

A CenFully Good Recipe from



Braised Winter Greens

For best results, be sure your greens are fully cooked and tender in step 1 before moving on to step 2.

Ingredients

- 3 tablespoons olive oil
- 1 medium onion, minced (about 1 cup)
- 5 medium garlic cloves, minced or pressed through a garlic press (about 5 teaspoons)
- 1/8 teaspoon red pepper flakes
- 2 pounds kale or collard greens, ribs removed, leaves chopped into 3-inch pieces and rinsed (about 24 loosely packed cups; see related step-by-step below)
- 1 cup low-sodium chicken broth
- 1 cup water
- Table salt
- 2 - 3 teaspoons juice from 1 lemon
- Ground black pepper

Preparation

1. Heat 2 tablespoons oil in Dutch oven over medium heat until shimmering. Add onion and cook, stirring frequently, until softened and beginning to brown, 4 to 5 minutes. Add garlic and pepper flakes; cook until garlic is fragrant, about 1 minute. Add half of greens and stir until beginning to wilt, about 1 minute. Add remaining greens, broth, water, and 1/4 teaspoon salt; quickly cover pot and reduce heat to medium-low. Cook, stirring occasionally, until greens are tender, 25 to 35 minutes for kale and 35 to 45 minutes for collards.
2. Remove lid and increase heat to medium-high. Cook, stirring occasionally, until most of liquid has evaporated (bottom of pot will be almost dry and greens will begin to sizzle), 8 to 12 minutes. Remove pot from heat; stir in 2 teaspoons lemon juice and remaining tablespoon olive oil. Season with salt, pepper, and remaining teaspoon lemon juice. Serve.