



SAUTÉED COLLARD GREENS AND GARLIC HERB CHICKEN

Dimon Dolphin approved!



SERVING SIZE: 4

PREPPING TIME: 10 MIN

COOKING TIME: 35 MIN

INGREDIENTS

- 1 bag or 1 fresh bundle of Collard greens
- 4 Chicken breasts
- 1 tbsp. minced or fresh Garlic
- 1 Diced or Sliced Yellow Onion
- Olive Oil
- 1 cup of Chicken or Vegetable Broth
- Garlic Salt, Pepper, or Seasonings of choice to taste

DIRECTIONS

1. First, prep your greens and chicken, ensuring your greens are thoroughly cleaned in a bowl.
2. Prep any additional items such as onions, peppers, or garlic.
3. Season then cook chicken in oven or air fryer at 400F for 12 minutes on both sides (about 24 minutes total).
4. Add 1 tbsp. of olive oil to a pan, allow to heat. Add cleaned collard greens to pan.
5. While collards begin to cook, add any additional prepped items to pan, season to taste.
6. Add 1 cup of chicken or vegetable broth to pan and allow to simmer for 15 minutes, stir occasionally.
7. Collard greens are done when tender, but they will still be a bit firmer than if you slow cook them.

NOTES

For **vegan** options, try mushrooms, roasted chickpeas, or firm tofu!

