

30  
Minutes

5  
Ingredients

4  
Servings

## Sauteed Greens

### Ingredients

- 1 pound collard greens
- 4 medium cloves garlic
- 2 Tablespoons canola oil
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper

### Materials

- Cutting board
- Large bowl
- Large skillet
- Measuring Spoons
- Mixing Spoon
- Sharp Knife

### Instructions

1. Remove hard stems from greens.
2. In a large bowl filled with cold water, add greens. Allow any dirt to settle to the bottom of the bowl. If greens are very dirty, repeat this step. Lift greens out of bowl. Shake off any excess water.
3. Stack leaves on top of each other. Roll into a tube shape. Make a few stacks if needed.
4. Use a sharp knife to slice leaf rolls into ¼-inch wide strips.
5. Peel and mince garlic.
6. In a large skillet over medium-high heat, heat oil.
7. Reduce heat to medium. Add garlic. Cook until greens are soft and excess water is gone, about 5-7 minutes. If garlic starts to brown or burn, reduce heat to medium-low.
8. Season with salt and pepper. Serve right away.

