

Garlic Collard Greens



Ingredients:

- 1 pound collard greens
- 2 tablespoons olive or canola oil
- 4 cloves garlic, minced
- Salt and pepper, if desired

Instructions:

Preparing collard greens for recipe:

1. To prepare the collard greens, first, remove any roots, if needed.
2. Rinse all leaves to remove any dirt. Remove stems and chop greens.
3. Bring a large pot of water to a boil.
4. Add chopped collard greens and simmer 5 minutes.
5. Drain collard greens.

Adding prepared collard greens to recipe:

1. Heat oil over medium heat. Add garlic and sauté 1 to 2 minutes, until lightly browned.
2. Add greens and sauté 5 minutes or until greens are tender
3. Season with salt and pepper, to taste.

Makes 4 servings.



Tarrant County Public Health
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