BRAIN HEALTH KITCHEN by Annie Fenn, M.D.

Rome-Inspired Greens with Chestnuts

Serves 4



It's easy to get a daily dose of leafy greens in Italy. Every restaurant serves a side dish of sautéed greens based on what's in season at the farmers markets. Adding lots of lemon and a zip of red pepper flakes is a common way to prepare them.

Tips: If making ahead of time, add the lemon zest just before serving. Other sturdy greens work well here, such as kale or Swiss chard. Find roasted and peeled chestnuts in vacuum packed cans or packets around the holidays, or anytime online.

Ingredients

2 tablespoons extra-virgin olive oil, divided

5 ounces roasted and peeled chestnuts (from a can or vacuum pack), coarsely chopped, about 1 cup

1 large onion, halved and sliced

½ teaspoon kosher salt

1 bunch collard greens (about $\frac{1}{2}$ pound), stems discarded, leaves cut into $\frac{1}{2}$ -inch slivers Juice and zest of 1 small lemon

1/4 teaspoon red pepper flakes

Flaky salt, optional

Instructions

Warm a large nonstick pan over medium heat and add 1 tablespoon of oil. Add the chestnuts and cook, stirring often, until warm and browned in spots, about 5 minutes. Transfer to a bowl; set aside.

Add another 1 tablespoon of oil to the pan. Add the onions, sprinkle with ½ teaspoon salt, and cook, stirring often over low heat until golden brown, 8 to 12 minutes.

Add the greens and sauté until wilted, 5 to 8 minutes. Add the reserved chestnuts, lemon juice and zest, and red pepper flakes. Toss well and serve warm. Finish with flaky salt, if you like.