

## DIABETIC RECIPE OF THE MONTH — February 2007

### Uptown Collard Greens

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|-----------------------------|------------------------------|
| 7 lbs. fresh collard greens | 1 tablespoon Splenda         |
| 1 medium onion, minced      | 1 tablespoon bacon drippings |
| 1 cup water                 | 1 red bell pepper, diced     |
| 1 cup chicken broth         |                              |

Remove and discard stems from greens. Wash leaves thoroughly, and cut into 1-inch-wide strips; set aside. Bring onion, water, broth, Splenda, and bacon drippings to a boil in a Dutch oven. Add greens and bell pepper; cook, covered, over medium heat for 45 minutes to an hour or until greens are tender.



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