello stems and stir to combine with the fat and garlic. Turn off the heat and add the leaves.
5. Cover the pan and let it sit for 1 minute. (If you are using kale, let it sit for a few minutes longer.)
6. Squeeze the juice from the half-lemon over the top of the spigarello. Garnish with the lemon wedges and drizzle with olive oil. Serve immediately.

Adapted from a recipe by Nell Stephenson on Paleoista.com.
