



SMOKEY SAUTÉED COLLARD GREENS

INGREDIENTS

- 1 tablespoon canola oil
- 1 white or yellow onion, thinly sliced
- 3 cloves garlic, finely minced
- 2 bunches collard greens, rib removed, chopped or sliced
- 1 tablespoon less-sodium soy sauce
- 1/2 to 1 teaspoon smoked paprika
- 1/2 teaspoon black pepper



DIRECTIONS

1. Add **canola oil** to sauté pan over medium heat.
2. Add **onions** and cook while stirring for about 2 minutes, or until **onion** is translucent (clear).
3. Add **garlic** and stir until fragrant.
4. Add **collard greens** and cook until the greens have become soft, around 8 minutes.
5. Add **soy sauce, smoked paprika** and **black pepper**. Toss with greens and serve warm.

SERVES 6-8

TOOLS & EQUIPMENT

Sauté pan (or skillet), stirring utensil, knife, measuring spoons

GREAT ADDITIONS/SUBSTITUTIONS

Try greens that are bright in color. These are less bitter than greens that are starting to dull or turn yellow. The more you cook the greens, the softer they become, which also reduces bitterness.

BROUGHT TO YOU BY

