

# Cook With What You Have

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## About: Mustard Greens

Written by [cookwithwhatyouhave](#) on January 23, 2014 · [Ask a Question](#) or [Leave a Comment](#) (Edit)



Mustard greens are such a welcome, zippy green during the cooler months of the year. They are typically quite tender and have that characteristic mustardy bite which can be mellowed with a creamy tahini dressing for example or complemented with ginger and garlic. I love their spiciness but it can take some getting used to. They are a wonderful addition to curries and dals, added towards the end to add a color, texture and flavor.

They are a bit more delicate than chard or collards greens so use them as soon as you can. You can wash them and roll them up in cotton dish towels (like I do with lettuce sometimes) and then refrigerate them in a plastic bag or skip the towel if you'll use them within a few days.

**One-line recipe** from Chef Jenn Louis of [Lincoln Restaurant](#) and [Sunshine Tavern](#):

Peel and cube apple, sauté w pancetta and shallot. Add mustard greens, then chicken stock. Cook slowly. Season and finish with olive oil.

### Ingredients and types of dishes that are particularly suited to mustard greens:

- Ginger
- Garlic
- Lentils
- Indian dals, lentil/pea stews
- Rice
- Eggs
- Smoked meats
- Yogurt
- Fresh cheeses
- Hot chilies
- Coconut flakes, milk, oil
- Tomatoes
- Beans
- Cilantro

### Dishes that include mustard greens:

[Egg Salad with Mizuna \(or Mustard Greens\) and Torpedo Onions](#)

[Garlicky Mustard Greens with Beans](#)

[Gumbo Z'herbes](#)

[Jamaican Rice and Beans and Greens](#)

[Kale and Mustard Green Salad with Peanut Dressing](#)

[Moroccan Bulgur with Greens and Harissa](#)

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*Categories: [Mustard Greens](#)*

## Mustard Greens Frittata

Written by [cookwithwhatyouhave](#) on February 4, 2015 · [Ask a Question](#) or [Leave a Comment](#) (Edit)

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I often add all sorts of thing to my frittatas—cleaning out the crisper, using up leftover herbs, etc. This frittata is notable for its simplicity. You can omit the cheese too and it will be lighter and the greens even more distinct. Both ways are delicious and the fresh, slightly bitter and peppery note of the mustard greens is prominent—which I love.

1 1/2 tablespoons olive oil

2 cloves garlic, thinly sliced or chopped

1 large bunch mustard greens, washed, trimmed of any ratty stems and leaves cut in half lengthwise and then crosswise into thin strips

Salt

5-6 eggs (or more if you want to feed more or have a higher ratio of egg to greens)

1/2 cup grated sharp cheddar or cheese of your choice—a bit of crumbled fresh goat cheese is delicious here too

Heat oil in a heavy sauté pan or well-seasoned cast iron pan or non-stick (if it's heatproof and can go in the oven). Add the garlic and mustard greens and a few pinches of salt to pan and toss well and sauté for just 2-3 minutes until the greens are wilted.

[Cilantro](#) (27)

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[Corn](#) (12)

[Cucumbers](#) (18)

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Set your oven to broil.

Lightly whisk the eggs until they're just broken up—no need to get them frothy or really well mixed. Add a few generous pinches of salt. Pour eggs over the vegetables and tilt the pan to evenly distribute the eggs. Top with cheese, if using. Cover and cook on medium heat for a few minutes. When the eggs begin to set around the edge take the pan off the heat and set under the broiler (uncovered) until the eggs are cooked and slightly puffed and golden.

Let sit for a few minutes before cutting and serving. It will come out of the pan much more easily that way. Enjoy warm or at room temperature.

Categories: [Mustard Greens](#)

## Spaghetti Squash with Bacon and Mustard Greens

Written by [cookwithwhatyouhave](#) on January 26, 2015 · [Ask a Question](#) or [Leave a Comment](#) (Edit)

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My son is a winter squash skeptic but this was by far the most readily eaten dish recently in that department.

Serves 4 as a side

- 1 medium spaghetti squash, halved and seeds and strings removed
- 1 tablespoon olive oil
- 1 slice bacon, diced
- 1/2 a red onion (or any onion you have or a few scallions), thinly sliced or diced
- 1/2 bunch mustard greens, washed, dried and thinly sliced
- Pinch of hot pepper flakes (optional)
- Salt and freshly ground pepper

Preheat oven to 425 degrees.

Place the squash cut side down on a sheet pan and bake for 30-40 minutes until tender when pierced

[Sweet Potatoes](#) (11)  
[Tomatillos](#) (5)  
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[adaptable](#) [bacon](#) [butter](#) [capers](#)  
[carrots](#) [cilantro](#) [coconut milk](#)  
[comfort food](#) [condiment](#)  
[coriander](#) [csa](#) [heavy](#)  
[hitter](#) [cumin](#) [dill](#) [feta](#) [fish](#)  
[sauce](#) [garlic](#) [ginger](#) [Greek yogurt](#)  
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[thyme](#) [turmeric](#) [vegan](#)  
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with a fork. When the squash is cool enough to handle, scrape the flesh out of the skin, break it up well and set aside.

Heat the olive oil in a large skillet. Add the bacon and onion and sauté for a few minutes until the bacon has rendered a bit and the onion has softened. Add the squash, some salt and the hot pepper, if using, toss well and cook for a few minutes to heat through and brown a little, if you'd like. Add the mustard greens and cook for just a minute or two until the greens wilt. Taste and adjust seasoning with salt and pepper.

Categories: [Mustard Greens](#), [Winter Squash](#)

# Kale and Mustard Green Salad with Peanut Dressing

Written by *cookwithwhatyouhave* on October 23, 2014 · Ask a Question or Leave a Comment (Edit)

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-inspired by Food52.com

This salad is an excellent cool weather dish—strong, vivid and almost rich thanks to the peanut dressing. You can use a variety of greens—mizuna would be great or even napa cabbage. You could add sorrel or tender collard greens even.

Serves 4, generously

1/2 bunch kale, well washed and any tough stems trimmed and then cut as thinly as you can

1/2 bunch mustard greens

1-2 medium carrots, grated on the large holes of a box grater (optional—but pretty and a nice sweet addition)

3/4 cup fresh mint, chopped

3/4 cup dry roasted peanuts, roughly chopped

## **Peanut/Sesame Dressing:**

3 tablespoons smooth peanut butter

1 tablespoons tahini (optional—I like the combination very much though)

2-3 tablespoons hot water

3 tablespoons rice wine vinegar

1 tablespoon soy sauce

1 tablespoon lime juice, plus more to taste

1 clove garlic, minced

1 2-inch piece ginger, peeled and minced

2 teaspoons sesame oil

Salt

1/4 - 1/2 teaspoon dried red chili flakes (or more if you want a bit more heat) or 1/2 a jalapeño minced



Toss the chopped greens, mint and the peanuts together in a large bowl.

Whisk all the dressing ingredients together in a bowl until smooth. Loosen with a little more hot water if too thick but be sure not to make it too runny or the salad will be watery.

Pour two-thirds of the dressing over the salad and toss well, making sure you're really covering the kale well. You might want to use your hands—messy but fun and effective. Taste and adjust seasoning.

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*Categories:* [Kale](#), [Mustard Greens](#)

## Toasted Bread Salad with Mustard Greens and/or Mizuna

Written *by* [cookwithwhatyouhave](#) on June 16, 2014 · [Ask a Question](#) or [Leave a Comment](#) (Edit)

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I was inspired by the famous [Zuni Café roast chicken](#) to create a riff on the bread salad served with the chicken. So if you feel like roasting a chicken this would be a lovely accompaniment. My ratio of bread to greens is the opposite of the Zuni one but feel free to invert it.

6 cups mizuna and/or young, tender mustard greens (or arugula), washed, dried and chopped

4 scallions or 2 -3 spring onions, trimmed and thinly sliced

1/3 cup golden (or regular raisins) or currants, chopped a little if you'd like

¼ cup toasted pine nuts (or chopped toasted hazelnuts or walnuts)

3 slices good, crusty bread, well-toasted and torn into bits of varying sizes

1 teaspoon Dijon-style mustard

2 tablespoons red wine vinegar

Sea salt and freshly ground pepper

4 tablespoons good olive oil (or more to taste)

1 clove minced or mashed garlic

Put all the salad ingredients in a large bowl or platter. Mix the dressing in a small bowl and pour over salad. Toss well, taste and adjust seasoning. It should be nice and vinegary.

Categories: [Green Onions \(Scallions\)](#), [Mizuna](#), [Mustard Greens](#)

## Sautéed Mustard Greens with Green Garlic and Mustard Seed

Written by [cookwithwhatyouhave](#) on May 16, 2014 · [Ask a Question](#) or [Leave a Comment](#) (Edit)

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Mustard greens pair nicely with the sweet and fragrant green garlic, the immature stalks of garlic, used much like green onions, in the spring. And the brown mustard seeds give the dish a little zip and crunch. I had this over black beans and rice one day and with a fried egg the next.

2 teaspoons butter or olive oil or a mixture

2 stalks green garlic, outer layers of stalk removed if fibrous, and the rest minced

1 teaspoon brown mustard seeds

1 bunch mustard greens, washed (but not dried), tough stems removed (likely won't be tough) and roughly chopped

Salt

A little olive oil for serving

Heat the butter and/or oil in a heavy skillet. Add the green garlic and gently sauté for about 5 minutes until fragrant and softened a bit. Be careful not to burn the garlic. Add the mustard seeds and cook for another minute or two. They may begin to pop. Now add the chopped greens with any water still clinging them. Toss with the garlic and seeds and sprinkle with a little sea salt. Cover and cook over medium heat for about 5 minutes until wilted. If they are getting too dry add a splash of water. If there is plenty of moisture, remove the lid and let it evaporate. Remove from heat when tender to your liking. Taste for salt and serve with a little good olive oil if you'd like.



Categories: [Garlic](#), [Green Garlic](#), [Garlic Scapes](#), [Mustard Greens](#)

## Gumbo Z'Herbes

Written by [cookwithwhatyouhave](#) on April 15, 2014 · [Ask a Question](#) or [Leave a Comment](#) (Edit)

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-inspired by Richard Stewart from The Gumbo Shop

Gumbo Z'herbs or Gumbo Zav or Gumbo Verte are all names for the the green gumbo often made during Lent in New Orleans. There are dozens of versions of Gumbo Z'herbes, some with meat, some without, some with up to 13 kinds of greens. I've used **Good Mother Stallard** beans, an incredibly flavorful heirloom bean for this dish with great success. You can use any cranberry or pinto type bean.

This makes a big pot of soup but it's hardly worth making a smaller batch. And it gets better with age and freezes well. This takes about 60-90 minutes to make, including all the washing and chopping, depending on how fast of a chopper you are.

Serves 12

2/3 cup olive oil

Generous 3/4 cup flour

1 large onion, chopped

3/4 cup chopped celery

2 slices bacon, diced (optional)

5 garlic cloves, minced

3 bay leaves

3/4 teaspoon black pepper

1 teaspoon white pepper

1/8 -1/4 teaspoon cayenne pepper

2-3 teaspoons salt

8 cups liquid (combination of bean cooking liquid and water)

1 bunch collard greens, washed, stems trimmed and leaves chopped

1/2 small head green cabbage, cut into 1-inch pieces

1 bunch turnip greens, washed and chopped

1 bunch mustard greens, washed and chopped

4 green onions, trimmed and thinly sliced, greens and all

1/4 cup chopped parsley

2 teaspoons soy sauce

1 ½ – 2 cups dry pinto or cranberry type beans, cooked (cooked volume will be around 3 cups) (see headnote)

Rice for serving

Soak the beans overnight in plenty of water. Drain and add fresh water and cook the beans until tender, about 30 minutes. Add 1 ½ teaspoons of salt to beans and let cool in cooking liquid—reserve cooking liquid for gumbo.

Using a large heavy pot heat the olive oil over medium-high heat then add the flour and whisk together well to make the roux, cook, stirring occasionally until the flour becomes the color of peanut butter, about 10-15 minutes. Add the onion, and celery as soon as it does then sauté until tender, browning a bit and starting to stick. Add the bacon, garlic, bay leaves, cayenne, salt, and peppers. Stir often for about 5 minutes.

Boil the water and bean cooking liquid (8 cups total) in a large soup pot.

Add the cabbage and collard greens to the simmering liquid and cook for about 10 minutes. Add the turnip greens, mustard greens and green onions and return to a boil and cook for just another 2 minutes or so. Carefully stir the roux mixture into the simmering greens and bring to boil.

Add the parsley, cooked red beans, and soy sauce to taste. Bring to a boil one more time, then turn off the heat. Serve over rice.

This is even better the next day and freezes well.

*Categories: Cabbage (Green, Red, Savoy), Collard Greens, Dry Beans, Garlic, Green Garlic, Garlic Scapes, Mustard Greens, Turnips*

## Jamaican Rice and Beans and Greens

Written by *cookwithwhatyouhave* on March 4, 2014 · [Ask a Question](#) or [Leave a Comment](#) (Edit)

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Versions of this dish are made all over the Caribbean though not necessarily with this many vegetables. It's a satisfying one-dish meal and very easy to prepare and a great way to integrate fresh produce into the main dish itself. It's a pantry dish in that basically all you need is rice, beans, onion, garlic and coconut milk. If you have tomatoes and celery or greens of some kind, great! If you want it spicier add more chilies. Try brown rice if you'd like. I like it that way too but it does take more than twice as long to cook.

Serves 4-6

2 ½ cups [home-cooked](#) or canned kidney beans

1 ½ teaspoons sea salt

1 tablespoon olive oil

3 cloves garlic, minced

1 medium onion, finely chopped

2 stalks celery, finely chopped

1 bunch mustard greens, chard, spinach or other leafy greens, well washed and chopped

1 can coconut milk (preferably full fat)

1 large fresh or 2-3 canned tomatoes, finely chopped (optional)

2 Serrano chilies, finely chopped (doesn't make it very spicy, just mild, mild kick) Don't de-seed the chilies if you want it spicier. Or use red pepper flakes if you don't have chilies on hand

2-3 sprigs thyme or oregano or 2-3 teaspoons dried thyme or oregano

2 cups long-grain white or brown rice, thoroughly washed and drained

Lime juice, to taste (optional)

Heat the oil in a large pot over medium-high heat and add the onion, celery, if using, and garlic. Cook, stirring frequently for about 5 minutes or until the onion softens and the garlic is fragrant. Be careful not to burn the garlic and adjust heat as needed. Add the tomato, Serrano peppers or red pepper flakes and greens and sauté a few more minutes. Add the oregano or thyme, coconut milk and kidney beans, rice and salt and a few grinds of pepper. Then add enough water (or bean cooking liquid if you have it) to cover the rice by about ¼ of an inch. Bring to a full boil, stirring occasionally, then cover, reduce heat to low or medium-low and let cook for about 20 minutes if using white rice and 40 if brown. Remove pot from heat and let stand covered for 10 minutes. Taste and adjust seasoning if needed and stir gently. Serve with a squeeze of lime juice if you'd like and your favorite hot sauce.

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*Categories: [Chard](#), [Dry Beans](#), [Mustard Greens](#), [Peppers \(Jalapeño, Serrano, Czeck Black, Cayenne\)](#), [Spinach](#)*

## Turnip and Radish Slaw with Peanuts and Mustard Greens

Written *by* [cookwithwhatyouhave](#) on March 4, 2014 · [Ask a Question](#) or [Leave a Comment](#) (Edit)

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I tossed this very simple salad together recently and liked it enough include here. The sweetness of the turnips is nicely complemented but the bit of mustard greens and radishes and the peanuts add a little crunch and heft. You could certainly add herbs or other vegetables to the salad. It's just a good, quick, template.

Grate washed (but not peeled) Hakurei (salad) turnips on the large holes of a box grater or cut into match sticks. Cut the radishes into matchsticks. Put vegetables in a small-ish salad bowl. Add about 1 cup's worth of mustard greens cut into ribbons and about 1/3 cup of chopped, roasted peanuts and a little thinly sliced onion.

Dress with rice wine vinegar, peanut oil, salt and pepper. Taste and adjust seasoning. If it needs more acidity add a bit of lemon or lime juice.

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*Categories: [Mustard Greens](#), [Radishes](#), [Turnips](#)*

## Red Lentil Soup with Mustard Greens

Written *by* [cookwithwhatyouhave](#) on March 4, 2014 · [Ask a Question](#) or [2 Comments](#) (Edit)

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This is a perfect quick, weeknight dish that also freezes well so make extra and save yourself some time/work. And it's even better the next day so double the recipe if you'd like. And if you haven't cooked with red lentils before now might be the time. They are quicker cooking than any other lentils and are delicately flavored. You can find them in most stores and often in the bulk bins.

**Note:** You can substitute a can of coconut milk for 1 3/4 of the broth for a lovely and slightly richer variation.

1 ½ tablespoons coconut, peanut or olive oil

1 medium onion, finely diced

1 ½ teaspoons ground cumin

1 teaspoon ground coriander

1 teaspoon ground turmeric

1 teaspoon black mustard seeds (optional)

1 teaspoon whole cumin seeds (optional)

1 cup red lentils



3 tablespoons white Jasmine or Basmati or other rice (not brown rice unless you have more time and can cook the soup longer)

5-6 cups vegetable stock or [veggie bouillon broth](#) (depending on how thick you want it) or 3 1/2 cups broth and 1 can coconut milk (see headnote)

1 bunch mustard or turnip greens, well washed and roughly chopped

Juice of 1 lemon

Salt to taste

Greek yogurt mixed with minced garlic and a bit of salt (optional but delicious)

Rice for serving (optional)

Heat the oil in a large pot over medium-high heat. Add the onion and cook for 7-8 minutes until softened but not brown. Add the spices and stir well and cook for another 2 minutes. Add the lentils, rice and broth and coconut milk, if using. Bring to a boil and then turn down to a simmer and cook for 20-30 minutes until everything is tender. Puree with an immersion blender (or in a food processor or blender) or leave it a bit chunkier. Add the mustard or turnip greens and cook for another 5 minutes or so until tender but still bright. Adjust seasoning –if your broth was well seasoned it may not need much more. Finish with the lemon juice and top with a good dollop of Greek yogurt mixed with some minced garlic and sea salt.

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*Categories: [Mustard Greens](#), [Turnips](#)*

## Moroccan Bulgur with Greens and Harissa

Written *by* [cookwithwhatyouhave](#) on March 1, 2014 · [Ask a Question](#) or [Leave a Comment](#) (Edit)

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–inspired by Catherine Faris of [Nuovastoria.com](#)

This takes time to cook but putting it together is quick and just involves a bunch of chopping. It's delicious with **chard**, **kale**, **mustard greens** or any combination thereof or any other leafy green. It is delicious with a fried or poached egg and extra harissa and some Greek yogurt or with a simple piece of baked, poached or panfried fish, or just as is! And if you like lamb, it's a perfect accompaniment to lamb in any form. Harissa is a Tunisian hot chili sauce whose main ingredients are piri piri (type of chili pepper), Serrano peppers and other hot chili peppers and spices such as garlic paste, coriander, red chili powder, caraway as well as some vegetable or olive oil. It is most closely



associated with Tunisia, Libya and Algeria but also popular in Morocco. There are many store-bought brands and you can also make your own ([add link to recipe!](#)). Harissa varies in its level of spiciness so start moderately as you can always add more when serving.



2 medium onions, finely diced

3-4 cloves garlic, minced (or more if it's young and mild new garlic or 3 stalks green garlic)

1 bunch de-stemmed and chopped chard (**or other leafy green-see headnote**)

1 cup bulgur  
3 tablespoons. olive oil  
2-3 teaspoons (or more to taste) harissa (see headnote)  
Sea salt (at least 1 teaspoon) and freshly ground black pepper  
Lemon juice  
More harissa and Greek yogurt for serving

Add everything but the lemon juice to a deep heavy, lidded pot or dutch oven. (Le Creuset-like enameled pots are great). Mix it all together with a spoon or your hands. Add 1/2 cup water and mix thoroughly again.

Take several paper towels and lay them over the bulgur mixture, tucking them gently into the sides. If you have a very tight-fitting lid you can skip the paper towels and it should work just fine. Cover the pot and cook over very low heat for about an hour or so. Resist the urge to remove the lid since the steam generated is a critical factor. I typically start with high heat to get things going, then, when I sense the presence of steam and can start to smell the dish, reduce it significantly.

When it is finished, remove the paper towels, taste and, if necessary, continue to cook with the paper towels intact again.

Squeeze a lemon over the finished bulgur and top with more harissa and Greek yogurt or a piece of simply baked, poached or pan-fried fish.

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*Categories: [Chard](#), [Garlic](#), [Green Garlic](#), [Garlic Scapes](#), [Mustard Greens](#)*

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