

# Healthy Eating Healthy Living

## Vel Scott

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### **Collards, Cabbage & Broccoli Stir-Fry with Colored Peppers**

**Serves 4:**

#### **Ingredients:**

- 1 pound of collard greens**
- 2 heads of Fresh Broccoli**
- 1 large head of cabbage**
- 1 large onion (sliced)**
- 1 garlic clove (chopped)**
- 1/4 teaspoon of sea salt**
- 1/4 teaspoon of dark sesame oil**
- 1 red bell pepper (sliced)**
- 1 orange bell pepper (sliced)**

#### **Preparation:**

**In a large skillet, sauté onions and peppers for about 5 to 7 minutes. Add garlic and cook a minute more.**

**(Collards and cabbage should be cooked or sautéed together, about 10 to 15 minutes, or until tender. Steam broccoli lightly. in a large bowl, combine the cooked vegetables and peppers together, add sesame oil and salt to taste.**

**This beautiful array of fresh vegetables can be served over brown rice or couscous.**

**Enjoy!**