

Ingredients:

- 4 cups sliced collard greens, stems removed
- 1/2 teaspoon fresh lemon juice
- teaspoon cayenne pepper
- teaspoon salt

Directions:

1. Wash hands with warm water and soap. Wash fresh vegetables before preparing.
2. Steam greens for about 4 minutes until crisp tender.
3. Toss with lemon juice, pepper, and salt.
4. Serve hot.



Nutrition Facts (Per Serving)

calories, 22; carbohydrate, 4 g; protein, 2 g; fat, 0 g; saturated fat, 0 g; trans fat, 0 g; cholesterol, 0 mg; fiber, 3 g; total sugars, 0 g; sodium, 160 mg; calcium, 105 mg; folate, 120 mcg; iron, 0 mg; percent of calories from fat, 0%.

Recipe from "Do Yourself a Flavor" by Graham Kerr.

Makes 2 servings.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP.

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