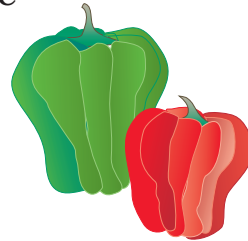


# Collards Supreme

## Ingredients:

- 1 medium bunch collards
- 2 tablespoons oil
- 1 medium onion, chopped fine
- 2 stalks of celery, chopped fine
- 2 medium cloves of garlic, chopped fine
- 2 small bell peppers, chopped fine
- 1 teaspoon of sesame seeds
- 2 tablespoons hot sauce
- 1 bay leaf
- 1 cup ham broth
- 4 small carrots, chopped



## Preparation:

1. Wash, drain, twist, and break collards into small pieces.
2. In a medium size pot add oil.
3. Add finely chopped onion, celery, garlic, bell pepper and sesame seeds.
4. Saute until tender, stirring frequently.
5. Add broth, hot sauce, bay leaf, collards, and carrots.
6. Cover and cook until carrots are tender. Drain and serve.

Makes six 1/2 cup servings

Amount Per Serving	
Calories 80	Calories from Fat 40
% Daily Values*	
Total Fat 4.5g	7%
Saturated Fat .5g	3%
Cholesterol 0mg	0%
Sodium 160mg	6%
Total Carbohydrate 10g	3%
Dietary Fiber 4g	14%
Sugars 5g	
<b>Protein 2g</b>	
Vitamin A 270%	Vitamin C 70%
Calcium 8%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



This is an official 5 A Day recipe: one serving is equal to one serving of fruits and/or vegetables.