

Garlicky Greens

Ingredients:

- 3-4 cloves garlic, minced
- 1 stalk celery, chopped
- 1 bunch collards or kale
- ¼ cup water or low-sodium vegetable broth
- 1/8 tsp. salt



Servings: 4



*SOY FREE

Instructions:

1. Wash greens and cut away lower stems. Layer 3 to 4 leaves on top of each other, cut in half lengthwise; then slice crosswise in about 1 inch strips.
2. Pour water or broth into a large saucepan.
3. Place about 1/3 of the cut leaves in the pan, sprinkle with about 1/3 of the celery and garlic and repeat layers until all leaves are used.
4. Cover and bring to a boil and when you see steam rising from the pan, take the lid off for a few seconds and then replace it. (This releases the volatile chemicals so the greens are less bitter.)
5. Reduce heat and simmer about 10 minutes or until tender.

Nutrition Facts

4 servings per container	
Serving size	1 cup (63g)
Amount per serving	
Calories	20
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 100mg	4%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 58mg	4%
Iron 1mg	6%
Potassium 166mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.