



# Stewed Collard Greens

**Yield: 4 servings**

## Ingredients

- 1 large bunch collard greens
- 1 tablespoon extra virgin olive oil
- 1 ½ cups diced onions
- ½ cup diced poblano pepper
- 2 tablespoons minced garlic
- 2 cups vegetable broth, low or no salt added
- ¼ cup apple cider vinegar
- 1 tablespoon honey
- 1 bay leaf
- 1 teaspoon smoked paprika
- ¼ teaspoon kosher salt
- ¼ teaspoon ground black pepper

## Instructions

1. Remove stems from collard greens and rough chop the leaves.
2. Heat oil in a medium sauce pot over medium high heat. Add onions and peppers, then cook until soft about 6 to 8 minutes.
3. Add garlic and cook for 1 more minute.
4. Add greens and the remaining ingredients.
5. Bring to a boil, cover and reduce heat to a simmer and cook for 40 to 45 minutes or until greens are tender.

## Nutrition Information

**Serving Size:** ¼ of recipe  
Calories: 110  
Total Fat: 3.9 g  
Saturated Fat: 0.5 g  
Monounsaturated Fat: 2.5 g  
Polyunsaturated Fat: .5 g  
Sodium: 199 mg  
Total Carbohydrate: 17 g  
Dietary Fiber: 3.6 g  
Sugars: 8 g  
Protein: 2.8 g

Source: Chef Jeremy Paquin



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