

# 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.

## Wilted Greens & Beans Power Lunch

Serves 4    Prep Time: 10 minutes

Cook Time: 15 minutes

### Ingredients

12 oz. rotini or rigatoni pasta

5 cups collards, finely shredded

15 oz. can of cannellini beans, drained

1/4 cup apple cider vinegar

1/2 teaspoon sea salt

2 tablespoons Extra-virgin olive oil

2 tablespoons lemon juice

2 tablespoons mayonnaise (optional)

Optional garnish: red pepper flakes, shredded parmigiano reggiano

### Directions

1. Fill a heavy stock pot 2/3 full with water. Bring to a boil. Add pasta and cook according to directions.
2. About 2 minutes before pasta is done, toss in the cannellini beans.
3. Drain water from the pot. Fold in the greens and toss well until wilted.
4. Add remaining ingredients and stir until well combined.
5. Serve warm or store in the fridge for up to 5 days for a quick go-to lunch.