

Collard Greens Stir-Fry

Ingredients

- 1 tsp vegetable oil
- 1 tsp garlic, minced
- 1 tsp ginger root, minced
- 3/4 cup red bell pepper, chopped
- 7-5/8 tsp carrots, grated
- 10 cups raw collard greens
- 2 tsp water
- 1-7/8 tsp soy sauce, low sodium

Directions

1. Heat oil in a pan and sauté garlic and ginger in oil very briefly.
2. Add in bell peppers and carrots and sauté until slightly softened but still crisp.
3. Add in collard greens and continue to sauté.
4. Add water and cook just until greens are wilted. Season with soy sauce.

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 48 calories, 1.61 g fat, 0.23 g saturated fat, 93 mg sodium, 7.64 g carbohydrate, 4 g fiber, 1.4 g sugar, 2.7 g protein

