

Our State eats

Published in the March 2022 issue of Our State

Sautéed Greens with Applewood- Smoked Bacon

Yield: 6 servings.

- 1 pound mustard greens
- 1 pound turnip greens
- 2 cups water
- 4 to 6 thick slices applewood-smoked bacon, diced
- 1 medium sweet onion, chopped
- 1 cup chicken stock
- ½ teaspoon salt
- Black pepper to taste
- 1 teaspoon sugar
- Dash of crushed red pepper flakes
- Apple cider vinegar (optional)

Thoroughly wash greens until all grit and sand are removed. Place greens in a colander to drain. Remove and discard stems, and coarsely chop the leaves.

Add 2 cups of water to a large stockpot or Dutch oven over medium heat. Add greens to the pot and push down as they begin to wilt. Once all greens are in the pot, cover and reduce heat to low. Simmer until greens are tender, 15 to 20 minutes. Drain greens in a colander, squeezing out any excess moisture, and set aside.

Wipe out the pot and place on stove over medium heat. Add bacon. Fry until bacon is crispy and fat is rendered. Transfer bacon to a plate lined with paper towels to drain.

Add chopped onion to the bacon drippings in the pot and sauté over medium heat until onion is lightly browned. Return bacon to the pot and

stir to combine. Add cooked greens to the pot and stir in chicken stock. Add salt and pepper, along with sugar and crushed red pepper flakes. Stir to combine.

Cover the pot and simmer greens over low heat until tender, 30 to 40 minutes. Serve apple cider vinegar as a condiment.



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Creamed Spinach

Yield: 4 to 6 servings.

- 2 tablespoons unsalted butter
- ½ cup sweet onion, minced
- 2 pounds fresh leaf baby spinach, (de-stemmed, if preferred)
- 2 cloves garlic, minced
- ½ teaspoon kosher salt
- ½ teaspoon coarse-ground black pepper
- ¼ teaspoon freshly grated nutmeg
- 1 cup light cream
- 4 ounces cream cheese, at room temperature
- ¼ cup Parmesan cheese, grated

In a large frying pan over medium-high heat, melt butter and sauté onion until translucent. Add spinach and garlic. Cook until just wilted, about 1 minute. This can be done in batches.

Once spinach has been cooked, add salt, black pepper, and nutmeg, and stir. Add light cream and cream cheese, and cook until cream cheese melts, stirring occasionally.

Sprinkle with grated Parmesan cheese and serve.



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Wilted Kale Salad *with Apples & Pecans*

Yield: 4 servings.

- 2 tablespoons extra-virgin olive oil
- 2 large apples, cored and cut into 1-inch cubes
- ¼ cup pecan halves
- 1 pound kale, de-stemmed and chopped
- ¼ teaspoon kosher salt
- ¼ teaspoon red pepper flakes

In a Dutch oven over medium-high heat, add olive oil and sauté apples for 4 minutes. Add pecans to pan and cook for 1 additional minute. Add kale and cook for 3 to 5 minutes or until kale wilts. Season with salt and red pepper. May be served hot or cold.



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Grits & Greens

Yield: 8 servings.

- 6 slices bacon, diced
- 1 small onion, diced, about ½ cup
- 3 cloves garlic, minced
- 2 cups whole milk
- 2 cups chicken broth
- 2 tablespoons salted butter
- 1 cup yellow stone-ground grits
- 1 cup sharp Cheddar cheese, shredded
- Salt to taste
- 4 tablespoons olive oil
- 2 pounds Swiss chard, cleaned and de-stemmed, about 2 to 3 bunches

In a heavy stockpot or Dutch oven over medium heat, sauté diced bacon until crispy. Use a slotted spoon to remove bacon to a plate lined with a paper towel to drain.

Add onions to the pot and sauté in the remaining bacon grease over medium heat until they are soft and just starting to brown, about 3 to 5 minutes. Add garlic and stir for 30 seconds to 1 minute. Remove onion and garlic mixture, and set aside.

In the same pot, add milk, chicken broth, and 2 tablespoons of salted butter, and bring to a rolling boil. Whisk in grits and reduce heat to low. Cook grits according to package instructions,

stirring occasionally or until thickened to your desired consistency. Add shredded cheese and salt to taste. Cover grits and remove from heat.

Add olive oil to a large sauté pan and heat on medium-high. Add Swiss chard, reduce heat to medium, and sauté for approximately 10 minutes, stirring occasionally. Stir in bacon and cooked onion-garlic mixture.

To serve, place the grits in a large serving bowl or individual bowls and top with cooked greens in center of grits. Drizzle with olive oil just before serving.

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