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

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.

Nutrition Facts

Serving Size: 1 cup
Serving: 4

Amount Per Serving Calories 66
Calories from Fat 27
Total Fat 3g 4%
Saturated Fat 1g 1%
Cholesterol 0mg 0%
Sodium 2mg 1%
Total Carbohydrate 10g 3%
Dietary Fiber 4g 14%
Protein 3g 5%
Sugar 0g 0%
Vitamin A 45%  Vitamin C 61%
Iron 3%  Calcium 11%

*Percent Daily Values are based on a 2,000 calorie diet.

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