

Sauteed Collard Greens copy

3 ingredients · 15 minutes · 4 servings



Directions

1. Bring a large pot of water to a boil and cook collards for 5 minutes. Drain in a colander, and press out excess liquid with the back of a spoon.
2. Melt butter in a large skillet over medium-high heat. Add collards and cook until well coated with butter and heated through. Season with salt. Enjoy!

Notes

No Butter

Use olive oil, coconut oil, avocado oil, sesame oil or ghee instead.

Serve Them With

Crispy Smashed Potatoes and Slow Cooker Rotisserie Chicken.

Ingredients

12 cups Collard Greens (sliced into 1 inch pieces)

2 tbsps Coconut Oil

1/8 tsp Sea Salt (or to taste)

Nutrition

Amount per serving

Calories	97	Vitamin D	0IU
Fat	7g	Vitamin E	2mg
Carbs	6g	Thiamine	0mg
Fiber	4g	Riboflavin	0mg
Sugar	1g	Niacin	1mg
Protein	3g	Vitamin B6	0mg
Cholesterol	0mg	Folate	138µg
Sodium	92mg	Vitamin B12	0µg
Potassium	231mg	Phosphorous	27mg
Vitamin A	5421IU	Magnesium	30mg
Vitamin C	38mg	Zinc	0mg
Calcium	252mg	Selenium	2µg
Iron	1mg		