



COLLARD GREENS

Yield: 6 Servings | Serving Size: 1 cup

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Cost/serving: \$0.79

Ingredients:

- 1 tablespoon vegetable oil
- 1 tablespoon butter
- 1/2 medium onion, chopped
- 1/2 teaspoon red pepper flakes
- 1/8 teaspoon garlic powder
- 1 pound collard greens, stems removed and chopped*
- 3 cups broth (chicken or vegetable)
- 2 tomatoes, seeds removed and chopped*
- Salt and black pepper to taste

Directions:

- 1) Wash all vegetables, * and remove seeds from the tomatoes. **
- 2) Collect, chop, and measure all ingredients before starting to prepare the recipe.
- 3) Heat the oil and butter in a large pot over medium heat
- 4) Add the onion, and cook for about 2 minutes until slightly soft.
- 5) Add the red pepper flakes and garlic and cook for 1 minute. Add the chopped collard greens and cook for another minute.
- 6) Add the tomatoes.
- 7) Taste, and add a small amount of salt and black pepper if desired.
- 8) Refrigerate leftovers within 2 hours. Eat within 3 to 5 days.

Nutrition Facts

6 servings per container	
Serving size	1 Cup (268g)
Amount Per Serving	
Calories	80
<small>% Daily Values*</small>	
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol < 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	11%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	6%
Vitamin D 0mcg	0%
Calcium 106mg	8%
Iron 1mg	6%
Potassium 235mg	4%

*The % Daily Value (DV) 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.



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* Preparing collard greens: First, remove any damage outer leaves. Fill a large bowl with cold water, and dunk the greens. Swish them around for a few minutes to help loosen any dirt on the leaves. Pour out the dirty water and fill the bowl with clean water. Swish the leaves under the clean water again to remove any additional dirt. Continue this process until the water in the bowl remains clear. To cut collard greens, fold each leaf in half with the stem at the fold crease. Either cut or tear the stem off. Stack several leaves on top of each other and roll the leaves up. Cut the roll of leaves in 1-inch-thick pieces.

** Removing tomato seeds: Turn the tomato on its side so the stem faces to the right. Cut the tomato down the center and use a 1/4 teaspoon to spoon out the seeds.

This recipe and photo are used with the permission of Colorado State University Extension's Eating Smart Being Active Program

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