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