



Recipes

Greens

Collards with Dill and Parsley

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 4 servings

Ingredients:

- 1 bunch collard greens
- 1 cup fresh chopped dill
- 1 cup fresh chopped parsley
- 2 tablespoons olive oil
- 1 teaspoon black pepper
- pinch of sea salt

Directions:

1. Wash collards, cut stems off and chop into small pieces and put aside. Stack leaves and roll them up, as you would a sushi roll, then slice from the end to create long strips.
2. Warm oil in a pan with black pepper, and add stems, sautéing for a few minutes.
3. Add collard greens and sea salt, then sauté for about 3 minutes.
4. Add water, cover and allow to steam for about 3-4 minutes, then remove from heat.
5. Add chopped dill and parsley, toss well and allow to sit uncovered for a few minutes, then serve.

Variations:

Mix the juice of a lime and a dash of cayenne. Toss with the greens for a little extra kick!