

# Collard Greens Salad

## Ingredients:

- 1 bunch collard greens, washed
- 2 Tablespoons olive oil
- 1/4 teaspoon sea salt
- 1/4 cup apple cider vinegar
- 1/3 cup onion, chopped
- 1-3 cloves raw garlic, minced
- 1 teaspoon red pepper flakes
- 1/2 teaspoon black pepper

## Directions:

- 1) De-stem the collard greens by cutting each side of the stem from the stem base to the leaf tip. Discard the stems.
- 2) Cut the collard greens into 1/2 inch thick strips.
- 3) Place strips in a large bowl. Pour olive oil on collard strips and sprinkle on salt.
- 4) In a separate bowl, whisk together apple cider vinegar, onions, garlic, red pepper flakes, and ground pepper.
- 5) Pour apple cider vinegar dressing over the collard green strips. Let marinate in the refrigerator for at least 3-4 hours, but overnight is best.

Recipe adapted from <https://www.eatingbirdfood.com/raw-collard-greens-salad/>  
For more recipes, visit <https://stjoefarm.wordpress.com>

*The*  
**Farm**

Saint Joseph Mercy Health System

You will love this  
delicious simple salad!

**Prep time: 15 mins**

**Total time: 15 mins**

**Servings: 4**

**Cost To Make: \$3-\$5**

