

Collard Greens – Quick!

Prep time: 5 – 10 min
Cook time: 10 min

- 1 bunch collard greens* (6-10 stems)
- 1 large onion, diced
- 2 cloves garlic, diced
- 2 Tbsp apple cider vinegar*
- 1 tsp. salt
- 1 tsp. black pepper
- 1/4 tsp chili powder
- 1 Tbsp extra virgin olive oil or coconut oil



Directions

Prepare collard greens by washing thoroughly. Slice out the thick part of the stem, leaving the leaf in a "V" shape.

Chop greens into 1 inch segments.

Sauté diced onions in olive or coconut oil on medium heat until tender (about 5 min). Stir regularly.

Add garlic and cook until just fragrant (about 1 min).

Add chopped greens, vinegar and spices. Drizzle with olive oil to keep greens from clumping. Cover and cook until they start to wilt (2–3 min).

* recommended organic - it's a [Dirty Dozen](#) item

By Marisa Reyes