




BRC Healthy Meal of the Week

Spicy Southern Collard Greens with Sweet Maple Cornbread

Ingredients (Serves 1)

2 tablespoons olive oil
1 to 2-pound smoked pork
1 onion, halved
1 quart chicken [broth](#) 
1 teaspoon red chili flakes
1 teaspoon salt
2 tablespoons white vinegar
1/2 teaspoon garlic powder
2 pounds fresh collard greens, washed, stems removed and roughly chopped
6 cloves garlic
1 cup cornmeal
1 cup all-purpose flour
4 teaspoons [baking](#)  powder
4 tablespoons maple [syrup](#) 
2 teaspoons salt
1/4 cup oil
2 eggs

Cooking Instructions

Collard Greens

Heat the olive oil in a large pot over medium-high heat. Add the pork pieces and brown on both sides, about 6 to 8 minutes. Add the onion, cut sides down, and brown, about 5 to 6 minutes. Stir in the chicken broth. Season with chili flakes, salt, vinegar and garlic powder. Bring to a boil, then turn down the heat to a simmer. Adjust seasoning, if desired. Add the collard greens and garlic cloves, stir to combine and cover. Cook until greens are tender, approximately 35 to 45 minutes. Remove the onion halves, garlic cloves, pork pieces, for better presentation. Transfer the greens to a serving bowl.

Sweet Maple Cornbread

Heat the oven to 375 degrees F. Coat an 8 by 8-inch baking pan with cooking spray.

In a large bowl, whisk together all the ingredients except the butter and pour into the pan. Bake for 18 to 20 minutes, until the corn bread is lightly golden brown.

Once baked, remove from the oven and brush with butter. Serve immediately.

Nutrition Facts

Serving Size is 2 Cups Collard Greens and One Moderate Size Cornbread

450 Calories
10g Fat
300mg Sodium
28g Carbohydrate
8g Dietary Fiber
22g Protein

