

# Simple Sautéed Golden Frills Mustard Green with Bell Pepper

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## Ingredients

- 1 clove garlic minced
- 1 red bell pepper minced
- 1 bunch golden frills mustard green
- 3 tablespoons olive oil
- 1 teaspoon fine sea salt and crushed red chili flakes

## Steps to Make It

1. Turn on medium heat and add the oil in a large pan. Add minced garlic to the hot oil. Saute until garlic is softened and fragrant and has infused the oil.
2. Add the chopped mustard greens. Season the greens with salt and black pepper.
3. Add the chopped red bell pepper and crushed red chili flakes, and saute while tossing to wilt.
4. Raise heat to a simmer, then lower and cook for about 5 minutes more.
5. Remove from the heat. Ready to serve!