

## Collard Greens



3 tsp olive oil  
1 cup diced tomato  
1 large onion, diced  
1 lbs collard greens (about 8-10 large leaves), remove tough stems  
1-2 tbsp fresh herbs (e.g. thyme)  
Fresh ground pepper to taste  
¼ cup raw sunflower seeds (optional)

- In a large skillet, add oil and tomatoes on low heat.
- Add onions and garlic and cook until onions just begin to turn clear.
- Add greens, cover and steam for 10 minutes.
- Add salt, pepper and herbs and cover for 15 minutes to continue to steam or until the greens are wilted but not soggy.
- Add sunflower seeds, heating some more.
- Serve hot.