



hofo feet greens

Serves 4, Prep time: 5 minutes, Cook time: 10 minutes

- 1 bunch of greens or the tops to 3 medium beets
- 3 cloves of garlic, roughly chopped
- 2 tablespoons good quality sherry wine vinegar or my favorite, Banyuls
- Sea salt and pepper
- 2 tablespoons olive oil (optional)

Turn your grill on to medium heat, making sure to leave one burner off. Rinse the greens and but off the bottom 2-3 inches of stems. Create your foil packet and place the greens, lemon or orange slices, garlic, salt and pepper and vinegar on the foil and seal it up. It doesn't need to be super tight though – you'll want enough room for some steam to circulate in the packet.

After 8 minutes open up the foil packets (watch for steam!). If the greens are tender and bright green they are done! Finish with the olive oil and enjoy!

Enjoy!

Chamber
xoxo

forkinhealthy.com

empowering people to take control of their health and become healthy foodies once and for all