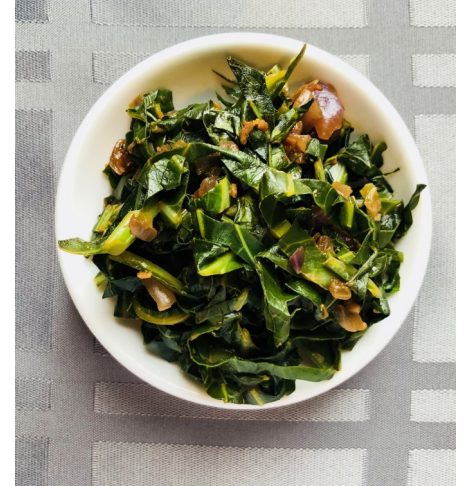


Collard Greens with Garlic

Ingredients:

3 bunches of collard greens (equivalent to 6 large leaves)
12 small or 6 large garlic cloves, pressed or minced
1 red onion, chopped
2 tsp olive oil (optional*).
1 tsp salt or to taste
3 TS nutritional yeast (optional)
6 lemon wedges to squeeze when serving for additional flavor



Nutrition Facts

6 servings per container

Serving size 1 cup (260g)

Amount per serving

Calories 100

% Daily Value*

Total Fat 3g 4%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 430mg 19%

Total Carbohydrate 16g 6%

Dietary Fiber 10g 36%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 7g

Vitamin D 0mcg 0%

Calcium 544mg 40%

Iron 1mg 6%

Potassium 539mg 10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Instructions:

1. Wash the leaves, remove the thick part of the stem, roll them up, and cut into thin slices.
2. Peel and press the garlic and let it sit on the cutting board for 10 minutes**
3. Heat up a large skillet or wok, add the olive oil, the garlic and the onions and sauté, stirring often, until they are slightly browned. For an oil-free option, make use to use a non-stick pan, and when adding the garlic to the hot pan, add 1/2—1 tablespoon of water or as needed if the garlic starts to stick to the pan and burn.
4. Add the cut up collard greens and let them cook for about 5 minutes with the lid on, stirring occasionally. They will be ready when they shrink. Test with a fork for your desired consistency.
5. Add salt and nutritional yeast
6. Serve immediately and squeeze a lemon wedge to enhance the flavor if desired.

Storage: Keep leftovers in the refrigerator and consume in five days

* If not using the oil, the fat content in this recipe will be 0g and the calories go down to 73 per serving.

** This step will increase the phytochemical allicin

Recipe by Maggie Carneiro



*VEGAN



*GLUTEN-FREE