

Italian Stuffed Collard Greens

Yield: 6 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-collard-greens-recipe>

Ingredients:

- 1 bunch collard greens 10-12 leaves
- 16 ounces marinara
- 1 pound Italian chicken sausage casings removed
- 1/2 cup sweet onion diced
- 3 cloves minced garlic
- 1 1/2 cups cooked brown rice 3/4 C dry
- 1 1/2 cups shredded mozzarella cheese part skim low moisture
- 1/4 cup Parmesan cheese
- 1/4 cup fresh basil

Nutrition:

1. Calories: 500 calories
2. Carbohydrate: 29 grams
3. Cholesterol: 85 milligrams
4. Fat: 31 grams
5. Fiber: 5 grams
6. Protein: 28 grams
7. SaturatedFat: 11 grams
8. Sodium: 1450 milligrams
9. Sugar: 8 grams

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