

Side

Lemony Collard Greens

10 Mins
Prep Time

8 Mins
Cook Time

4
Servings

 **86 Calories** **5g Fat** **8g Carbs** **4g Protein**



Ingredients

 **4 Servings**  **18 Mins Total Time**  **Allergens: None**

1 Bunch Fresh Collard Greens 

1 ½ Tbsp Extra Virgin Olive Oil

2 Cloves Garlic, minced

¼ Tsp Red Pepper Flakes

½ Lemon, juiced

Salt and Pepper, to taste

Nourishment Note



Collard Greens

Collard greens are rich in many nutrients, including vitamin A, vitamin C and calcium. In a 2018 study, children with asthma with higher vitamin A levels had better lung function than those with lower vitamin A levels. The many antioxidants in collard greens may also help to reduce inflammation.

Instructions

1. Wash Hands

Wash hands with soap and water.

2. Wash & Cut Collard Greens

Wash collard greens and remove center ribs with a sharp knife. Layer the rib-less greens and roll them tightly into a cigar-like shape. Slice the “cigar” perpendicularly so you get long strands of collard greens. Shake out and set aside.

3. Add Greens to Skillet

In a large, heavy skillet, heat the olive oil over medium heat. When hot, add the collard green strands and toss with tongs to evenly coat with oil. Toss with a pinch of salt.

4. Cook & Toss Greens

Let greens cook for about 30 seconds before tossing again. Continue tossing in 30-second intervals until the greens are bright in color and slightly wilted, 3-6 minutes.

5. Season & Serve

Before removing from the heat, add the minced garlic and red pepper flakes. Allow to cook until fragrant, about 30 seconds. Remove from heat and pour lemon juice over greens. Season with salt and pepper and toss to combine. Enjoy immediately.

6. Wash Hands

Wash hands with soap and water.

Recipe adapted from [cookieandkate.com](https://www.cookieandkate.com)

What You'll Need



Cutting Board



Knife



Heavy Skillet



Measuring Spoons



Tongs

Breathe Better Food Tip

- Heartburn/GERD: Omit garlic and/or red pepper flakes, if bothersome.
- Sulfites: Use fresh lemon juice. Bottled lemon juice may contain sulfites.