

What's in season?

Dandelion greens

make it tonight

Dandelion greens with currants and pine nuts

BUY OR PICK

The grocery variety (an Italian chicory) is milder than the more mineral-rich garden weed. Either way, look for young, tender leaves.

GET HEALTHY

Like other leafy greens, dandelion greens are an outstanding source of vitamins A and K.

BALANCE THE BITE

To tame the greens' natural bitterness, cook them with dried fruit, toasted nuts, and olive or nut oil.

SERVES 6 TIME 15 minutes

About 2 tbsp. extra-virgin olive oil, divided

1 garlic clove, finely chopped

1 lb. dandelion greens, ends trimmed, roughly chopped (about 2½ qts.)

1/8 tsp. each kosher salt and freshly ground black pepper

3 tbsp. each dried currants and toasted pine nuts

Lemon wedges (optional)

1. Heat 1 tbsp. oil in a large nonstick frying pan over medium heat. Add garlic and cook until fragrant, stirring, about 30 seconds.

2. Add dandelion greens in batches, turning frequently with tongs. Increase heat to medium-high, sprinkle with salt and pepper, and continue to cook, turning with tongs, until greens are wilted and tender-crisp, about 5 minutes.

3. Add currants and pine nuts and cook 1 minute more. Transfer to a serving dish and drizzle with about 1 tbsp. more oil. Serve with a squeeze of lemon if you like.

PER SERVING 113 CAL., 62% (70 CAL.) FROM FAT; 2.7 G PROTEIN; 7.9 G FAT (1 G SAT.); 11 G CARBO (2.9 G FIBER); 96 MG SODIUM; 0 MG CHOL.



3 more ways

SAUTÉ with spinach and layer into your favorite vegetarian lasagna.

TOSS in a salad with sliced apples, blue cheese, and toasted walnuts.

ADD chopped greens to pasta during the last minute of cooking, then mix with parmesan and toasted almonds. ■

