

# Braised Greens w/garlic

## ingredients

1/2 head purple cabbage  
5 baby bok choys\*  
2-4 C of any broth  
Salt and pepper to taste

## directions

Cut the purple cabbage into wedges. Wash bok choys well. Put into shallow pan and pour the broth over the top up to the edge of the pan. Salt and pepper. Place over a low flame and bring to a simmer. Simmer until veggies are tender.

\*or another cabbage or large bok choy



a gentler and *happier* approach to health