

# Ethiopian Collard Greens

**Servings:** 4

**Diet:** Vegan, Vegetarian & Gluten-Free

## Ingredients

- 2 tablespoons oil
- 1 large white onion, chopped
- 2 teaspoons garlic, minced
- 1 tablespoon fresh ginger, minced
- ½ teaspoon crushed red pepper flakes
- 1 teaspoon ground cumin
- 1 teaspoon paprika
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 8 cups collard greens, thinly sliced
- Juice of 1 lemon (or 2 tablespoons of lemon concentrate)

## Instructions

**STEP 1:** In a large skillet, heat oil over medium heat. Add onions and cook until onions are translucent, about 5 minutes.

**STEP 2:** Add the garlic, ginger, red pepper flakes, cumin, paprika, salt and black pepper. Cook for about 30 seconds, stirring constantly.

**STEP 3:** Add collards, lemon juice, and a little water. Cover and cook 15 minutes until greens are tender. Add a little more water if needed. Serve warm over brown rice or with flatbread.



- **Ingredient Swap:** Any hardy green will work! Try kale, chard or mustard greens
- **Nutrition Boost:** Add cooked lentils to add more protein.
- **Did You Know?** Collard greens are rich in vitamins A, C and K and are a good source of fiber and antioxidants!



Per Serving: 110 Calories | 9g Carbs | 2g Sugar | 4g Fiber | 8g Fat (0.5g Sat Fat) | 3g Protein | 310mg Sodium  
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