



Quick Collard Greens

Prep time: 10 min

Cook time: 10 min

Serves 3-6

INGREDIENTS

- 1 large bunch of collard greens, washed
- 2 Tbsp olive oil
- 1/4 tsp salt, or to taste
- 2 large garlic cloves, finely chopped or 1½ teaspoons minced garlic

Optional: 1/8 tsp red pepper flakes, or to taste

DIRECTIONS



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

1. Cut the thick center rib out of each collard green leaf. Stack the leaves and roll them up. Slice the roll to make thin strips that are about 1/4 inch wide. After you have cut the entire roll, go back and cut the strips to make bite-size pieces.
2. Heat a large pan over medium high heat. Add the olive oil. When the oil is hot, add the collards and the salt.
3. Stir until all of the collards are lightly coated in oil. Let them cook 30 seconds without stirring. Stir every 30 seconds until greens are wilted and edges are browning. This takes about 5 minutes.
4. Add the garlic and red pepper flakes, if using. Stir and cook another 30 seconds until fragrant.
5. Remove from heat, serve and enjoy!

Adapted from cookieandkate.com

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.



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