

# Jocelyn's Collard Greens

2 cups chopped yellow onion  
1 1/2 Tbsp. diced garlic  
2 Tbsp. safflower oil  
2 small bunches washed collard greens  
1/3 cup water  
3 1/2 Tbsp. apple cider vinegar  
1 Tbsp. honey or brown rice syrup  
1/4 tsp. cayenne pepper  
1/2 tsp. salt

1. Saute onions and garlic in safflower oil over medium heat for 5 minutes.
2. While onions and garlic are sauteing, stack 4 collard leaves on top of each other (stems lined up.)
3. Cut collard leaves away from stems and middle veins.
4. Roll up leaves exactly like you would roll up a sleeping bag.
5. Slice rolled leaves in the same directions that you rolled them.
6. Add greens to onions and garlic.
7. Pour water into pot.
8. Add apple cider vinegar and honey/brown rice syrup.
9. Stir
10. Cover and let simmer on low medium heat for 1 hour.
11. Add salt and cayenne pepper.
12. Stir.
13. Turn heat off and serve.