

Blood Orange Massaged Collards

Total: 10 min
Prep: 10 min
Cook: 0 min
Yield: 4 servings

Ingredients:

- 1 bunch collards, stems removed, torn into large pieces
- 1 tablespoon blood orange juice
- 1/8 teaspoon sea salt



Directions:

1. Place collards in large bowl and pour remaining ingredients on top.
2. Using your hands, massage collard tearing any larger pieces into smaller pieces as you go.
3. Continue to massage for about 5 minutes until collards are a vibrant green.

Nutrition:

1 serving, prepares 4
46 calories, .5 g fat, 10.6 g carb (7 g sugar, 3 g fiber) 2 g protein 40 mg sodium

