



VEGETARIAN SOUTHERN-STYLE COLLARD GREENS

By Dr. Cindy Tanzar
(Standard/Vegetarian)

Collard Greens have been a traditional southern favorite for a very long time. They are actually members of the cabbage family, but are also closely related to kale. Collards are rich with vitamins A and K, as well as being a great source of iron, the B-vitamin folate and calcium. These nutritional components can seep out of the greens while cooking, so you will want to enjoy them with the broth – better known as potlikker, which takes on every flavor in the pot. It's delicious! Collards are the perfect complement to any southern comfort meal. Be sure to make plenty for leftovers during the week.
Makes 9-10 servings. One serving equals one cup of cooked vegetable per meal.



INGREDIENTS

- 1 Tbsp avocado oil
- 1 Tbsp Kerry Gold butter
- 1/2 large onion, chopped
- 1/2-1 tsp. red pepper flakes (to taste)



1 clove garlic, finely chopped
1 lb. collard greens, chopped
3 cups organic vegetable broth (can use non-vegetarian organic chicken broth)
2 tomatoes, seeded and chopped
Pink Himalayan salt & freshly ground black pepper, to taste

INSTRUCTIONS

Heat the oil and butter over medium heat in a large pot. Sauté the onions about 2 minutes, then add the red pepper flakes and garlic, cooking another minute.

Add collard greens and sauté another couple of minutes. Add vegetable (or chicken) stock, cover and bring to a simmer. Cook until greens are tender – about 40 minutes.

Add tomatoes and season to taste with salt and pepper.