

Stir fried Collard Greens

We love collard greens for their crunchy texture and subtle earthy flavor. They grow in the garden all year long so they are available anytime. Whenever we want to eat healthy greens, there they are! Once established, they need no water. In our experience, tree collards grow to 6-8' tall, in a part-sun garden. Because they're so tall, insects rarely make the trek up to eat them!

Serves 3-4

Ingredients:

Two to three Tbsp olive oil
Six or so large collard green leaves
One medium onion
Two cloves of garlic
Soy sauce to taste

Recipe:

Wash six large collard green leaves (do not dry the leaves)

Separate stems from leaves

Dice the stems into 1/4" segments

Heat olive oil in wok or skillet over medium heat

Add collard stems to hot oil

Dice onion and garlic cloves

Add diced onion and garlic to hot oil, stirring in with the collard stems

Slice collard leaves into ribbons of desired width

Add the sliced leaves to the stems, onions and garlic, and stir together, and cover.
If needed to steam the leaves, add a Tbsp of water.

Cook for 4-6 minutes, adding soy sauce to taste.

Serve warm from the cooking vessel.