

Quick and Delicious Collards

Ingredients

- 1-2 bunches collard greens (as much as your pressure cooker will hold)
- 1 large onion, peeled and cut into thin rings
- 2 tablespoons water
- 2-3 cloves garlic, minced
- generous pinch of red pepper flakes
- 1 cup water

Instructions

Cut off the stems of the collard greens, removing any part of the central stem that seems tough. Stack 2 or 3 leaves on top of each other, roll them up so that they form a long tube, and cut them into thin strands:



Repeat with all the collards.

Spray the bottom of the pressure cooker lightly with olive oil and heat. Add the onions and 2 tablespoons water and cook, stirring, until the water evaporates. Keep cooking and stirring until the onions start to brown. Add the garlic and red pepper flakes, and cook for 1 more minute.

Stir in the collard greens, add the 1 cup of water, and seal the cooker. Bring to high pressure and then reduce heat to keep the cooker at high pressure for 3 minutes. (If you are using small, baby collards, cook at high pressure for only 1 minute.) Remove from heat and use a quick-release method to reduce the pressure. Check the collards for tenderness; if they're still tough, put them back on the heat, but don't seal the cooker. Cook until tender. Salt, if desired, and serve (using a slotted spoon) with additional red pepper flakes.

Preparation time: 15 minute(s) | Cooking time: 10 minute(s)

Number of servings (yield): 4

Calories: 25

Fat: less than 1 gm

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