

If your plate is looking a little bland then it's time to jazz it up with some colorful veggies. Collard greens are a southern delicacy packed with vitamins C, A and K, as well as manganese, folate and a wide range of carotenoids. Topped with bell peppers, mushrooms and tangy cider vinegar this dish is great paired with a simple soup or light supper.

Great Greens

1 Tbsp. canola oil
1 medium-size red onion, chopped
1/2 red bell pepper, julienne cut
1/2 cup sliced mushrooms
1/3 cup low-sodium vegetable broth (chicken broth may be substituted)
3/4 lbs. fresh collard greens, washed, thick stems removed and chopped (about 4 cups packed)
1 Tbsp. apple cider vinegar
1 tsp. dark brown sugar
1/4 tsp. dried crushed red pepper, or to taste
Salt to taste

In large pot, heat oil over medium-high heat. Sauté onion and bell pepper 4 minutes. Add mushrooms and continue to sauté mixture for another 4 to 6 minutes or until tender.

Add broth, then greens and remaining ingredients. Cook over medium-low heat until greens are just tender, about 15 minutes.

Makes 4 servings.

Per serving: 60 calories, 3.5g total fat (0g saturated fat), 6 g carbohydrate, 1g protein, 2g dietary fiber, 20 mg sodium.

Grocery List:

Canola oil
Red onion
Red bell pepper
Mushrooms
Low-sodium vegetable broth
Collard greens
Apple cider vinegar
Dark brown sugar
Crushed red pepper

Recipe from American Institute for Cancer Research