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