



Sautéed Greens

Servings 4 | Prep time 20 mins. | Total time 35 mins.

Equipment:

Large bowl
Colander
Large frying pan
Cutting board

Utensils:

Knife
Tongs or spoon
Measuring spoons

Ingredients

1 pound collard greens
2 tablespoons olive oil OR vegetable oil
4 cloves garlic, minced
1/4 teaspoon salt
1/4 teaspoon ground black pepper

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. Remove stems from greens.
3. Put frying pan over medium-high heat and add oil.
4. Shake excess water from greens and roughly chop them into bite-sized pieces.
Add greens to frying pan. If all of the greens won't fit in the frying pan, cook them in batches.
5. Stir greens over medium-high heat until wilted, about 1-2 minutes.
6. Reduce heat to medium, add garlic, and cook greens for 5-7 minutes, or until tender.
7. Add salt and black pepper. Serve immediately.

Nutritional Information:

Calories 90 Total Fat 7g Sodium 160mg Total Carbs 6g Protein 3g