

Brazilian Collard Greens

submitted by archerstrips2



Per serving: 79 Calories • 8.6g Carbs (5.8g Fiber) • 4.3g Fat • 4.5g Protein

Ingredients

Ingredients scaled to: 4 serving

16 cup, chopped **Collards** (576 grams)

3 clove **Garlic** (9 grams)

1 tbsp **Olive oil** (13.5 grams)

Directions

Directions are based on the original recipe of 4 servings

1. PREPARATION: Remove collard stems and center ribs. Halve leaves lengthwise.
2. Stack half of collard leaves and roll into a cigar shape. Cut crosswise into very thin strips (1/16 inch wide). Repeat with remainder.
3. Mince and mash garlic to a paste with 3/4 teaspoon salt. Heat oil in a 12-inch heavy skillet over medium heat until it shimmers, then cook garlic, stirring, 30 seconds. Add collards with 1/4 teaspoon pepper and cook, tossing, until just tender and bright green, 3 to 4 minutes.