



Sautéed Collard Greens

2 servings

INGREDIENTS

- 2 cups collard greens, chopped
- 2 garlic cloves (or more), minced
- Nonstick cooking spray or 2 tsp oil
- Salt and pepper
- Lemon juice (optional)

DIRECTIONS

1. Remove stems from the leaves and discard them. Chop greens into 1 inch strips that are a few inches long.
2. Heat your skillet to medium and spray or add oil and garlic if desired. Add greens (they'll shrink down so you can do it in a small pan) and stir just until all greens have turned bright green, usually about 5 minutes.
3. Turn temperature up to medium-hot and fry for just 30 more seconds or until greens are just tender.
4. Toss with salt and pepper to taste, & drizzle with lemon juice if desired.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer. In Vermont, SNAP is called 3SquaresVT. It can help low income people buy foods for a better diet. We can help you apply. Contact the Vermont Foodbank at 855-855-6181 or text VFBSNAP to 85511.