



# 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

## Nutritional Information:

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

## Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Remove stems from greens.
3. Place greens in a large bowl filled with water. Submerge the greens to rinse them. Replace water in bowl and repeat 2-3 times or until greens are clean.
4. Transfer greens to colander to dry.
5. Place skillet over medium-high heat and add oil.
6. Shake excess water from greens and roughly chop into bite-size pieces. Add greens to skillet. If all greens won't fit, cook in batches.
7. Stir greens until wilted, about 1-2 minutes.
8. Reduce heat to medium, add garlic, and cook for 5-7 minutes, or until tender.
9. Add salt and pepper and serve immediately.