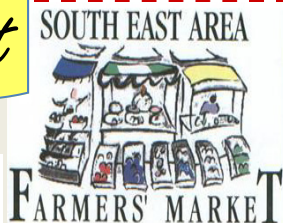


Meals from Your Market



Chef Nancy's Collards and tomatoes

INGREDIENTS:

- 2 pounds collard greens, washed, ribs cut out, cut to bite size pieces
- 2 tablespoons Italian seasoning
- 1 14.5-ounce can diced tomatoes, drained, liquid reserved

PREPARATION: Rinse the greens very well. Oil a large pan with 1 tablespoon olive oil. Put wet greens into the pan over medium-low heat and let wilt, stirring constantly. Add Italian seasoning and diced tomatoes. Heat 5 minutes. Add reserved liquid and heat 4-5 minutes longer. Season to taste with salt, pepper, and a dash of your favorite hot sauce.

Toss with whole wheat pasta, pinto beans or brown rice for a quick, low-calorie meal.

Recipe from Chef Nancy Rutledge

OUR KITCHEN TABLE

