

HEART SMART® COLLARD GREENS



ingredients:

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| 2 strips cooked turkey bacon, crumbled | 1 Tablespoon liquid smoke flavoring |
| 3 cups water | 1 Tablespoon canola oil |
| 5 cups fat free, low-sodium chicken broth | 1 cup chopped (about 1 large) onion |
| 3 pounds collard greens, cleaned, trimmed and chopped | 3 cloves garlic, minced |
| 2 15-ounce cans black-eyed peas, drained and rinsed | 2 medium tomatoes, coarsely chopped |
| | 1/2 teaspoon red pepper flakes |
| | 1/4 teaspoon ground black pepper |

directions:

1. Combine bacon, water and chicken broth in large pot. Place on medium-high heat and bring to boil.
2. Reduce heat and add collard greens, black-eyed peas and liquid smoke to the pot. Cover and simmer for 15 minutes. Remove cover and simmer 30 minutes.
3. Heat canola oil in large skillet on medium heat. Add onion and garlic. Sauté for 10 minutes or until onions are soft.
4. Stir tomatoes, red pepper flakes and black pepper into onion mixture. Cook for 10 to 15 minutes.
5. Stir tomato mixture into greens when most of the liquid has evaporated from the greens. Simmer uncovered for 15 minutes or until greens are tender.

Yield: 10 servings
(about 1/2 cup each)

Nutrition Information Per Serving:

151 Calories
3.5 grams Fat
0.5 grams Saturated Fat
3 mg Cholesterol
416 mg Sodium
24 grams Carbohydrates
8.5 grams Fiber
12 grams Protein

Food exchanges:
5 vegetable, 1/2 fat



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