

STIR-FRY COLLARDS AND APPLES

Yield: 8 servings | Total Cook Time: 25 minutes



Ingredients

- 2 pounds fresh collard greens
- ¼ cup vegetable oil
- ½ cup chicken broth
- 1 teaspoon salt
- 4 teaspoons apple cider vinegar
- ½ teaspoon dried crushed red pepper (optional)
- 2 apples, cut into matchsticks

Making the most of your produce

Wrap greens, unwashed, in damp paper towels and store in fridge for up to 5 days. Wash greens just prior to use.

Instructions

- Separate collard greens into leaves. Trim and discard stems.
- Cut leaves into 1/4-inch-thick slices. Rinse under cold water. Drain well. Stir-fry collard greens in hot vegetable oil in a large pot or Dutch oven over medium-high heat for 2 minutes or until greens begin to wilt.
- Add broth, salt, vinegar, and dried crushed red pepper. Stir-fry 3 minutes or until greens are crisp-tender.
- Gently stir in matchstick apples. Cook, stirring often for about 2 minutes.

