



Braised Greens with Garlic

Vegetable cooking spray	4 cups chopped, washed greens
1 Tbsp olive or canola oil	(try kale, collards or spinach)
¼ tsp red pepper flakes	Salt and pepper to taste, optional
2 cloves garlic, minced	Vinegar

1. Spray large skillet with vegetable cooking spray. Add olive oil to skillet and heat over medium-high heat.
2. Add red pepper flakes and garlic to heated oil and cook until garlic starts to sizzle, about 1 to 2 minutes.
3. Add greens and cook, stirring frequently, until greens are wilted and tender, about 5 minutes.
4. Season with salt and pepper, if desired, and splash with pepper vinegar or red wine vinegar. Serve immediately. Makes 4 servings.

Nutrition Facts per serving	Serving size: about ¾ cup
Total calories	46
Total fat	4 g
Total carbohydrate	4 g

Adapted from *The Color Code* (recipes section), by J.A. Joseph, D.A. Nadeau and A. Underwood.



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