

## Sautéed Collard Greens

Serving size: ½ cup

Serves: 8

### Ingredients:

2 tablespoons extra virgin olive oil  
1 large sweet onion, chopped  
1 clove garlic, diced  
¼ teaspoon salt  
Freshly ground black pepper to taste  
1 bunch fresh collard greens, washed, trimmed, and chopped  
½ cup vegetable broth  
1 large ripe tomato, diced  
Juice of one large lemon

### Directions:

1. In a large pan, heat the olive oil.
2. Add the onion and sauté until soft.
3. Add the garlic, salt and pepper.
4. Lightly sauté the greens in the pan about 1-2 minutes.
5. Add the broth, cover and simmer until the greens are tender.
6. Add the tomatoes and simmer an additional minute.
7. Squeeze the lemon over the greens before serving.

### Exchanges per serving:

2 Vegetable, ½ Fat

### Nutrients per serving:

Calories: 70  
Calories from fat: 27  
Total Fat: 3g  
Cholesterol: 0mg  
Sodium: 114mg  
Total Carbohydrate: 10g  
Dietary Fiber: 4g  
Protein: 3g