



# Garlic Sweet Potatoes and Greens

Prep time: 10 min

Cook time: 30 min

Serves 4-6

## INGREDIENTS

- 2 Tablespoons olive oil
- 4 garlic cloves, diced, or 2 teaspoons jarred minced garlic
- 1/2 sweet onion, chopped
- 1 sweet potato, peeled and diced
- 1 bunch of collard greens, thinly sliced
- 1/2 small green cabbage, thinly sliced
- 1/2 cup chicken or vegetable broth
- Salt to taste

## DIRECTIONS



Start with clean hands!  
Wash your hands with soap and water.

1. In a large skillet, add 1 tablespoon of olive oil and turn on medium heat. Add garlic and onion.
2. Sauté garlic and onion for 5-10 minutes, or until they turn translucent.
3. Add 1 tablespoon of olive oil and the sweet potato. Coat the sweet potato in olive oil and cover. Cook for about 5-8 minutes, stirring occasionally.
4. After the sweet potato begins to soften, add the collard greens, cabbage and broth. Cover and reduce to low heat. Cook for another 15 minutes, or until vegetables are soft.
5. Salt to taste and serve hot.

**Collard Greens** are a dark green leafy vegetable common to the Southern US and African American cooking. They are also eaten in Brazil, East Africa, India and Southeastern Europe. Collards are closely related to cabbage. Usually, they are sauteed or stewed until tender, not eaten raw.