

Braised Great Garlicky Greens

Servings about 4

1 bunch collard greens -- deribbed, chopped
turnip greens
creasy greens
kale
1-2 tablespoons olive oil
1-2 cloves garlic, pressed or chopped fine
Salt and pepper to taste

Wash well, derib the big ones like collards and kale. In a skillet, heat the olive oil over a medium high heat and sauté the garlic till tender, but don't let it brown. Add the greens and keep stirring till they are nice and bright green. Now add about an inch of water to the bottom of the skillet, cover, and simmer till tender. It may take awhile on the collards, the others watch and add a little more water if necessary. Stick a fork in to test for tenderness. Salt and pepper to taste, then serve with rice wine vinegar on the side. Completely delicious and highly nutritious.

Per serving (1/2 cup each): 45 Calories; 6g Total Fat; 1g Protein; 2g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 7mg Sodium