SOUTHWEST CHICKEN AND COLLARD GREENS STEW

Ingredients:
1 1/3 cup of diced yellow onion
4 cups low-sodium vegetable broth, divided
1 lb nature’s greens collard greens, finely chopped
1 1/3 cup red bell pepper, diced
8 teaspoon garlic, minced
1/2 cup fresh cilantro, chopped
1/2 teaspoon cayenne pepper
1/2 teaspoon black pepper
1/2 teaspoon sea salt
1 1/3 cup grape tomatoes, sliced in half
12 ounces boneless, skinless chicken breast, cooked and diced
2 cups of fresh or frozen corn, thawed
1 ripe Hass avocado, diced
Directions:
In a small saucepan over medium heat, saute onion in one quarter of the broth until translucent. Add remaining broth, collard greens, and bell pepper, and stir continuously for another 8-10 minutes. Stir in garlic, cilantro, cayenne pepper, black pepper, sea salt, and tomatoes. Quickly bring to a boil, then reduce to a simmer and stir occasionally for 30 minutes. Stir in chicken breast and corn to heat through, and just before serving, garnish each bowl with one quarter of the avocado.

Serves 4