

# Sauteed Greens

Serves 4  
Cook time: 30 minutes



Adapted from: *The Cooking Gene*  
by Michael W. Twitty



**Greater Cleveland  
Food Bank**

## INGREDIENTS

- 6 Tbs olive oil
- 1 large red onion, sliced thinly
- 2 garlic cloves, sliced thinly
- 1 very small hot pepper (or pinch red pepper flakes)
- 1-1/2 cups vegetable stock
- 2 pounds collard greens (or half kale)
- 3 bell peppers, seeded and thinly sliced (red, yellow and orange)
- kosher salt (to taste)

## DIRECTIONS

1. Strip leaves from stalks and slice thinly into strips.
2. Heat oil in large pan; add onion and garlic.
3. Saute until translucent; add hot pepper and 1/3 stock.
4. Cook for 1 minute; add greens and peppers.
5. Cook for about 5 minutes; add remaining stock.
6. Cook over medium heat; salt to taste.
7. Cover and cook for 20 minutes.

**COLLARD GREENS:** These dark leafy greens provide many health-boosting nutrients like vitamin A, C and K, calcium, iron and magnesium. Serve over rice, which provides complex carbohydrates for energy. Black-eyed peas, or barbecued chicken can complement with protein and more.

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