



Dandelion Naturopathic Clinic
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Shitake and Dandelion Green Saute

This quick, simple dish is flavourful, and deeply nourishing.

1/2 lb or so of Shitake mushrooms, sliced
1 large bunch dandelion greens, washed and chopped
1 large onion or 2 small onions, chopped
2-3 cloves garlic, minced
1 tbsp fresh grated ginger (optional)
1/2 tsp sea salt, or to taste

Heat olive oil in a saute pan. Saute onions, garlic and ginger in oil, adding water as needed, until onions are very soft. Add salt, shitakes, with more water if needed, and let simmer at medium heat, covered, for about 8 minutes. Add dandelion greens and more water if needed, cover, and continue saute/simmering until greens are cooked (about 5 min).