

**Waistline Wednesday**  
**COLLARD & CABBAGE**

- 4 cups vegetable broth or chicken broth
- 2 smoked turkey parts, optional
- 2 teaspoons fresh garlic, crushed
- 1 habanero pepper, whole
- 1 teaspoon seasoned salt
- 1 teaspoon black pepper
- 2 1-pound bags collard greens, pre-washed
- 4 cups cabbage, ½-inch thick slices

1. If preparing this dish vegetarian, in a large pot, bring vegetable broth to a boil. Then, skip to step 2. If preparing this dish with meat, bring chicken broth and turkey parts to a boil.
2. Reduce heat then add garlic, habanero, seasoned salt & pepper. Cover pot and let meat simmer on low for 30 minutes, simmer 2 minutes for vegetarian version.
3. Add collards to pot & stir. Cover & simmer on low for 10 minutes. Stir in cabbage and simmer for 10 more minutes. Taste and adjust seasoning. Remove habanero before serving.

**servings: 8 / prep time: 10 minutes / cook time: 50 minutes**