

RECIPE OF THE WEEK

Collard Greens

Ingredients

- 1 bunch of collard greens – washed
- Olive oil (8 tsp. for 4 servings)
- ¼ tsp. sea salt
- ¼ cup Apple Cider Vinegar
- 6-8 chopped sun-dried tomatoes
- 1-3 cloves of raw garlic – minced
- 1 tsp. red pepper flakes
- ½ tsp. black pepper



Preparation

1. De-stem and chop the collard greens.
2. Easy way to de-stem collard greens: Fold them in half lengthwise along the stem with the darker green side down and then pull up the stem until it comes off and you're left mostly with leaf.
3. Easy way to chop the collards: Stack a few leaves, roll them up into a cigar shape and cut through the collard cylinder, making strips.
4. Place strips in a large bowl and pour olive oil on collard strips and sprinkle salt. Massage the oil and salt into the strips with your hands until all pieces are well coated.
5. Whisk together apple cider vinegar, sun-dried tomatoes, onions, garlic, red pepper flakes, and ground pepper.
6. Pour apple cider vinegar dressing over the collard green strips and let marinate in the refrigerator for at least 3-4 hours. Leaving overnight is best.
7. Serve and enjoy!

