

Dandelion Greens with Mustard Vinaigrette

Adapted from Insockmonkeyslippers.com

Makes 4 Servings

Ingredients

1 large bunch tall dandelion greens
2 tablespoons champagne or white wine vinegar
1 tablespoon Dijon mustard
1 anchovy filet (or 1 tsp anchovy paste)*
pinch of sea salt and pepper
¼ cup extra virgin olive oil plus 1 tsp

Directions

1. Roughly chop the dandelion greens discarding the tough stems.
2. In a blender, combine vinegar, mustard, anchovy, salt, and pepper. With the blender on high, slowly drizzle ¼ cup olive oil in until combined. Turn off the blender and set aside. If you use the anchovy paste, you can simply whisk it all together.
3. Heat the remaining oil in a sauté pan over medium-high heat. Add the greens and sauté for 5 to 8 minutes until tender. Pour the vinaigrette over the greens, stir, and sauté for 1 minute more. Remove from heat and serve.

*Don't let the anchovy scare you off, the finished dish doesn't take fishy. The anchovy gives it a great umami flavor. Try it! If you just can't bring yourself to trying it, the vinaigrette is still very good without it.

Nutrition per Serving: 170 calories, 15g fat, 2g saturated, 160mg sodium, 10g carbohydrates, 4g fiber, 3g protein