

Yankee Collard Greens

Greens are part of the recommended vegetables for *Real-Life Detox*, so I decided to make a healthier version without the bacon, ham hocks, or other smoked meat. The following is what I came up with, and I must say, these greens have become a staple—mostly because they're so easy to prepare.



2 pounds collard greens, washed and cut up into small pieces
1 sweet Vidalia onion chopped into small pieces
4 cloves garlic (or more if you like it)
2 tablespoons bacon fat
1 tablespoon liquid smoke
1–4 tablespoons apple cider vinegar (or to taste)
Vegetable, chicken, or another stock to braise the greens
Sea salt to taste

Put all the components into a braising pot and cook until the greens are tender. Adjust seasonings to your taste. You can use other types of greens such as mustard greens (which are cruciferous) or beet greens or Swiss chard (which are not cruciferous) if you choose. If you have other favorite seasonings from a Southern Style greens recipe, go for it—as long as you don't add any fat or protein. Some people would get the umami flavor from miso, but the smokiness from liquid smoke works very well.

I use a pressure cooker and cook them for about 8 to 10 minutes, but you can adjust that depending on how you like the texture of the greens; on the stovetop, they take about 30 minutes. Some people like more acid, so add more vinegar. Others might like more smoke. The seasonings don't matter as long as the amount of bacon fat stays about the same.

No one ever said that giving your liver a break and detoxing it had to taste bad. Well, maybe they did, but not me. Enjoy!