

Healthy Collard Greens

By Denine Rogers RDN, LD, FAND

This recipe is a great start for the new year. There have been stories that when you eat collard greens in the beginning of the new year it would give you good luck! I do not know that this is true but I am going to let you decide!

Ingredients:

1 ounce (2 tablespoons) Olive Oil

1 garlic clove, smashed

2 small bunches collard greens (about 1 1/2 pounds), stems removed, leaves cut crosswise into 1/2-inch strips

3/4 cup homemade or store-bought low-sodium vegetable stock

3 tablespoons white-wine vinegar

1/8 to 1/4 teaspoon red-pepper flakes

Coarse salt and ground pepper

Hot sauce, for serving (optional)

Heat 1 tablespoon Olive Oil and the garlic in a large pot over medium-high heat. Bring vegetable stock, white-wine vinegar and pepper flakes to a boil into the large pot. Add collard greens; reduce heat to a simmer, and cover. Cook, stirring occasionally, until tender, 1 hour to 1 hour 15 minutes. Season with salt and pepper. Serve greens with liquid spooned over the top.