

# Sautéed Collard Greens with Sweet Tomato

BY **CHEF DIDI EMMONS**, COOKBOOK CONSULTANT, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

Raisins are a nice addition to this side dish. Add about 4 cups when you add the vinegar.

- 1 cup vegetable oil
- 14 pounds collard greens, chop and include most of the stems
- 4 large onions, sliced (1¼ pound)
- 1 cup minced garlic or 2 cups whole cloves
- ½ cup minced fresh ginger (1⅔ ounces) or 2½ tablespoons dried ground ginger
- 2 tablespoons cinnamon
- 2 tablespoons ground cumin
- 1 cup cider or white vinegar
- 4 cups raisins (optional)
- ½ cup honey
- 17 cups chopped or diced tomatoes (142¾ ounces)
- 1 tablespoon salt
- 2 teaspoons ground pepper, to taste

**YIELD: 100 SERVINGS (K-5) \* SERVING SIZE: 4 OUNCES**

In a large pot or tilt skillet over medium heat, add the oil. Add the onions and sauté until they begin to brown. Add the collard greens, minced garlic, ginger, cinnamon, and cumin and cook, stirring for 5 minutes. Add the vinegar and 1 cup water.

Turn the heat to low and cook the collards for 10 minutes, stirring occasionally.

Add the honey, tomato, salt, and pepper. Taste for seasoning.

## **NUTRITIONAL INFORMATION**

CALORIES: 81; SODIUM: 133.1 MG; SATURATED FAT: 3.8%

## **USDA REQUIREMENTS MET**

1/3 CUP DARK GREEN VEGETABLE