

Basic Sautéed Cooking Greens



4 servings

Ingredients

10 cups chopped cooking greens leaves (about 2 bunches)
2 tablespoons canola or vegetable oil
1 small onion, diced
4 garlic cloves, peeled, thinly sliced lengthwise
Pinch of Tabasco sauce or red pepper flakes
1/3 cup low sodium chicken broth or water
Salt and freshly ground black pepper

Directions

In a large skillet, heat the olive oil over medium heat. Add the onion, garlic, and red pepper flakes and cook, stirring, until onions are softened, about 2 minutes; take care not to burn the garlic. Add the greens, stir, and cook for 1 to 2 minutes. Pour in the broth or water and simmer, covered, for 5 minutes. Remove the cover and continue cooking until all of the liquid evaporates. Season to taste with salt and pepper.

Nutrient Analysis: *Calories: 96; Total Fat: 7 g; Saturated Fat: 1 g; Polyunsaturated Fat: 1 g; Monounsaturated Fat: 5 g; Cholesterol: 0 mg; Sodium: 200 mg; Carbohydrates: 8 g; Fiber: 4 g; Protein: 3 g*

— Recipe Adapted from Laura Pensiero, RD from *Today's Diet and Nutrition*