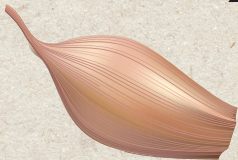


# Sautéed Collards with Garlic

## Ingredients:

- 2 tablespoons extra virgin olive oil
- 6 garlic cloves, thinly sliced\*
- 1/2 teaspoon crushed red pepper flakes
- 2 heads collard greens, stems and ribs removed, leaves coarsely chopped\*
- coarse salt
- 1/2 cup water



## Preparation:

1. Heat oil in a large saute pan over medium heat. Cook garlic, stirring often, until golden (about 3 minutes). Stir in red pepper flakes and cook until fragrant (about 30 seconds). Stir in collard greens and 1 teaspoon of salt.
2. Reduce heat to medium-low. Add water and steam, covered, until greens are tender and water evaporates (about 10 minutes). If greens are ready but there is still water in the pan, raise heat to medium high and cook, uncovered, until completely evaporated.



\*Ingredient is WIC (Women, Infants, and Children) Nutrition program approved.

Source: [Marthastewart.com](http://Marthastewart.com)



Boost! Kitchen programming is sponsored by

**Hamilton Beach**

