



Recipe from "The Kind Diet"

Sicilian Collard Greens

with Pine Nuts & Raisins



Ingredients

- 1 bunch collard greens
- 2 tablespoons pine nuts
- 3 garlic cloves, peeled and chopped
- 1 tablespoon olive oil
- 3 tablespoons raisins
- 2 tablespoons balsamic vinegar

Directions

- Use a sharp knife to cut out the central rib and stem from each collard leaf. Rinse the leaves in a sink of cool water, lifting them in a colander to drain a bit (you want some water to remain on the leaves).
- Toast the pine nuts over medium heat in a dry skillet for about 5 minutes or until golden. Shake the pan often to keep the pine nuts from burning. Transfer to a plate, set aside.
- Place the garlic and oil in a large skillet, and sauté over medium heat for 1 minute or until fragrant. Add the damp collards and stir, then cover the pan and cook for 2 minutes longer.
- Add the raisins and pine nuts, and stir. Cover and cook for 2 minutes.
- Stir in the balsamic vinegar, cover, and continue to cook for 1 to 2 minutes longer. Serve as a side dish to your favorite main course. 😊
 - **Note:** *The stems of the collard greens are full of minerals, so if you want to use them, chop them into 1" pieces and cook for a couple of minutes before adding the collards.*

*** * Collard Green Quick Facts! * ***

- Collard greens' dark blue-green leaves are smooth and relatively broad, which is what distinguishes them from the frilly edged kale leaves.
- The phytonutrients in collard greens lessen the occurrence of several cancers!
- This leafy vegetable offers excellent sources of vitamins B1, B2, B6, C and E!
- Collards are chock full of manganese, carotenes & chlorophyll.
- They are GREAT sources of fiber, and several minerals, including iron, copper, and calcium.
- One cup of this veggie offers 70% of your daily recommended Vitamin C!
- Look for firm, unwilted, vividly deep green leaves – smaller leaves are more tender and have a milder flavor.
- Store unwashed in a damp paper towel in a plastic bag – they will keep in a fridge crisper for 3 to 5 days. But the sooner you eat them the better they will be!

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