



VEGAN COLLARD GREENS

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INGREDIENTS

- 1 tablespoon olive oil or 1/4 cup water or veggie broth
- 1 cup diced onion (shallot or onion)
- 2 - 3 garlic cloves, minced
- 1 can (14oz.) diced tomatoes (juices mostly drained) or 2 fresh tomatoes, diced
- 1 bunch collard greens (12 - 16 oz.), stems removed and chopped
- 1 can (14oz.) beans (chickpeas, cannellini or pinto), drained and rinsed
- 2-3 tablespoons lemon juice (1 large or 2 small lemons)
- salt & pepper, to taste
- red pepper flakes, to taste (optional)

INSTRUCTIONS

Heat oil in a large wok over medium heat, add shallots and sauté 4 minutes or so, just until softened. Add the garlic, sauté 1 minute more.

Add collards, lemon juice and salt & pepper, cook another 4 minutes.

Add tomatoes and beans, cook, stirring occasionally, until collards are lightly wilted or until beans and tomatoes are heated through. I like my collards al dente if you will and cooked for about 5 extra minutes. Ending cooking time will vary depending on how soft you like your collards.

Serve in individual bowls with a squeeze of lemon. Pair with warmed corn tortillas, naan or crusty bread and a tall glass of lemon water.

Serves 2 - 3

ENJOY!