Louisiana Harvest of the Month

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 tsp olive oil
- 4 cloves garlic, minced
- ¼ tsp salt
- ¼ tsp paprika
- ¼ tsp ground black pepper
- ⅛ tsp red pepper flakes
- 1 Tbsp 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

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