

# Collard Greens



Collards can significantly reduce bad cholesterol, especially when steamed. They are a good source of B vitamins, folate, vitamin k, omega-3 fatty acids, and essential amino acids. Collard greens stand out for their role in preventing cancers of the lung, breast, colon, bladder, and reproductive organs.

**Collards and Black-Eyed Peas** (Adapted from Leanne Brown’s “Good and Cheap”)  
Serves 4

## Ingredients

1 can prepared black-eyed peas, drained	1 tablespoon butter
1 large onion, finely chopped	3 cloves garlic, finely chopped
1 teaspoon smoked paprika	1 bay leaf
1 large bunch collards	Salt and pepper

## Directions

1. Melt the butter in a large saucepan on medium heat. Add the onion, garlic, paprika, and bay leaf. Cover the pan with a lid and leave it for 2 minutes. Add the black-eyed peas, cover again and let cook for 3 minutes.
2. While the peas cook, line up several collards leaves on your cutting board and slice the tough central stem away from the leaves. Discard the stems. Thoroughly wash the collards, then chop them into bite-sized pieces. Alternatively, use your hands to tear the collards into small pieces.
3. Once the peas are cooked, add the collards to the pot and put the lid back on. Add 1 teaspoon of salt and some freshly ground pepper, then stir. Taste the liquid and peas and add more salt as needed. Cover the pan with a lid and leave for about 10 to 15 minutes. Once the collards are tender, turn off the heat.
4. Serve this over rice or any other grain, or with some toast or flatbread.