



Glorious Collard Greens....and Fish

GLORIOUS COLLARD GREENS!

INGREDIENTS:

1 batch of ORGANIC Collard Greens

**2 - 4 slices of bacon, organic, grass-fed, free-range, NITRATE FREE

3 TBS. Bragg's Apple Cider Vinegar

1 medium onion, julienned, but not fine

Something spicy - crushed red chilis, Asian chili-garlic sauce, hot pepper sauce, etc.

Salt and Pepper to taste

DIRECTIONS:

In a heavy bottom pot, cook your bacon until it is brown. Remove it from the pan. Cut it up into bacon bits.

Add in your onions, and saute them in the bacon fat until translucent.

Deglaze the pan with about 3 TBS. of Apple Cider Vinegar.

Add in about 3 cups of water and bring it to a boil.

While you have been doing the ABOVE, prep your Collards: layer 4 or 5 leaves on your cutting board, roll up cigar-style in a tight roll, and then slice across the roll in very thin strips from the top down to the stalk. Then do a few cross chops. Place greens in a salad spinner. Repeat the process until all of your greens are cut.

Rinse and spin. Rinse and spin!

Once the water has come to a boil, add in your chopped greens. Bring the water back up to a boil, lower to a simmer, and cook for 5 minutes. **FIVE MINUTES!**

Turn off the heat, adjust the seasonings with your spicy ingredient, salt and pepper, and perhaps more vinegar if necessary. It depends on how much ZING you like. Add in your reserved cooked chopped bacon.

Enjoy - and be sure to eat/drink some of the broth. Healthy nutrients are in that water.

**You do not need to have bacon in your greens in order for them to be delicious. Go without for a beautiful vegetarian dish. IF you do use bacon, use GOOD bacon.