

SAUTEED GREEN BEANS

SERVES 4 • 15 MINUTES

Ingredients:

2 cups green beans, trimmed
1 tablespoon olive oil
1/4 cup almonds, slivered or sliced
1 cup roasted red peppers, julienned
1/4 teaspoon each salt and ground black pepper

Per Serving:

Calories: 104
Fat: 8 g
Omega-3: 50 mg
Cholesterol: 0 mg
Sodium: 150 mg
Carbohydrates: 7 g
Fiber: 3 g
Protein: 3 g
Vitamin A: 22%
Vitamin C: 64%
Calcium: 5 %
Iron: 6%
Magnesium: 10%
Zinc: 3%

Preparation:

Green Beans: In a skillet, sauté the green beans in oil until tender-crisp. Add almonds and continue to sauté until almonds begin to brown. Add red peppers and heat until warm. Add salt and pepper and serve.

Wilted Collard Greens: Cut leaves into 2-inch ribbons, discarding tough stems. In a large stock pot, over medium-high heat, add the olive oil and diced turkey bacon, and cook until light golden brown and crisp. Remove to a paper-towel-lined plate and let cool. Add the onion to the pot and cook until translucent (about 5 minutes). Then add the red pepper flakes, black pepper, and collard greens. Stir every few minutes, or until greens have wilted down. Add the vegetable stock and water; cover. Cook for 30-45 minutes, then remove the lid, increase the heat to high, and add the vinegar. Adjust the seasoning, if needed, then put into a serving bowl. Sprinkle with turkey bacon and serve.

