

Spicy Jalapeno Collard Greens

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Servings: 6

Preparation Time: 25 minutes

Cook time: 1 hour

1 pound collard greens

3 slices bacon, chopped

2 cups water

1 (8 to 10-ounce) cooked, smoked pork hock

1/2 cup (1 medium) onion, chopped

1/2 cup (1 small) orange sweet pepper, chopped

1 to 2 fresh jalapeno peppers, seeded and chopped

1 teaspoon sugar

1/4 teaspoon salt

1/8 to 1/4 teaspoon cayenne pepper

4 cloves garlic, minced

red wine vinegar (optional)

Wash the collard greens thoroughly in cold water. Drain well. Remove and discard the stems and trim bruised leaves. Coarsely chop the leaves to measure six cups lightly packed. Set aside.

In a Dutch oven, cook the bacon until crisp. Remove the bacon, reserving the drippings in the Dutch oven. Drain the bacon on paper towels and set aside.

Add the water, pork hock, onion, sweet pepper, jalapenos, sugar, salt, cayenne pepper and garlic to the Dutch oven. Bring to a boil. Add the chopped collard greens.

Reduce the heat. Simmer, covered, for 1 to 1 1/4 hours or until the greens are tender. Remove from the heat. Remove the pork hock. Cover the greens. Keep warm.

When cool enough to handle, cut the meat off the pork hock. Chop or shred the meat. Discard the bone and fat. Return the meat to the greens mixture along with the cooked bacon. Heat through.

Serve with a slotted spoon.

If desired, drizzle each serving with a little vinegar.

Yield: 4 cups

Per Serving (excluding unknown items): 50 Calories; 2g Fat (31.0% calories from fat); 3g Protein; 7g Carbohydrate; 3g Dietary Fiber; 3mg Cholesterol; 157mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fat; 0 Other Carbohydrates.