



Heart Smart Collard Greens with Black-Eyed Peas

INGREDIENTS (Yield: 10 servings)

- 2 strips cooked turkey bacon, crumbled
- 3 cups water
- 5 cups fat-free, low-sodium chicken broth
- 3 pounds collard greens, cleaned, trimmed and chopped
- 2 15-ounce cans black-eyed peas, drained and rinsed
- 1 tablespoon canola oil
- 1 tablespoon liquid smoke flavoring
- 1 cup chopped (about 1 large) onion
- 3 cloves garlic, minced
- 2 medium tomatoes, coarsely chopped
- ½ teaspoon red pepper flakes
- ¼ teaspoon ground black pepper

NUTRITION INFORMATION: 151 Calories; 3.5 grams Fat; 0.5 grams Saturated Fat; 3 mg Cholesterol; 416 mg Sodium; 24 grams Carbohydrates; 8.5 grams Fiber; 12 grams Protein;

DIRECTIONS

1. Combine bacon, water and chicken broth in a large pot. Place on medium-high heat and bring to boil. Reduce heat and add collard greens, black-eyed peas and liquid smoke to the pot. Cover and simmer for 15 minutes.
2. Meanwhile, heat canola oil in large skillet on medium heat. Add onion and garlic. Sauté for 10 minutes or until onions are soft.
3. Remove cover from greens and simmer additional 30 minutes.
4. Stir tomatoes, red pepper flakes and black pepper into onion mixture. Cook for 10 to 15 minutes. Stir tomato mixture into greens when most of the liquid has evaporated from the greens. Simmer uncovered for 15 minutes or until greens are tender.