

## **Collard Greens**

- Submitted by Aaron Battle, Wellness Ambassador

### **INGREDIENTS**

- 2 - 3 bunches fresh collard greens, (remember they shrink)
- 1 tablespoon extra virgin olive oil
- ½ cup finely diced onions
- ½ cup each of red, yellow, and orange bell pepper
- 1 tablespoon minced garlic
- ½ teaspoon red pepper flakes (optional, for those who like heat you can use jalapeno red chilies)
- 4-5 cups salt free vegetable broth, (can replace 1 cup with water if desired)
- 1 tablespoon vinegar (Can use flavored or balsamic)

### **PREP FOR COOKING**

1. Prepare the collard greens bath by filling your kitchen sink with cool water. Even if the package says pre-washed, put greens in water and rinse thoroughly.
2. Remove the collard greens stems by folding them in half lengthwise and pulling the leaf away from the stem. You may be able to cook some of the thinner stems.
3. Place the collard greens into the water bath and swish them around several times. If fresh, you may have to scrub a bit to help loosen up any dirt.
4. Tear the greens into bite-sized pieces and set them aside.
5. Chop your onions, peppers and chilies into small cubes and mince the garlic.

### **COOK THE GREENS**

1. In a large pot, heat olive oil. Add onions, peppers, chilies, and sauté until tender. Add garlic last and red pepper flakes and cook until garlic is fragrant.
2. Add vinegar and let dissipate for a few seconds.
3. Pour in the broth. Bring to a boil.

4. Add collard greens and reduce heat to a simmer. Cover and cook collard for 1 hour (or longer depending on your desired tenderness), stirring regularly.