



Savory Braised Collard Greens

An easy way to make a green side dish.

| <u>U.S.</u> | | <u>Metric</u> |
|--------------------------|--|---------------|
| 1 Tbsp | Olive Oil | 15 mL |
| 1/2 each | Onion, small dice | 1/2 each |
| 8 cups (about 2 bunches) | Collard Greens, washed, stems removed, cut into 1/2" wide strips | 288 g |
| 1/4 cup | Apple Cider Vinegar | 45 mL |
| 1 Tbsp | Cane Syrup | 15 mL |
| 1 cup | Water | 237 mL |
| 1 tsp | Smoked Paprika | 0.35 g |
| 1 tsp | Garlic Powder | 3 g |
| 3/4 tsp | Salt | 4.5 g |
| 1 tsp | Butter | 5 g |

Preparation:

1. Gather all ingredients and equipment. Preheat oven to 350 degrees F.
2. Heat a medium sized pot over medium-high heat and add the oil. When oil is hot, add onion and saute until it becomes translucent and begins to brown.
3. Add the greens, vinegar, cane syrup, water, and seasonings to the pot. Cook until greens are slightly wilted and thoroughly combined with the other ingredients.
4. Cover the sauce pot with a lid or tin foil and place in the oven. Cook between 30-40 minutes, until greens are soft but not mushy.

Alternative Step 4: Cover the pot with a lid or tightly wrapped tin foil. Turn heat to low and simmer on the stove until greens are desired tenderness, 20-40 minutes.

5. When greens are finished cooking, stir in the butter. Add additional apple cider vinegar, if desired, for tangier greens.

Nutrition Facts

9 Servings

Serving size **1/2 Cup**

Amount per serving

Calories **40**

| | |
|----------------------------|--------|
| Total Fat | 2 g |
| Saturated Fat | 0 g |
| Trans Fat | 0 g |
| Monounsaturated Fat | 1 g |
| Cholesterol | 0 mg |
| Sodium | 170 mg |
| Total Carbohydrate | 4 g |
| Dietary Fiber | 1 g |
| Total Sugars | 2 g |
| Includes 1.5g Added Sugars | |
| Protein | 1 g |
| Vitamin D | 0 % |
| Calcium | 4 % |
| Iron | 0 % |
| Potassium | 70 mg |
| Phosphorus | 7 mg |
