



# Recipes

## Leafy Greens

### **Brazilian Style Collards**

*Prep Time: 5 minutes*

*Cooking Time: 5 minutes*

*Yield: 6 servings*

#### **Ingredients:**

2 bunches collard greens  
3 cloves garlic  
2 tablespoons olive oil  
Salt and pepper to taste

#### **Directions:**

1. Wash collards.
2. Remove leaves from stems, tear leaves in half and stack into piles 4 leaves thick. Roll the stack tightly, turn to the side and cut carefully into very thin strips. Repeat with all collards. The effect is that the leaves will be shredded.
3. Mince the garlic.
4. Heat oil in a frying pan and sauté garlic until golden brown, about 30 seconds.
5. Add collards, salt and pepper and toss quickly for about 3 minutes with tongs or a fork, making sure all greens cook through.
6. Remove from heat and transfer to serving dish.