

# **Collard Greens**

From the USDA SNAP-Ed Recipe Finder

<http://recipefinder.nal.usda.gov/recipes/collard-greens>

## **Ingredients**

- 4 pounds fresh greens of choice (ex: chard, kale, turnip greens, spinach, or mixture)
- 2-3 cups low sodium chicken or vegetable broth
- 2 medium onions, chopped
- 3 cloves of garlic, crushed
- 1 tsp. red pepper flakes

## **Instructions**

1. Wash and cut greens.
2. Place in large stock pot; add all other ingredients and enough water to cover.
3. Simmer over medium heat until tender, about 3 ½ hours. Stir occasionally.

*Makes 8 servings*

## **Nutrition information per serving:**

Calories	60
Carbohydrates	10 g
Dietary Fiber	5 g
Sugars	1 g
Protein	5 g
Total Fat	1 g
Saturated Fat	0 g
Sodium	55 mg

