

## Oldways Tangy Collard Greens

6 servings

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*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.*

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- 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%.