

# Collards and Cranberries

Cranberries add a hint of sweetness to this nutrient rich dish.

Makes: 6 servings  
 Prep Time: 10 min  
 Cook Time: 20 min

Source: Modified from a FoodHero.org recipe

## Ingredients

- 1 teaspoon oil
- 1/4 cup chopped onion (1/4 medium onion)
- 1/4 cup dried cranberries
- 1 clove garlic, minced or 1/4 teaspoon garlic powder
- 6 cups chopped collards (leaf portion, no stems)
- Juice from 1/2 orange (about 1/4 cup)
- 1/4 cup water, as needed

## Directions

1. Add oil and onion to large skillet. Stir and saute over medium-high heat (350 degrees in an electric skillet) until onion is translucent.
2. Add cranberries and garlic. Continue to saute for 2 to 3 minutes.
3. Add collards. Pour or squeeze orange juice over top of collards. Cover skillet and simmer about 15 minutes until collards are wilted and tender.
4. Add water if mixture begins to stick.
5. Serve immediately.
6. Refrigerate leftovers within 2 hours.



Small Changes,  
 BIG Difference!



### Nutrition Information

Serving Size: 3/4 cup	
Nutrients	Amount
Calories:	60
Total Fat:	1.5 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	25 mg
Total Carbohydrates:	12 g
Dietary Fiber:	2 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein	3 g

## Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Large skillet with lid

# SHOPPING LIST

Average total cost without oil and seasonings: \$7.38

Average cost/serving: \$1.23

Recipe makes: 6 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Yellow Onion



Add 1 to Cart  
Collard Greens (1 lb)



Add 1 to Cart  
Dried Cranberries (5 oz)



Add 1 to Cart  
Orange



Add 1 to Cart  
Garlic

## SAVE TIME, SAVE MONEY

### Preparation Tips

- 1 lb of collard greens provides about 6-7 cups of raw greens.
- These greens and cranberries taste delicious, as is. To mix up the flavors, try adding any of the following ingredients you may have in the kitchen:
  - 1 Tbsp of vinegar
  - 2 Tbsp sunflower seeds or sesame seeds
  - 1/2 tsp hot pepper flakes

### My Cooking Notes

### Similar Recipes

- Consider trying other collard greens recipes found on [snapedny.org](http://snapedny.org), such as:
  - Black-eyed Pea and Collard Greens Soup
  - Comfy Collards
  - Sautéed Greens