

# Simple Savory Greens



*This dish can come together in a flash by using pre-cut greens and can be made with whatever seasonal greens you have available!*

<b>YIELD</b> <b>4 SERVINGS</b>	<b>PREP TIME</b> <b>5 MIN</b>	<b>TOTAL TIME</b> <b>20 MIN</b>
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## INGREDIENTS

2 tsp	Olive or Canola Oil
½ each	Onion, diced small
16 oz.	Greens, any variety, cut into 1-inch ribbons, any large/hard inner stems removed (about 1 large bunch)
½ cup	Water (more as needed)
3 Tbsp	Apple Cider Vinegar
2 tsp	Cane Syrup (or Maple Syrup/Honey)
1 tsp	Smoked or Sweet Paprika
1 tsp	Garlic Powder
¼ tsp	Kosher Salt
To Taste	Black Pepper, freshly ground

## CHEF'S NOTES

Greens can be collards, kale, swiss chard, mustard greens or any other seasonal variety that you prefer.

In Southern cuisine, greens are often cooked low and slow and often involve smoked meat for added flavor. Here we're showing how you can lighten up this side dish and cook it faster for an easy weeknight option. We add apple cider vinegar to provide tangy flavor, but it also helps to break down the greens, allowing us to make tender greens quickly!

## DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. In a medium saucepot, heat the oil over medium heat. Once hot, add the onions and cook them until the onions are translucent and begin to brown, about 2-4 minutes.
3. Add the greens to the pan and stir to coat with the onion mixture. Add the water, vinegar, syrup, and spices, and stir to combine. Cover the pot with a lid and lower the heat to low. Simmer the greens, stirring every few minutes. Add additional water, a few tablespoons at a time, as needed, to keep the greens moist. Simmer the greens until tender, about 10-15 minutes. Cooking time will depend on the variety of greens used.

# Nutrition Facts

4 servings per container

**Serving Size** 1/2 cup (176 g)

Amount per serving

**Calories** 90

**% Daily Value \***

**Total Fat 3.5g** 4%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol 0mg** 0%

**Sodium 170mg** 7%

**Total Carbohydrate 14g** 5%

Dietary Fiber 4g 16%

Total Sugars 6g

Includes 3g Added Sugars 5%

**Protein 5g** 10%

Vitamin D 0mcg 0%

Calcium 180mg 13%

Iron 2mg 10%

Potassium 600mg 13%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

