

**PRIZETESTED RECIPES® \$200 WINNER**

ELAINE COLLINS-WYNTER, BRONX, N.Y.



## **CREAMED COLLARD GREENS**

*Red Swiss chard will tint the cream pink. To avoid discoloration, choose a chard variety with white stems.*

**PREP:** 30 minutes **COOK:** 27 minutes

- 3 lb. collard greens or Swiss chard
- ¼ cup butter
- 1 cup chopped onion (1 large)
- 2 cloves garlic, minced
- 1 cup whipping cream
- ½ tsp. salt
- ¼ tsp. ground black pepper

- 1.** Trim stems from collard greens; chop leaves (about 24 cups lightly packed greens). In a very large Dutch oven cook greens in lightly salted boiling water for 20 minutes. (If using Swiss chard, cook 5 minutes.) Drain.
- 2.** Place greens in a very large bowl of ice water. Allow to stand for a few minutes to cool, stirring occasionally. Drain in a colander, pressing out excess water. Arrange greens on a tray or baking sheet lined with paper towels; pat dry and set aside.
- 3.** In a large skillet heat butter over medium heat. Add onion and garlic. Cook and stir about 5 minutes or until tender. Add cream, salt, and pepper. Bring to boiling; reduce heat. Simmer, uncovered, for 2 minutes or until slightly thickened. Add greens. Stir to combine; heat through. Makes 8 (½-cup) servings.

**EACH SERVING:** 212 cal., 18 g total fat (11 g sat. fat), 56 mg chol., 232 mg sodium, 12 g carbo., 6 g fiber, 5 g pro. Daily Values: 239% vit. A, 102% vit. C, 27% calcium, 2% iron.