

Steamed Endive Or Greek Horta

A traditional Geek dish. Easy, and because it is steamed for only 3 minutes not too many nutrients are lost.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 3 mins

Cooking time: 3 mins

Category: Side dishes and appetizers

Complexity: Simple

Vegan experience: Absolute beginner

Preparation style: Cooked



Ingredients

Endive, curly, raw	1 large - head
Olive oil	1 teaspoon
Lemon juice, fresh	2 teaspoon
Salt, sea salt	0.5 teaspoon

Instructions

Wash and cut endives into about 2" to 3" in length. Normally I cut each leaf in half.

Place in steamer for 2 -3 minutes. Do not over cook.

Rinse and place in bowl with olive oil, lemon and salt.

Try this dish with some crusty bread for dipping into the oil and lemon and a side of kalamata olives.