

# LYNCHBURG

is for

# LOCAVORES

COOKING DEMONSTRATION WITH

*Jason Long of Favored Flavors*



## Quick Greens

1 large bunch fresh collard greens,  
deveined, chopped and rinsed  
3 tablespoons Extra Virgin Olive Oil or  
Flavored Olive Oil  
2 tablespoons Traditional Dark Balsamic  
Vinegar  
1 fresh lemon – 1/2 teaspoon lemon zest,  
and lemon wedges for garnish  
2-3 cloves fresh garlic, finely chopped  
Salt and pepper to taste

Over medium heat, warm Extra Virgin Olive Oil in a large pot. Add collards and stir to coat. Sprinkle with salt and pepper to taste and stir for about 2 minutes. Add Traditional Dark Balsamic Vinegar and mix. Sauté approximately 5 minutes to maintain green color.

Serve:

Place on serving plate and top with lemon zest. Garnish with lemon wedges.

Variations:

This recipe is great with any type of greens. We suggest:

Turnip Greens

Kale

Chard

Beet Greens