

GET HEALTHY

ON THE RAILROAD



JONES VALLEY TEACHING FARM

# Smoky Braised Collard Greens

SERVES

4-6 PEOPLE

**YUM!** The first 100 registered participants will receive a free produce bag.

## INGREDIENTS

- 3 tbsp olive oil
- 1 medium onion
- 1/8 tsp red pepper flakes
- 2 cloves garlic, sliced
- 1 lemon (juice and zest)
- 1 large bunch collard greens, chopped or cut into ribbons
- 2 cups chicken or vegetable stock
- 1 tsp toasted sesame oil
- 1 tsp smoked paprika
- salt and pepper to taste

## Directions

- 1 Heat the olive oil in a deep sauté pan or Dutch oven.
- 2 Add the onion and sauté until tender.
- 3 Add the red pepper flakes, garlic, and lemon zest and sauté until fragrant.
- 4 Add the collard greens, sprinkle with salt and pepper, and cook until collards begin to wilt.
- 5 Add stock, sesame oil, and smoked paprika and cover, lowering heat to a simmer.
- 6 Cook until the greens are tender, about 30-40 minutes.
- 7 Uncover, raise to a medium high heat and cook down until liquid is reduced by 1/4.
- 8 Add the lemon juice and additional salt and pepper to taste.