

Southern Collard Greens

This classic dish makes an excellent non-starchy vegetable side dish. Besides vitamins, it provides fiber, which slows the digestion of carbohydrates and steadies blood sugar.

Ingredients:

- uncooked smoked turkey necks, 4 oz
- collard greens, cleaned and chopped, or frozen and thawed, 2 lbs
- garlic, chopped, 4 cloves
- chicken or vegetable broth, low-sodium, 1 Tbsp
- onion, chopped, 1 large
- crushed red pepper flakes, 1/2 tsp



1. In a large stock pot or dutch oven, add 2 Quarts water and bring to a boil. Add turkey necks and boil for 1 hour. Turkey meat should fall off the bones, and bones should be removed from the water.
2. Add collard greens, garlic, chicken broth, onion, and red pepper flakes to the pot with the water and turkey neck meat and stir to combine. If the pot is full, you can add greens half at a time until they reduce. Bring back to a boil. Reduce heat to medium and cook until greens are tender, about 1 hour. Add additional water if necessary. Serve hot.

Yield: (6) 6 oz servings

Adapted from: diabetesfoodhub.org

