

# Eat Smart • Move More

## Collard Greens and Cabbage

Prep Time: 5 minutes

Total Time: 15 minutes



### Ingredients

- ½ pound collard greens, washed, stem removed, and shredded
- 2 cups cabbage, shredded
- 1 tablespoon olive oil
- 1 onion, chopped
- 1 tablespoon garlic powder
- 1 tablespoon vinegar

### Nutrition Facts

4 servings per container	
<b>Serving size</b>	<b>1 serving (193.67g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>90</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 13g	<b>5%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 6g	
Includes g of Added Sugars	
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 114mg	<b>8%</b>
Iron 1mg	<b>6%</b>
Potassium 314mg	<b>6%</b>

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

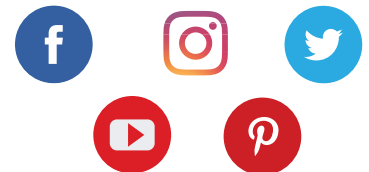
### Directions

- Fill a pot halfway with water. Bring to a boil.
- Add collard greens, let water return to a boil, and cook for 3 minutes. Add cabbage and cook 1 more minute. Drain well.
- In a skillet, heat oil over medium heat. Add onion and sauté until light brown, about 5 minutes.
- Add greens, garlic powder, and vinegar to the skillet and stir well. Cook until most moisture is evaporated, about 1 minute.

### Quick Tips

- ▶ You can substitute 2-3 cloves of minced garlic for garlic powder.
- ▶ Apple cider vinegar is most commonly used for cooking leafy greens, but you can use any type for different flavors.

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(Recipe from: <https://whatscooking.fns.usda.gov/>)

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