

WILTED COLLARD GREENS

SERVES 6 • 10 MINUTES

Ingredients:

2 pounds collard greens, rinsed
1 tablespoon olive oil
4 slices turkey bacon, diced
1 cup diced onion
1/2 teaspoon crushed red pepper flakes
1/2 teaspoon freshly ground black pepper
1 cup low-sodium vegetable stock
1/2 cup water
1/3 cup cider vinegar

Per Serving:

Calories: 180
Fat: 11 g
Omega-3: 310 mg
Cholesterol: 28 mg
Sodium: 700 mg
Carbohydrates: 18 g
Fiber: 6 g
Sugar: 2 g
Protein: 12 g
Vitamin A: 200%
Vitamin C: 90%
Calcium: 23%
Iron: 7%
Magnesium: 7%
Zinc: 8%

Preparation:

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.

