

Recipes
from the

VEGGIE MOBILE®

Produce Aisle On Wheels

Sautéed collard greens

Ingredients:

- 1 bunch collard greens
- ½ onion
- 2 cloves garlic
- 3 teaspoons olive oil

Directions:

1. Heat olive oil in skillet
2. Dice onion and garlic
3. Peel greens off of stem, dispose of stem
4. Add all ingredients to skillet
5. Sauté greens for 2 minutes
6. Enjoy!



Who knew?

Collards are an excellent source of
vitamins and fiber!

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