

Jamaican Coconut Collard Greens

*Julie Miltenberger
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Servings: 12

*1 tablespoon coconut oil OR olive oil
1 cup white onion, chopped
1 habenaro chile pepper, stemmed and sliced
2 teaspoons chopped fresh thyme
1 tablespoon all-purpose flour
2 cans (13.5 ounce ea) coconut milk
2 bags (16 ounce ea) fresh chopped collard greens
1 1/2 teaspoons salt
1/8 to 1/4 teaspoon ground nutmeg
1/4 cup unsweetened cocnut flakes (for garnish), toasted*

Preparation Time: 10 minutes

Cook Time: 24 minutes

In a large pot, heat the oil over medium-high heat. Stir in the onion, chile pepper and thyme. Cook for 3 minutes. Add the flour. Cook for 1 minute. Whisk in the coconut milk. Bring to a simmer. Cook for 3 minutes.

Stir in the collard greens. Cover. Cook for 2 minutes. Using tongs, mix in the wilted leaves. Reduce the heat to medium. Cook for 15 minutes, covered, mixing a couple more times. Stir in the salt and nutmeg.

Transfer to a bowl. Scatter toasted coconut on top.

Tone down the heat by seeding the habenero pepper or using a milder pepper, such as a jalapeno pepper.

Per Serving (excluding unknown items): 100 Calories; 10g Fat (81.0% calories from fat); 1g Protein; 4g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 273mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fruit; 2 Fat.