



Jerk Seasoned Collards

Servings 8 | Prep time 35-50 mins. | Total time 45-60 mins.

Equipment: Large pot with lid

Utensils: Mixing spoon, Measuring cups and spoons

Ingredients

- 1 yellow onion, sliced
- 1 clove garlic, minced
- 1 tablespoon olive oil OR vegetable oil
- 1 1/4 teaspoons jerk seasoning
- 1/2 cup orange juice
- 2 cups low-sodium chicken broth
- 1 pound collard greens, chopped

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. Add the onion, garlic, and oil to a large pot. Cook the onion and garlic over medium heat, stirring occasionally until onions are cooked and see-through (about 5 minutes).
3. Add the jerk seasoning, orange juice, chicken broth, and collard greens to the pot. Stir to combine. Cover pot with lid, and turn heat up to medium-high and bring to a boil.
4. Once boiling, turn the heat down to medium-low and let the collard greens simmer, stirring occasionally, until they are tender, about 30 to 45 minutes. The longer collards are cooked, the more tender they will be. Keep the lid in place when not stirring. Serve hot in bowl with broth.

Nutritional Information:

Calories 60
Total Fat 2.5g
Sodium 30mg
Total Carbs 7g
Protein 3g