



**GENESIS**  
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## **COLLARD GREENS... SOUTHERN STYLE**

By Dr. Cindy Tazar  
(Standard)

Once considered a poor man's meal, collard greens pack a huge punch of nutrition. They are one of several cruciferous vegetables, along with broccoli and cabbage. They contain both soluble and insoluble fiber that helps control LDL cholesterol, and protects against hemorrhoids and constipation, as well as providing several strong, proven, cancer fighting benefits. With high levels of folates, vitamins C, A, K and many vital B-complex groups, as well as minerals like iron, calcium, copper, manganese, selenium and zinc, look no further for a nutritional powerhouse of a meal.

Makes 3 -4 servings. Serving size is one cup covering your vegetables.



### **INGREDIENTS**

- 1 Tbsp organic coconut or avocado oil
- 3 Slices Applegate Farms turkey bacon
- 1 Large onion, medium diced
- 2 Cloves minced garlic



3 Cups organic chicken broth  
1 Lb. collard greens, large part of stem removed, and cut into 2-inch pieces  
Pink Himalayan salt & ground pepper, to taste  
1/2-1 Tsp. crushed red pepper (to taste), optional  
Bragg's Organic Apple Cider Vinegar, optional

## **DIRECTIONS**

Heat oil in a large pot over medium-high heat. Add turkey bacon and cook on both sides until crisp. Set aside. Add onion, cooking about 5 minutes; add garlic and cook 2 minutes more, stirring frequently. Add collard greens, sautéing for 5-10 minutes.

Pour in chicken broth and season with salt, pepper and crushed red pepper. Cover, reduce heat to low and simmer for 45 minutes or until greens are tender. Add vinegar to your liking. Enjoy!

(Bragg's Organic Apple Cider Vinegar is a raw, unfiltered, unrefined vinegar that contains something called the "mother." The mother is a cloudy material rich in probiotics, amino acids, vitamins and minerals that settles at the bottom. Don't be afraid to give the bottle a light shake to mix it well, adding all that nutrition to your food.)