

Collards with Leeks



Leeks help lower blood pressure, protect the kidneys, reduce cancer and improve your digestion

Ingredients:

2 large bunches collards
16 oz. vegetable broth OR (2) Not Chik-n-Boullion cubes added to 16 oz of water
1/3 cup extra-virgin olive oil
1 clove garlic, chopped (optional)
2 large leeks, washed, white part diced

Directions:

Cut or tear collard leaves off stems. Clean by rinsing repeatedly in cold water. Drain. Cut into two-inch strips. Place in a large pot, cover generously with vegetable broth and bring to a low boil. Cook until collards are almost tender, about 20 minutes. Add diced leeks to pot, cook for 10 minutes. Add reserved vegetable broth as needed Stir thoroughly. Cover until collards are completely cooked.

Prep time: 40 minutes **Serves:** 6-8



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