

Sauteed Greens

4 servings

Ingredients

- 1 pound collard greens
- 4 medium cloves garlic
- 2 Tablespoons canola oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper



Directions

1. Remove hard stems from greens.
2. In a large bowl filled with cold water, add greens. Allow any dirt to settle to the bottom of the bowl. If greens are very dirty, repeat this step. Lift greens out of bowl. Shake off any excess water.
3. Stack leaves on top of each other. Roll into a tube shape. Make a few stacks if needed.
4. Use a sharp knife to slice leaf rolls into ¼-inch wide strips.
5. Peel and mince garlic.
6. In a large skillet over medium-high heat, heat oil.
7. Add greens. Use caution, as oil might splatter when damp greens are placed in hot pan. If greens can't all fit in the pan at once, cook in two batches.
8. Stir greens until wilted, about 1-2 minutes.
9. Reduce heat to medium. Add garlic. Cook until greens are soft and excess water is gone, about 5-7 minutes. If garlic starts to brown or burn, reduce heat to medium-low.
10. Season with salt and pepper. Serve right away.

Chef's notes

- Try chard, kale, or any other leafy greens instead of collards.
- Try serving over brown rice, cornbread, or whole wheat pasta.
- Add cooked greens to turkey tacos with black beans, cheese, and salsa. Or, add to egg sandwiches.



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