

Southern Stir-Fry Veggies

Makes 5 servings, 1cup each

Preparation time: 10 minutes

Cooking time: 20 minutes

- 1 (1-lb.) package collard greens
- 3 cups water
- 3 Tablespoons olive oil or vegetable oil
- 1 pound white cabbage, thinly sliced
- 1 large carrot, shredded
- 1-2 tsp. sugar
- ¼ pound smoked turkey breast, skinless
- 1 tsp. black pepper

Remove and discard stems from greens. Tear leaves into 1 to 2 inch pieces.

Bring water and smoked turkey breast to a boil in a large pot; add greens and return to a boil. Cover, reduce heat, and simmer ten minutes; drain and set aside.

Heat olive oil in a large pot or wok at medium-high heat for 2 minutes. Add cabbage and carrot; stir-fry for 2 minutes. Add collard greens, sugar and pepper; stir-fry an additional 2 minutes. Cover, reduce heat and simmer for 5 minutes or until greens are tender.

Nutrition information per 1 cup serving:

Calories: 150

Total Fat: 10g

Saturated Fat: 0 g

Cholesterol: 16 mg

Sodium: 378 mg