

# Lamb's Quarter \$2

As with other Amaranthaceae species, *Chenopodium berlandieri* is rich in macronutrients of proteins, carbohydrates and fats, as well as micronutrients including vitamins and minerals.

[https://en.wikipedia.org/wiki/Chenopodium\\_berlandieri#Nutritional\\_value\\_and\\_special\\_compounds](https://en.wikipedia.org/wiki/Chenopodium_berlandieri#Nutritional_value_and_special_compounds)



## **A Recipe for Greens (Lamb's Quarters this time.)**

### Ingredients:

½ Tablespoon Butter

½ Tablespoon Bacon Grease

½ an onion chopped

1 garlic scallion chopped (Can substitute 1 or 2 cloves of garlic (to taste))

¼ teaspoon salt

2 Tablespoons Water

6oz Lamb's Quarter leaves

Combine all ingredients except lamb's quarter and water in a skillet. Sauté until onion is translucent. Add Lamb's quarters and water. Sauté until water has evaporated and greens reach desired tenderness.