



# 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.



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