



Meal Builder:
Fold into a small
flour tortilla
with a fried egg
or cooked and
chopped chicken
breast.

Collard Green Coleslaw



Ingredients (Makes 8 servings)

- 1 lb Collard greens, stems removed and sliced into ribbons
- 1 small onion, shredded using the large holes of a box grater
- 2 carrots shredded using the large holes of a box grater
- 2 apple shredded using the large holes of a box grater
- 2 tablespoons vinegar
- 5 tablespoons oil
- 2 teaspoons of sugar
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

Directions

1. In a small saucepan, heat the oil, vinegar, sugar, salt and pepper.
2. Combine the collard greens, onion, carrots and apples in a large bowl.
3. Pour sauce from step one over the collard greens mixture and combine well to coat all of the vegetables. Allow to sit for 2 hours or overnight to allow the flavors to come together.
4. Serve with chopped peanuts and cilantro (if desired) on top.

NUTRITION FACTS

Serving per recipe 6

Amount per serving

137 calories

14 g carbs

8g sugar

4g fiber

9g fat (1g saturated fat)

2g protein

94mg sodium