



refreshingly healthy

Glorious Greens

Ingredients:

2 lbs	Collard Greens or other greens such as Kale or Swiss Chard, chopped
2 oz	Chicken Stock
1/4 cup	Onion, chopped
2 cloves	Garlic, Chopped
2 tbsp	Lemon Juice, fresh
2 tbsp	Olive Oil



Recipe Directions:

Cut collard greens and Blanche or poach. (Boil water, add greens for 2-3 minutes until they turn very bright green, immediately remove from heat and plunge into ice bath, this keeps the greens from cooking) Reserve greens in bowl.

Cut onion, and garlic and sauté in olive oil until golden brown. Add the greens.

Cook for about 5 minutes until well coated, but not too wilted. Remove from heat. Squeeze lemon over greens and serve.

Options:

1. Replace onion with Shallots.
2. Add about 2-3 Tbsp. white wine into garlic/olive oil mixture
3. Add sun-dried tomato to greens.
4. Serve with Lentils or other beans for added protein

Nutrient Analysis:

Calories: 89.96	Protein: 3.91 g	Carbs: 9.92 g	Total Fat: 5.03 g
Sat Fat: 0.69 g	Cholesterol: 0.27 mg	Sodium: 42.35 mg	Fiber: 5.33 g

Serves 6