



Oldways Tangy Collard Greens

6 servings

Collard greens hold deep cultural significance in African American communities and are also a beloved dish. This recipe relies on lemon juice to give that acid taste a lot of people prefer with their collard greens. You can also substitute apple cider vinegar.

- 2 bunches of collard greens, gently rubbed under running water
- 1 yellow onion, scrubbed with clean vegetable brush under running water, chopped
- · 4 cloves of garlic, minced
- 1 Tablespoon olive oil
- 1 Tablespoon Dijon mustard
- ¼ cup lemon juice (about 1 lemon)
- ¼ cup water
- Salt to taste
- 1. Wash hands with soap and water.
- 2. Wash collard greens and remove the core. Cut into long, 2-inch thick strips.
- 3. In a large saucepan, heat oil over medium heat. Add the onions and cook for 3-5 minutes, until translucent.
- 4. Add garlic and cook for another minute.
- 5. Stir in Dijon mustard and lemon juice.
- 6. Add collard greens and toss to coat the greens.
- 7. Add water and season with salt, if desired. Cover and cook for about 10-12 minutes until collards are bright green.
- 8. Store leftovers in a sealed container in the refrigerator for up to four days.

Nutrition Information per Serving (1/6 of recipe): Calories 80, Total Fat 3g, Saturated Fat 0g, Cholesterol 0mg, Sodium 70mg, Total Carbohydrates 11g, Fiber 6g, Total Sugars 2g, includes 0g Added Sugars, Protein 5g, Vitamin D 0%, Calcium 25%, Iron 6%, Potassium 8%.



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