# 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

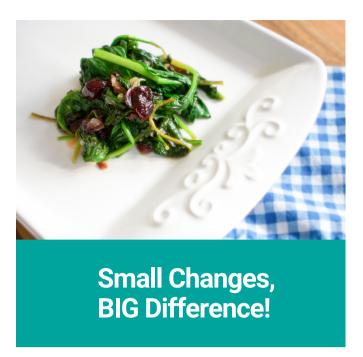
Source: Modified from a FoodHero.org recipe

### **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**

- 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.
- 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.







#### **Nutrition Information** Serving Size: 3/4 cup Nutrients Calories: Total Fat: 1.5 g Saturated Fat: Cholesterol: 0 mg Sodium: 25 mg Total Carbohydrates: <u>12 g</u> <u>2 g</u> Dietary Fiber: Total Sugars: <u>4 g</u> Added Sugars: 0 q <u>3 g</u>

#### **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**

## **Peparation 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

### **Similar Recipes**

- Consider trying other collard greens recipes found on snapedny.org, such as:
  - o Black-eyed Pea and Collard Greens Soup
  - Comfy Collards
  - Sautéed Greens



