

## **Collards, with or without Sausage**

### **INGREDIENTS:**

- 1 lb mild sausage, divide into small patties
- 6 Large collard green leaves, de ribbed and thinly sliced
- 1/4 tsp. red pepper flakes
- generous pinch sea salt
- 1 TBSP brown sugar
- 1/4 cup water

### **METHOD:**

1. Sausage Divide sausage into equal sized patties. Over medium heat in large skillet, cook until browned nicely on both sides. Make sure they are cooked through. Place on paper towels. Set aside.

2. In same pan, with sausage fat, throw in collard greens and red pepper flakes. Stir. Turn heat down to medium low. Stir every few minutes until collards soften, about 8 minutes. Push collards to one side of pan. Pour water and brown sugar into the pan, scrape bottom of pan and stir the collards into the mix. Simmer about one minute longer. Add sausage back into pan to heat a bit, about one minute.

Serve with eggs over easy and garlic naan for a hearty brunch or dinner.

**For meatless version:** 1Tbsp coconut oil or olive oil with 1/4 tsp. coriander, 5 anise seeds, 1/4 tsp. thyme, and 1/4 tsp. red pepper flakes to skillet over medium heat. Stir spices until fragrant, about 30 seconds. Then throw in collard greens and red pepper flakes. Stir. Turn heat down to medium low. Stir every few minutes until collards soften, about 8 minutes. Push collards to one side of pan. Pour water and brown sugar into the pan, scrape bottom of pan and stir the collards into the mix. Simmer about one minute longer. Add sausage back into pan to heat a bit, about one minute.

**SERVINGS:** 4

**SOURCE:** Holly Oliver