



# Quick Braised Collard Greens

## Ingredients:

- 1 Bunche of Collard Greens
- ½ C chicken stock or bone broth
- 1 T Olive Oil
- 1 T Apple Cider Vinegar
- 2 Garlic Cloves, mashed and peeled
- ½ teaspoon of Himalayan Salt
- ¼ tsp red pepper flakes

1. Cut the ribs out of the collard greens, stack and roll for easy ribbon slicing.
2. In a large pot of boiling salted water cook for 5 minutes, then drain.
3. In a large skillet heat oil over medium-low, add garlic and cook until light golden.
4. Add the blanched collard greens into the pan, sprinkle with salt and add stock. Cook for about 10 minutes, until greens are very tender.
5. Add Apple Cider Vinegar and pepper flakes when cooking is complete. Enjoy!

## **Health Benefits:**

**Collard Greens:** is a member of the cruciferous (cabbage) family. They are extremely high in vitamins and minerals, it is a great source of vitamin C. They are also very high in dietary nitrate which promotes blood flow. They also have Omega-3, Magnesium, vitamin K and Selenium (to list only a few). Bitter greens are great for digestion as improves bile flow in the GI tract.

**Garlic:** is a member of the lily family and is a staple in so many international cuisines. It supports heart health because it is a good sources of magnesium, selenium and vitamin C. Studies have shown that garlic slows the development of atherosclerosis in some patients. It has been proven effective as a blood thinner. Garlic has also been proven to lower triglycerides.

**Apple Cider Vinegar:** is one of the most amazing ingredients around. One of its many fantastic benefits is it can lower triglyceride levels. Elevated triglyceride levels can lead to atherosclerosis. Consuming apple cider vinegar can help maintain a healthy digestive system by keeping the body's acid/alkalinity in balance. Despite the acidity in apple cider vinegar, it has an alkaline effect on the human body and should be added to a daily diet.

