

Cozy Collards & Tempeh

Yield: 6 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-greens-collards-recipe>

Ingredients:

- 1 1/2 pounds collards one big bunch
- 1 pound tempeh two 8 oz packages
- 2 tablespoons soy sauce or tamari if you're gluten-free
- 1 tablespoon fresh lemon juice
- 1 cup water
- 1 olive oil tablepoon
- 1/2 cup shallots sliced
- 4 cloves garlic minced
- 1/2 cup fresh cilantro loosely packed, chopped
- 1/2 teaspoon fennel seed crushed
- 1/2 teaspoon red pepper flakes
- 3 dashes black pepper fresh
- 2 roasted red peppers storebought or homemade, cut into bite sized pieces
- salt to taste
- lemon wedges to serve

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 13 grams
3. Fat: 11 grams
4. Fiber: 1 grams
5. Protein: 15 grams
6. SaturatedFat: 2 grams
7. Sodium: 440 milligrams

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