



Seasoned Collard Greens

INGREDIENTS:

- 2 quarts water
- 2 pounds collard greens
- 1 large onions, chopped fine
- ½ teaspoon red pepper flakes
- 1 teaspoon freshly ground black pepper
- 6 ounces turkey ham cut into ½ inch cubes (about 1 cup)

DIRECTIONS:

1. Wash greens thoroughly, discarding stems and yellow leaves.
2. Tear into small pieces.
3. Combine the first five ingredients in a large pot; bring to a boil.
4. Reduce heat, cover and simmer for 30 minutes.
5. Add turkey ham and simmer another 30 minutes.

Source: Cooking with Extension / **Yield:** 4 servings | 62 Calories per 1-cup serving. Total fat 1g; Protein 9g; Total carbohydrate 5g; Dietary fiber 3g, Sodium 402mg.