

Side Dish

Hearty Collard Greens

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- 1 tablespoon vegetable oil**
- 1 cup onion, sliced**
- 4 cloves garlic, smashed**
- 1 pound collards, rinsed and cut into 2-inch pieces**
- 1 cup chicken broth**
- 1/4 teaspoon salt**
- red pepper flakes (to taste)**

In a large pot, heat the vegetable oil over medium heat.

Add the onion and garlic.

Cook for 5 minutes or until browned.

Add the collards, broth and salt.

Cook, covered, for 45 minutes, stirring occasionally, until tender.

Season with red pepper flakes, if desired.

Per Serving (excluding unknown items): 374 Calories; 17g Fat (38.0% calories from fat); 19g Protein; 44g Carbohydrate; 19g Dietary Fiber; 0mg Cholesterol; 1394mg Sodium. Exchanges: 1/2 Lean Meat; 9 1/2 Vegetable; 2 1/2 Fat.