



EASY COLLARD GREENS

Serves 4

Ingredients:

- 1 tbsp. vegetable oil
- 1/2 small onion, thinly sliced
- 1 garlic clove, minced
- 1 large bunch collard greens
- 1 slice of turkey bacon, diced
- 1/2 tsp. red pepper flakes
- 2 tbsp. water
- 1 tbsp. cider vinegar
- 1/2 tsp. sugar



Directions:

1. Wash greens and blot lightly with paper towel to dry.
2. Remove stems from larger leaves by stripping the leaf off from either side of the stem (you can leave the stems on the tender inner leaves).
3. Stack leaves together, roll up into a log, and slice into 1-inch sections.
4. In a skillet, heat oil on medium heat. Add onion and cook until translucent, about 3 minutes, stirring occasionally.
5. Add garlic and cook until fragrant, about 15 seconds more.
6. Add greens, water, vinegar, sugar, red pepper, and turkey bacon.
7. Cover and cook until tender, about 20 minutes.

Cost: About \$0.75 per serving!



Tips:

- When cooking chicken, make sure the meat reaches 165 degrees F.
- Don't forget that a whole roasted chicken is budget friendly, a crowd pleaser, and easier than you think!
- If you're looking to reduce cholesterol, pick white meat without skin.

Nutrition Facts	
Serving size	1/4 of Recipe
Amount Per Serving	
Calories	70
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 180mg	8%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 3g	6%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	