



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

### ***Braised Collard Greens***

#### **Ingredients:**

- 1 tablespoon extra-virgin olive oil
- 3 garlic cloves, minced
- 1 onion, diced
- 1 large bunch collard greens, rinsed and chopped
- Juice from 1 lemon
- Salt
- Pepper

#### **Directions:**

1. In a large pan, sauté the oil, garlic, and onion for 2 minutes over medium heat.
2. Add the collard greens to the pan, along with the lemon juice. Season with salt and pepper to taste, and stir the greens over medium-high heat until they are wilted, about 4 minutes.

*Serves 4*

*50 calories, 3 g fat, 5 g carbohydrate,  
1 g protein, 30 mg sodium*

*Source: Oldways*

