Sauteed Tomatoes and Collard Greens

Time: 15 minutes (5 min prep, 10 min cook); Servings: 4

Ingredients

- 1 tablespoon of canola oil
- 1 cup of cherry tomatoes
- ½ white onion
- 1 bunch of collard greens, leaves roughly chopped and stems diced thinly (can use swiss chard or kale)
- 4 garlic cloves, minced
- 1 teaspoon paprika
- ½ - 1 lemon, juiced
- ½ - 1 teaspoon salt

Directions

1. Heat oil on a large pan. (*optional season and cook shrimp- see below)
2. Add tomatoes and allow the skin to blister (2-3 minutes).
3. Add onions and chard stems, and saute until lightly browned (2-3 minutes)
4. Add garlic and paprika. Continue cooking until garlic is fragrant (1-2 minutes)
5. Star in chard leaves and lemon juice. Continue cooking until chard is starts to shrink in size (3-4 minutes).
6. Serve with cheesy grits and creamy beans (see recipe card here).

*Optional: add shrimp to your saute. You will need 12oz of raw shrimp peeled, deveined and pat dry. Add 1 teaspoon of dried oregano and 1 teaspoon of chili powder. When the oil is heated in your pan, cook shrimp until pink, remove from pan and set aside. You will add shrimp to your collard greens at the end to avoid overcooking.

Recipes were adapted from John “Wesley” McWhorter as presented at 2020 HKHL conference

Check out this “Bears in the Kitchen” recipe video at uhs.berkeley.edu/nutritionvideos
For more recipe ideas, visit uhs.berkeley.edu/recipes