



Simply Sautéed Collard Greens

Yield: 4-6 servings

Serving size: 1 cup

Ingredients

1 bunch	Collard greens
1 Tablespoon	Olive oil (or canola)
1-1½ teaspoon	Garlic powder
½ teaspoon	Onion powder
¼ teaspoon	Black pepper
1 each	Lemon (optional)

Equipment

- Chef knife
- Cutting board
- Sauté pan
- Mixing spoon

Method

1. To prep collards, remove leaf from stem. Roughly chop leaves and finely slice stems.
2. Heat oil in a large skillet over medium heat
3. Add collard green stems and sauté for 2-3 minutes until they begin to soften. Add collard green leaves and sauté, stirring occasionally, for another 4-5 minutes until they start to wilt.
4. Add garlic powder, onion powder, and pepper. Stir well to combine. Squeeze ¼ - ½ lemon over greens to serve.

Helpful Tips

- Stems can be saved for later to add to salads instead if desired
- This recipe works of most leafy greens. Cooking time may differ depending on the greens