Braised Collard Greens with Tomatoes

Yield: 4 servings  
Total Time: 40 minutes

Ingredients
- 1 medium yellow onion
- 1 bunch collard greens
- 1 medium tomato
- 2-3 cloves garlic or ½ teaspoon garlic powder
- 1 Tablespoon canola oil
- 1 cup water or low-sodium chicken broth
- ¼ cup apple cider vinegar
- ½ teaspoon salt

Preparation Instructions
1. Chop onion, collard greens and tomato. Chop fresh garlic if using.
2. Heat oil in a large pot. Add onion and cook until tender, stirring occasionally.
3. Add garlic to the pot with the onion and cook for 1 minute, stirring frequently.
4. Add the rest of the ingredients and bring to a boil. Reduce heat to a simmer and cover. Cook for 30 minutes or until cooked through, stirring occasionally.

Nutrition Analysis
Per Serving: 100 calories; 4.5g fat (0g saturated, 0g trans); 0mg cholesterol; 190mg sodium; 12g carbohydrate (7g dietary fiber; 3g sugar); 5g protein. Vitamin A 150%, Vitamin C 90%, Calcium 35%, Iron 6% Daily Value.

Cost
Per serving: $1.80