

Ingredients

- 3 tablespoons olive oil
- 5 cups chopped and stemmed greens, such as kale, spinach, swiss chard or collard greens
- 2 tablespoons all-purpose flour
- 2 cups milk
- 1/2 teaspoon garlic powder
- 1/2 teaspoon red pepper flakes (optional)
- Salt and pepper, to taste

Directions

1. In a pan, heat 1 tablespoon of oil. Add chopped greens and cook until wilted and tender, about 5 to 6 minutes. Take the pan off the heat, drain any liquid that is left, and place cooked greens to the side.
2. In the same pan, heat 2 tablespoons of oil over medium heat. Add flour and cook, stirring often until there are no lumps.
3. Slowly stir in milk and garlic powder until mixed. Let simmer (bubble) for 5 to 7 minutes, stirring from time to time, until sauce thickens. Stir in red pepper flakes, if using.
4. Add greens to the pan with milk mixture.
5. Let cook 3 to 5 minutes, stirring from time to time. Season with salt and pepper to taste.

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