



**Elliott Evans Nutrition, LLC**  
**Prevent and Protect**  
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## **DOWN HOME COLLARD GREENS**

*The African-American Guide to Living Well With Diabetes*

Makes 10 servings

### *Ingredients*

Cooking spray

1 (4-oz) smoked turkey leg or turkey ham

2 lbs collard greens washed and cut into 2-inch pieces

4 cups reduced-sodium chicken broth

2 T minced garlic

2 tsp onion powder

Pinch red pepper flakes

Black pepper to taste

Vinegar to taste

### *Directions*

Spray large soup pot with cooking spray. Heat over medium heat until hot. Add turkey leg and cook for 2 to 3 minutes, turning occasionally. Add collards, broth, garlic, onion powder, pepper flakes, black pepper, and vinegar. Cover. Cook 2 1/2 hours, stirring occasionally.

***Nutrient Analysis per serving:*** *Calories: 80; Total fat: 2.5 g; Sat fat: 0.5 g; Cholesterol: 20 mg; Sodium: 180 mg; Total carbohydrate: 6 g; Fiber: 3 g; Protein: 7 g*