

## Quick Collard Greens



### INGREDIENTS

1 bunch collard greens (about 1½ pounds)  
 2 Tbsp. water  
 2 oz. ham or 4 - 6 oz. smoked turkey neck  
 \*omit meat  
 1 Tbsp. olive oil  
 1 white onion, diced (about 1 cup)  
 1 clove garlic, minced (optional)  
 1 Tbsp. cider vinegar  
 1 Tbsp. pure maple syrup or honey  
 ⅛ tsp. red pepper flakes  
 ¾ cup low-sodium chicken or \*veggie broth  
 Salt to taste

### NUTRITION FACTS *4 servings*

Calories: 138      Total Carbohydrate: 15 g  
 Fat: 6 g            Dietary fiber: 5 g  
 Sodium: 327 mg   Protein: 9 g

### DIRECTIONS

1. Remove and discard stems and center ribs of collard greens. Cut the leaves into inch-wide strips.
2. Place greens with 2 Tbsp. water in microwave safe container and cover. Microwave on high for 5 minutes and drain in a colander.
3. If using meat, heat a large skillet over medium-high heat and cook the meat for 2 minutes on each side. Remove the meat from the pan, cut into small bits, and set aside. Sauté onion and garlic in 1 Tbsp. olive oil for about 3 minutes, or until softened. Add the microwaved collard greens, vinegar, syrup, red pepper, and broth.
4. Bring to a simmer and then reduce heat to low, cover pan, and cook for 30 minutes.
5. Stir in chopped meat, add salt to taste, and serve.

## Roasted Root Veggie Medley



### INGREDIENTS

Sauce:

¼ cup olive oil  
 ¼ cup balsamic vinegar  
 ¼ cup syrup (pure maple syrup preferred)  
 ½ tsp. dried thyme (more or less to taste)  
 ½ tsp. salt  
 ½ tsp. pepper

Vegetables:

8 med/small red potatoes, cubed  
 1 sweet potato, cubed  
 4 carrots, peeled and sliced  
 4 beets, peeled and sliced  
 1 -2 sweet onions, peeled and thickly sliced  
 3 garlic cloves, minced

### DIRECTIONS

1. Preheat oven to 400 degrees.
2. In a large bowl, whisk together oil, syrup, and vinegar. Add the veggies and toss until all are coated.
3. Spread evenly over greased baking sheets. Bake for 45 minutes, stirring every 10 minutes.
4. Remove from oven when all vegetables are tender and slightly browned. Serve warm.

### NUTRITION FACTS

*10 servings*  
 Calories: 269  
 Fat: 8 g  
 Sodium: 181 mg  
 Total Carbohydrate: 47 g  
 Dietary fiber: 5.2 g  
 Protein: 5 g