

Gomen

Seasoned Collared Greens

Ingredients

- 2 bunches of Collard Greens
- 1 Red Onion
- 2 cloves Garlic
- 1 Tomato
- 1 medium Jalapeño
- 2 tbsp Water
- 3 tbsp Olive Oil
- 1 tsp Cardamom (Cinnamon works as a substitute)
- 1 Tsp Cumin



Directions

1. Prep Veggies. Chop collard greens. Then very finely dice onion, garlic, tomato, and jalapeno. The more diced the better.
2. Bring a large pot of water to boil and add chopped collard greens. Simmer for 15 minutes. Drain and set aside.
3. Return pot to medium heat on stove. Add 2 tbsp of water. Then add the onion. Cook for five minutes. Add the oil to the pot and add garlic, tomato, and jalapeño. Cook for five minutes.
4. Add collard greens back to pot and cook for ten more minutes. Add in the cardamom and cumin, stirring in for two minutes. Makes 6 side servings or 4 main servings.

Gomen is an Ethiopian dish traditionally served with Injera but it can be eaten by itself! Gomen is a seasoned collard greens recipe. Collard Greens are a great source of fiber, vitamins A,C, and K. They also have a low glycemic rating which is great for people with diabetes.