



Wilted Dandelion Greens with Onions & Sweet Peppers

The Ingredients

- 1 tbsp of sunflower oil
- 1 sliced cooking onion (medium sized)
- 1 sliced red and/or yellow pepper
- 1 bunch of dandelion greens, chopped or cut into 1 inch strips
- Salt and pepper to taste

The Method

- Soften the onions in the oil over low heat for 5-10 minutes, stirring frequently to prevent browning.
- Add the sliced sweet pepper after about 2-3 minutes.
- Once the onions and peppers are soft, add the greens and wilt.
- Serve hot or at room temperature.

RECIPE BY TIBRATA GILLIES