

SMOKY SAUTÉED COLLARD GREENS



Try this new twist on a classic comfort food, that doesn't skimp on flavor. Dark leafy greens are packed with nitrates to support blood vessel health and are also a good source of plant-based calcium.

INGREDIENTS

Serves 8 (½ cup each)

- 1 white or yellow onion,  thinly sliced
- 3 cloves garlic, finely minced 
- 1 red bell pepper, sliced into strips 
- 2 bunches collard greens,  rib removed, chopped or sliced
- 1 tablespoon canola oil
- 1 teaspoon less-sodium soy sauce
- ½ to 1 teaspoon smoked paprika
- ½ teaspoon black pepper

DIRECTIONS

 Items are DUO-eligible for those who qualify.

1. Heat a medium sauté pan over medium heat. Add oil and heat until shimmering.
2. Add onions and cook while stirring (sautéing) for about 2 minutes, or until onion is translucent (clear).
3. Add garlic and red bell pepper and sauté until fragrant.
4. Add collard greens and cook until the greens have become soft, around 8 minutes.
5. Add soy sauce, smoked paprika, black pepper, and stir well.



TIP: For the best taste, choose greens that are bright green. They will taste less bitter than greens that look dull or are turning yellow. For softer greens, cook them a little longer, which can also help to cook out some of the bitter flavor.

Nutrients per serving 52 calories, 3 g total fat (0 g saturated), 6 g total carbohydrates (3 g dietary fiber), 2 g protein, 42 mg sodium, 187 mg potassium, 121 mg calcium, 19 mg magnesium





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The Double Up Oklahoma (DUO) Program provides Supplemental Nutrition

Assistance Program (SNAP) beneficiaries with a \$1 for \$1 match, up to \$20 per day, to purchase healthy, fresh fruits and vegetables at participating farmers markets and grocery stores in Oklahoma. DUO for Health partners with Oklahoma physicians and other health care providers to help spread the word to their patients about the health benefits of eating more fruits and vegetables. Visit www.doubleupoklahoma.org to find a DUO-participating farmers market or grocery store location near you.



This recipe was developed by the OU Culinary Medicine Program and professionally reviewed by a registered dietitian to ensure it aligns with dietary guidelines for people living with type 2 diabetes and cardiovascular disease. For more help with a personalized meal plan based on your health goals, you can ask your provider for a referral to see a registered dietitian.

Looking for more healthy eating resources?

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