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## Easy Greens

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Serves 2

### Ingredients:

- 1 Cup Bok Choy (Washed and chopped into bite size pieces)
- 1/2 Cup Kale (Washed and chopped into bite size pieces)
- 1 Cup Bean Sprouts (Washed)
- 1 tbsp olive oil
- Bragg's Soy Sauce or Wheat free Tamari

### Directions:

In a large pan over medium heat, heat olive oil with 2tbsp of water. Stir-fry Bok Choy and Kale. When greens are 1/3 done add bean sprouts. Lightly fry until tender but crunchy. Season with soy sauce.

### Special Notes:

This dish is best enjoyed as part of a complete meal. Try it with brown rice and broiled chicken or fish. You can also try a seasoning with Herbamare (Sea salt and spices). Greens are great for your liver and support the organs of elimination.