

Cooking with greens

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(HealthDay)—It's time to go beyond spinach and kale. To really power up your meals with greens, you want to explore the taste and texture of watercress and dandelions. And the following recipes will get from the

fridge to your table in minutes.

Watercress is part of the cruciferous family to which kale and broccoli belong. It's got a spicy taste, so if you're a fan of arugula, you'll love watercress. A warehouse of antioxidants, it delivers vitamins A, C, K and more. And it makes the perfect swap for lettuce in a simple salad.

Watercress Salad

- 2 tablespoons [olive oil](#)
- 1 teaspoon Dijon mustard
- 1/4 teaspoon garlic [salt](#)
- 1 tablespoon [balsamic vinegar](#)
- 8 ounces watercress, rinsed, patted dry and trimmed if needed

Whisk olive oil, mustard and garlic salt in a large bowl. Add the vinegar and whisk again. Add the watercress, toss well and serve.

Yield: 4 servings

Like cress, dandelion greens are also nutrient-rich. They're a good source of vitamins A and K, calcium and iron. Wash them carefully, rinsing in all the nooks and crannies. Dandelions have a bitter flavor, so this recipe includes cheese for a more mellow flavor.

Simple Dandelion Saute

- 1 tablespoon olive oil
- 1 pound [dandelion](#) greens, washed, trimmed and patted dry
- 1/4 teaspoon salt
- 1/4 teaspoon freshly ground [black pepper](#)

- 1/2 cup crumbled feta cheese

Warm the oil in a large skillet over medium heat. Add the greens and toss them in the oil. Sprinkle with salt and pepper, then add the feta and cover the skillet. Reduce heat to low and wait 1 minute for the cheese to melt. Serve immediately.

Yield: 4 side servings

More information: One Green Planet has an in-depth guide to [leafy greens](#), from buying to cooking.

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