



Sautéed Greens

MAKES: 4 servings

PREP: 2 hours

ACTIVE TIME: 15 minutes

ingredients:

- 6 Tbsp olive oil
- 1 large red onion, sliced thinly
- 2 garlic cloves, sliced thinly
- 1 very small hot pepper (or pinch red pepper flakes)
- 1½ cups vegetable stock
- 2 pounds collard greens (or half kale)
- 3 bell peppers, seeded and thinly sliced (red, yellow and orange)
- kosher salt (to taste)

directions:

1. Strip leaves from stalks and slice thinly into strips.
2. Heat oil in large pan; add onion and garlic.
3. Saute until translucent; add hot pepper and 1/3rd stock.
4. Cook for 1 minute; add greens and peppers.
5. Cook for about 5 minutes; add remaining stock.
6. Cook over medium heat; salt to taste.
7. Cover and cook for 20 minutes.

notes:

Collard greens – Arguably a superfood, these dark leafy greens provide many health-boosting nutrients like vitamin A, C and K, calcium, iron and magnesium.

make it a meal – Twitty recommends serving over rice, which provides complex carbohydrates for energy. Black-eyed peas, or barbecued chicken can complement with protein and more.

source: *The Cooking Gene* by Michael W. Twitty