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## VEGETARIAN COLLARD GREENS

By Dr. Cindy Tazar  
(Standard/Vegan)

If you like collard greens, you will love the unique flavor of this recipe. If you think you don't like them, it's definitely time to try! This recipe is so easy and very quick if you use bagged, sliced collard greens. Collards are in the same cruciferous family as broccoli, kale, cabbage and Brussels sprouts, are highly nutritious and very affordable.

Makes 6-7 servings. One serving of this recipe is one cup and covers your cooked vegetable for one meal.



### INGREDIENTS

- 1 Tbsp avocado oil
- 2 cloves garlic, minced
- 1 medium yellow onion, diced
- 1 cup cherry tomatoes, halved
- 1 bunch collard greens (or one package already torn greens)



1 tsp. apple cider vinegar

1 tsp. paprika

Pink Himalayan Salt & black pepper, to taste

## INSTRUCTIONS

Prepare the collard greens by removing the thick central stem, stacking the leaves and slicing into thin strips. Heat oil in a large heavy skillet over medium-low heat. Add the onion and sauté until tender - about 5-6 minutes. Add garlic and sauté for another 2-3 minutes.

Stir in tomatoes, increase heat to medium and sauté about 3 minutes. Add the collard greens, vinegar, paprika, salt & pepper and mix well. Reduce heat to low and cook until greens are wilted, dark green and tender - about 15-20 minutes. Stir frequently, adding a few Tbsps. of water throughout the cooking time to prevent from sticking.