

Quick Collard Greens

This quick collard greens recipe is a simple, yet satisfying side dish that is both healthy and delicious. Use a combination of greens like spinach, swiss chard, mustard and turnip greens for variety. The recipe uses extra-virgin olive oil, a heart healthy fat, while the lemon offers a burst of acidity and flavor in every bite!

Yield: 2 servings

Serving Size: 1 cup

Ingredients:

- 1 large bunch collard greens, rinsed with water
- 1 1/2 Tbsp extra-virgin olive oil
- 1/4 tsp salt
- 1/4 tsp black pepper
- 2 medium cloves garlic, peeled and minced
- Pinch of red pepper flakes
- Half a lemon, cut into 2 wedges, for serving

Instructions:

1. Remove the thick center rib of each collard green with a knife. Stack the leaves on top of each other and roll them up into a cigar-like shape. Slice as thinly as possible (1/8"-1/4") and then crosswise a few times.
2. Heat a large, heavy-bottom skillet over medium-high heat, and add the olive oil. Once the oil is shimmering, add all of the collard greens, the salt and pepper.
3. Saute until all the greens are lightly coated in oil and continue to saute in 30-second intervals until the greens are wilted, dark green, and some are starting to crisp on the edges. Average time: 3-6 minutes. Cook longer at lower heat if softer greens are desired.
4. Once the collard greens are just about done, add the garlic and red pepper flakes. Stir and cook until garlic is fragrant - about 30 seconds. Remove the pan from the heat and adjust seasonings.
5. Serve with a lemon wedge.

Per Serving: Calories 111 kcal, Carbohydrates 4.1 g, Protein 1.5 g, Sat Fat 1.6 g, Sodium 202 mg, Added Sugars 0 g

This recipe was taken from <https://cookieandkate.com/quick-collard-greens-recipe/>