

Quick Collared Greens

PREP TIME: 5-10 MIN | COOK TIME: <10 MIN | SERVINGS: 2

INGREDIENTS:

- 1 large bunch of collard greens, washed
- 1 1/2 Tbsp cooking oil
- 1/4 tsp salt
- 2 garlic cloves, minced
- 1/2 tsp red pepper flakes (optional)
- Optional: Hot sauce, onion, or lemon wedges to serve

DIRECTIONS:

- Remove the leaves from the stem (rib). Stack the leaves and roll them up into a long tube-like shape.
- Cut width-wise across the tube to make long strands, then chop strands.
- Heat oil in a large skillet over medium-high heat. Add collard greens and salt. Stir until greens are lightly coated in oil, then let cook for 30 seconds before stirring again. Continue stirring in 30-second intervals for 3-6 minutes, or until the greens are wilted, dark green, and starting to brown on the edges.
- Add the garlic and red pepper flakes (if using). Stir to break up the garlic and cook until it's fragrant, about 30 seconds.
- Remove the pan from the heat. Enjoy!

