



Sautéed Collards

Active Time: 10 minutes | **Total Time:** 10 minutes | **Serves:** 4

Nutrition Information Per Serving

21 calories, 3.43 g carbohydrate, 1.94 g fiber, 1.49 g NET carbs, 1.92 g protein, 0.41 g fat

Ingredients

- 6 cup(s), chopped organic collards
- 1/2 cup(s) organic chicken broth

Preparation

1. Add broth and garlic to a large skillet.
2. Heat over medium high.
3. Add collards and saute 5-7 minutes until bright green and crisp tender.
4. Serve.

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