



COOKED WILD GREENS

(Horta)

Greens are an integral part of the Mediterranean diet, but especially of the Greek country table, where endless varieties of wild greens abound. Greeks always cook their greens and consider this dish a salad. Serve it with skordalia, good bread and a few Krinos Olives and the meal will be more or less complete.

2 1/2 pounds dandelion greens, chard,
beet greens, collard greens or escarole
1/2 cup Krinos Extra Virgin Olive Oil
2-4 tablespoons Krinos Red Wine Vinegar or lemon juice
Salt, to taste

Wash and trim the greens. Fill a large pot halfway with water and add salt. Bring to a boil, add the greens, and let simmer, partially covered for 15-20 minutes, until the greens are tender. Drain and cool.

Place in a serving bowl and toss with olive oil, vinegar or lemon juice, and salt to taste. Serve at room temperature.

Note: The greens may be stored without dressing in a covered plastic container in the refrigerator for several days and dressed just before serving.

Yield: 4-6 servings