

Sautéed Collards

submitted by deleted_518562



Per serving: 43 Calories • 4.3g Carbs (1.1g Fiber) • 2.8g Fat • 0.8g Protein

Ingredients

Ingredients scaled to: 5 serving

- 1 tbsp **Olive oil** (13.5 grams)
- 1 cup, chopped **Onions** (160 grams)
- 1 medium whole (2-3/5" dia) **Tomatoes** (123 grams)
- 1 cup, chopped **Collards** (36 grams)

Directions

Directions are based on the original recipe of 5 servings

1. Heat a pan over medium-high heat.
2. Dice onion and tomato, then sauté lightly in oil until onions are translucent. Add greens and stew together until greens are soft. Enjoy!