

Maple and Cider Vinegar Collards

2 servings

INGREDIENTS

- 15 large collard leaves
- 1/4 cup apple cider vinegar
- 1/4 cup maple syrup
- 1/8 cup water
- Pinch of salt
- Optional: diced yellow onion &/or minced garlic

DIRECTIONS

1. Wash and chop collards. If you like the crunch of the stems, you can leave them, otherwise remove.
2. Place collards in a large pot and stir in syrup, vinegar, water, and salt and bring to a boil over medium-high heat.
3. You can add 1/2 of an onion (diced) and/or a clove of garlic (minced) at this stage, if you'd like.
4. Reduce heat to a slow simmer and cook until liquid reduces completely. Serve warm.

Kale Salad

4-6 servings

INGREDIENTS

- 1 bunch kale
- 1 Tbsp oil
- 2 tsp vinegar or lemon juice
- Salt/pepper, to taste
- Nuts, raisins, sunflower seeds (optional)

DIRECTIONS

1. Strip washed kale leaves off stems. Chop and place in large bowl.
2. Add olive oil to the bowl and massage the kale for few minutes, until it becomes bright green and softens.
3. Add vinegar, salt and pepper and mix thoroughly. Add additional toppings if desired.
4. Serve at room temperature.
5. Refrigerate leftovers.

Fresh Salsa

4-6 servings

INGREDIENTS

- 3 cps chopped tomatoes
- 1/2 cup of green pepper
- 1 onion diced
- 1/4 cup cilantro (optional)
- 2 Tbsp lime juice
- 1 Tsp salt

DIRECTIONS

1. Stir together tomatoes, green pepper bell pepper, onion, cilantro, lime juice and salt. Enjoy!