



Rice with Collards

(serves 4)

From Jane Brody's Good Food Book

2 cups low-sodium chicken or vegetable broth
1 cup long-grain brown or white rice
1 teaspoon butter or margarine
3 cups chopped fresh collard greens
Freshly ground black pepper to taste

1. Bring broth to a boil in a medium pot. Add rice and butter and stir.
2. Add collards in three batches, stirring after each addition.
3. Return mixture to boiling, reduce heat and cover pan.
4. Simmer for 35 minutes (20 minutes for white rice) or until rice is done.
5. Add pepper if needed.

Nutritional Information:

Calories: 78
Total Fat: 1.5g
Saturated Fat: 0.7g
Sodium: 59mg
Dietary Fiber: 2g
Protein: 3g