

SAUTÉED COLLARD GREENS (SERVES 8)

INGREDIENTS:

3 pounds collared greens (about 3 or 4 bunches)

2-3 garlic cloves

Extra virgin olive oil

Optional: ½ cup pine nuts or other nuts (chopped walnuts, almonds, cashews)

Optional: ½ cup raisins

Salt and pepper

½ cup water

TIPS:

- This recipe can be made with any other kind of greens, like kale, spinach, or chard.

DIRECTIONS:

1. Wash the greens. (It's best to wash them in a bowl of cold water, lifting the greens out if the water, replacing the water, and repeating the process several times until the water is free of dirt.) Dry the greens in a salad spinner or on clean paper towels or kitchen towels.
2. Remove stems from greens by either cutting or pulling them out. Finely chop the stems. Coarsely chop the leaves.
3. Crush and peel the garlic, removing any green shoots. Roughly chop the garlic.
4. Heat a large pan over medium-high heat for a couple minutes. Add enough oil to coat the pan (about 1 tablespoon) and then add pine nuts and raisins, if using. Cook, stirring constantly, for about 1 minute. Add chopped up stems and continue cooking for 2 minutes, stirring regularly. Add garlic and continue cooking, stirring constantly for another minute. Add greens and stir to combine. Sprinkle with salt and pepper and add about ½ cup of water to the pan. Cover and allow greens to steam until tender, usually 3 to 5 minutes. Remove lid and allow any excess water to evaporate. Serve and enjoy!