

Collard Greens with Lima Beans and Smoked Turkey

This one pot meal can be made up to three days ahead and refrigerated

1 10-ounce package frozen lima beans
1 tablespoon olive oil
2 cups vertically sliced red onion
3 cups fat-free, less-sodium chicken broth
1 cup sliced smoked turkey breast
½ teaspoon dried thyme
¼ teaspoon crushed red pepper
3 garlic cloves, minced
1 bay leaf
8 cups sliced collard greens (about ½ pound)
2 tablespoons red wine vinegar
1 (14.5 oz.) can diced tomatoes, undrained
¼ teaspoon salt
¼ teaspoon black pepper
Thyme sprigs, optional

Preheat oven to 375°. Heat oil in pan over medium-low heat. Add onion; sauté 10 minutes. Add beans, broth, and the next 5 ingredients (beans through bay leaf); bring to boil. Cover and bake at 375° for 1 hour and 15 minutes. Stir in collards, vinegar, and tomatoes. Cover and bake an additional 1-hour or until beans are tender, stirring occasionally. Stir in salt and pepper. Discard bay leaf. Garnish with thyme sprigs, if desired. Yields seven 1-cup servings.



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