

Recipes

Collard Greens and Cabbage

Ingredients:

Equipment:

- 1/2 pound collard greens, washed, sorted to remove stems and torn into small pieces
- 2 cups cabbage, shredded
- 1 tablespoon olive oil
- 1 onion, chopped
- 1 tablespoon garlic powder
- 1 tablespoon vinegar

Cutting board Knife Large saucepan with lid Colander Large serving bowl Non stick skillet Spatula Measuring spoons Measuring cups

Number of Servings: 4 Prep Time: 10 minutes Total time: 10 minutes

Directions

- 1. Rinse greens, remove stems, and tear in small pieces.
- 2. In a large saucepan, boil 3 quarts of water.
- 3. Add greens, return to a boil and cook 3 minutes. Add cabbage and cook 1 more minute. Drain in colander. Pour into serving bowl.
- Heat a large nonstick skillet over medium high heat. Add oil and sauté onion until light brown, about 3 minutes. Pour into serving bowl with cabbage and greens.
- 5. Sprinkle garlic powder and vinegar over greens and toss to coat and mix in flavors.

For more recipes, please visit: www.fcs.ext.vt.edu/recipes



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Nutrition Facts

Serving Size: 1 cup Servings: 4 Amount Per Serving

Amount Per Serving			
Calories 66 Calories from F			Fat 27
	%Daily Value*		
Total Fat 3g			4%
Saturated Fat trace 1g			1%
Cholesterol 0mg			0%
Sodium 21mg			1%
Total Carbohydrate 10g			3%
Dietary Fiber 4g			14%
Protein 3g			5%
Vitamin A	45%	Vitamin C	61%
Iron	3%	Calcium	11%
*Percent Daily Values are based on a 2,000 calorie diet.			

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