

Yield: 2 - 4 Servings

SAUTÉED DANDELION GREENS WITH EGGS

prep time
5 MINUTES

cook time
30 MINUTES

total time
35 MINUTES

INGREDIENTS

- 4 cups chopped dandelion greens, thick stems removed (about 1-2 large bunches)
- 2 tablespoons unsalted butter, clarified butter, or [ghee](#)
- 1 large leek, white and light green parts only, finely chopped
- 4 large eggs
- 1/4 cup crumbled feta cheese

INSTRUCTIONS

1. Bring a large pot of salted water to a boil. Add the chopped dandelion greens and blanch for 1 to 2 minutes. Drain the greens thoroughly, using a wooden spoon to drain and press out as much liquid as possible.
2. Melt the butter or ghee in a 10-inch sauté pan set over medium heat. Sauté the leeks until tender, about 5 minutes, stirring occasionally. Add the drained dandelion greens one handful at a time. Cook each handful until wilted, then add more.
3. When the greens are wilted, crack the eggs into the pan on top of the greens. Top with feta cheese and cook uncovered until the whites of the eggs are set, about 5 minutes.

TIPS FOR SUCCESS:

- Blanching the dandelion greens removes some of their natural bitterness.
- Younger and more delicate dandelion greens will be more delicate in flavor than tougher, thicker greens.

Slightly adapted and reprinted with permission from Savor: Rustic Recipes Inspired by Forest, Field, and Farm by Ilona Oppenheim (Artisan 2016).

NUTRITION INFORMATION: YIELD: 4 SERVING SIZE: 1

Amount Per Serving: Calories: **210** Total Fat: **16g** Saturated Fat: **9g** Trans Fat: **0g** Unsaturated Fat: **6g**
Cholesterol: **218mg** Sodium: **203mg** Carbohydrates: **8g** Fiber: **2g** Sugar: **2g** Protein: **9g**

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