

Collard Greens

This tradition recipe, a high dietary fiber food, gets a “make-over” using spices and liquid smoke as flavoring. The traditional Southern United States’ recipe usually contains fat and/or salty meats as ham hocks, smoked turkey, etc. Contributors: Los Angeles Healthy African American Families’ staff and friends taste tested the recipes for CNESINC.org

Amount	Measure	Ingredients	Preparation Method
2	Pounds	Collard greens	(after stems are removed)
3	Cups	Water	
1/2	Teaspoon	Red pepper flakes, crushed	
4	Teaspoons	Onion powder	
4	Teaspoons	Garlic powder	
1	Tablespoon	Sugar substitute	
½	Teaspoon	Black pepper	
1	Tablespoon	Vegetable oil	
2	Tablespoons	Liquid Smoke	
1/2	Teaspoon	Salt	

1. Wash, remove stems, and cut collard greens or rewash the pre-packaged collards greens with stems already removed.
2. Place vegetable oil, liquid smoke, black pepper, sugar substitute, garlic powder, onion powder and crushed red pepper in large stock pot. Stir all of ingredients together over low heat.
3. Add water to the above mixture, cover with lid, and bring to a boil
4. Add collard green to the boiling mixture.
5. Cook collard greens until desired tenderness.

Yield: Six (6) 1 cup servings.

	Calories	Sodium	Total fat	Sat. fat	Chol	Fiber
Daily Value (DV)	2,000	2400 mg	65 g	20 g	300 mg	25 g
1 serving of this recipe	75	192 mg (8%)	2g (3%)	-	-	5g (20%)

Do you have recipes that you want us to modify?
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