

Horta (Boiled Wild Greens Salad)

Ingredients

- 2 cups wild greens (like dandelion, chard, or kale)
- 1 tbsp olive oil
- 1 tsp lemon juice
- Salt

Instructions

1. Boil greens until tender, then drain well.
2. Place in a bowl and drizzle with olive oil and lemon juice.
3. Add a pinch of salt and serve warm or room temperature.

Benefits

Packed with minerals, supports liver detox, easy on digestion