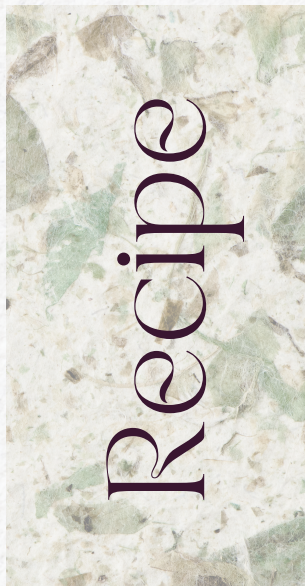


Wild food



- 1 cup wild greens, finely chopped
- 2-3 cloves garlic (peeled, chopped)
- 2-3 Tb pine nuts (or other nut, as desired)
- 1/3 C grated Parmesan cheese
- 1/3 C olive oil
- Salt & pepper to taste

Blend together & serve on crackers, oat cakes, or toast.

healthy
food