

Collards with Smoked Turkey

4 lb collard greens
¼ lb smoked turkey breast
1 cup brown rice, uncooked
3 cups low sodium, low fat chicken broth
3 whole garlic cloves, crushed
1 teaspoon red pepper flakes
1 teaspoon pepper

1. Wash and cut the collard greens and place them in a large stockpot. Add the remaining ingredients and enough water to cover.
2. Cook until tender, stirring occasionally, about 3 ½ hours. The flavors will blend even more if you let the greens sit for a bit after cooking.

Serves 8

Prep time: 20 minutes

Nutrient Analysis per serving: 1 cup

91 calories, 1 g fat, 0 g saturated fat, 16 g carbohydrate, 6 g fiber, 7 g protein, 410 mg sodium, 7 mg cholesterol

Diabetic Exchange: 3 vegetables

Taken from The New Soul Food Cookbook by F. Gaines and R. Weaver