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One of our favorite recipes:



## Braised Collard Greens

### Ingredients

2 big bunches of collard greens  
small onion, diced  
2 big cloves garlic, minced fine  
a cup or a can of diced tomatoes  
2 quarts vegetable stock, homemade or store-bought  
dried or fresh herbs of your choice  
olive oil

### Directions

1. Wash the collards. Remove the stem and center vein to about three-quarters of the way up the leaf. Rough chop – 1-inch square pieces is great.
2. In a big heavy-bottomed pot, sauté the onion in olive oil over medium heat until very soft and just beginning to brown. Add the garlic and dried herbs if you're using any and stir 1–2 minutes. Add the veg stock and bring to a simmer. Add the tomato, greens, and fresh herbs if you're using any. Return to a low simmer and braise 10–20 minutes. Collards should have a bit of a snap but not be tough when you bite into them. Season with salt and pepper to taste.

Now you have a side vegetable for any meal or the basis for a soup or stew. For lunch or a quick dinner, I add a little rice or quinoa and seitan or some other protein, and it's a hearty meal. Collards are high in antioxidants, B vitamins, and iron, and they help to lower 'bad' cholesterol. They're also an excellent source of dietary fiber.

