Garlic Sautéed Collard Greens

Home Recipe

Serves: 4
Prep Time: 15 minutes
Cook Time: 35 Minutes

Ingredients

- 1 large bunch of collard greens washed, stems removed and greens cut into strips
- 1 tablespoon olive oil
- 4 cloves garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ¼ teaspoon ground black pepper
- ⅛ teaspoon red pepper flakes
- 1 tablespoon apple cider vinegar, lemon juice or another "sweet" tasting vinegar

Cooking Instructions

1) Remove and discard stems and center ribs of collard greens. Cut leaves into 1-inch pieces. In a kettle of boiling water cook collards 15 minutes and drain in a colander, pressing out excess liquid with back of a wooden spoon.

2) In a 12-inch skillet heat the oil over moderately high heat. Stir in garlic, collards, and salt and pepper. Sauté collard mixture, stirring, until heated through, about 5 minutes.

3) Drizzle collards with lemon juice or vinegar and toss well.

Nutrients Per 1 Cup Serving

- Calories: 70
- Total Fat: 3.5 g
- Saturated Fat: 0 g
- Cholesterol: 0 mg
- Sodium: 150 mg
- Carbohydrates: 7 g
- Dietary Fiber: 4 g
- Protein: 3 g
- Calcium: 246 mg
- Iron: 1 mg
- Potassium: 236 mg
- Folate: 134 mcg DFE

For More Information

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