

Collard Greens and Cabbage

Ingredients:

- 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

Equipment:

- 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.
4. 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.

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Nutrition Facts

Serving Size: 1 cup			
Servings: 4			
Amount Per Serving			
Calories 66		Calories from 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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