Wellness for Women HEALTH COACHING FOR MIDLIFE PROFESSIONALS

Vegetarian Southern-style Collard Greens

The key here is smoked paprika, which provides a smoky flavor without any meat. Regular paprika won't work. (Penzeys Spices is an excellent source of smoked paprika, at one of their stores or online.) Also, for this recipe you don't have to remove the stems from the greens, as the long simmering will tenderize the entire plant.

2 large bunches collard greens, trimmed, rinsed and roughly chopped (4 - 5 pounds)

2 large onions, chopped

½ teaspoon red pepper flakes

1 tablespoon olive oil

6 cloves garlic, minced

3 cups water

1 teaspoon SMOKED paprika

2 - 4 tablespoon cider vinegar (I prefer Bragg's raw organic)

Salt and freshly ground pepper

Sauté onions in olive oil with red pepper flakes til soft, about 7 minutes. Add the minced garlic and cook a couple of minutes til fragrant.

Add collard greens, water, and paprika. Cover and simmer about 40 minutes. Remove from heat, then add the cider vinegar and salt and pepper to taste.