



Collard Greens

What are they?

Collards are members of the cabbage family, and a staple side dish in Southern cooking.

They feature dark green leaves and tough stems that need to be removed before eating.

The flavor of collards is a cross between cabbage and hearty kale, similar to Swiss chard. They are high in fiber content, and are a good source of vitamins A, C, E, and K, which fortifies bones. They are also rich in iron, calcium, magnesium, and potassium.



Storage Tips

To store, wrap the greens, unwashed, in damp paper towels until you are ready to use them.

Keep the wrapped greens in an open plastic bag in the refrigerator for up to about 5 days.

When you are ready to cook the greens, you'll need to wash them.

To freeze: Wash the leaves, cut off the woody stems, blanch in boiling water for three minutes and chill in ice water. Dry the leaves, pack into freezer bags and freeze



Usage Tips

Before cooking collard greens, remove the stalks as this part of the plant is considered too tough to be eaten. Use individual collard green leaves as sandwich wraps instead of using tortillas. Substitute them in recipes anytime you see spinach, cabbage or kale

A Vegetable E-booklet



RECIPES

Quick Collard Greens

INGREDIENTS

- 1 lg bunch (about 10 oz) collard greens**
- 1 ½ T. extra-virgin olive oil**
- ¼ teaspoon fine sea salt**
- 2 medium cloves garlic, pressed or minced**
- Pinch of red pepper flakes (optional)**
- A couple lemon wedges, for serving**

Adapted from www.cookieandkate.com

INSTRUCTIONS

- 1. Cut the thick center rib out of each collard. Stack & slice as thinly as possible (1/8" to 1/4")**
- 2. Heat a large pan over med-high heat, add olive oil. Add greens & salt.**
- 3. Stir until all of the greens are lightly coated in oil. Cook for about 30 sec. before stirring again. Continue stirring in 30-sec. intervals until the greens are wilted, dark green, and starting to turn brown on the edge. 3 to 6 min**
- 4. Once the collards are just about done, add the garlic and red pepper flakes. Stir to break up the garlic & cook about 30 sec.**
- 5. Immediately divide the cooked collards onto plates, and serve with a lemon wedge each.**

Southern-Style Collard Greens

INGREDIENTS

- 12 hickory-smoked bacon slices, finely chopped**
- 2 med-size sweet onions, finely chopped**
- 3/4 pound smoked ham, chopped**
- 6 garlic cloves, finely chopped**
- 3 (32-oz.) containers chicken broth**
- 3 (1-lb.) packages fresh collard greens, washed and trimmed**
- 1/3 cup apple cider vinegar**
- 1 tablespoon sugar**
- 1 teaspoon salt**
- 3/4 teaspoon pepper**

INSTRUCTIONS

- 1. Cook bacon over medium heat in a 10-qt. stockpot for 10 to 12 minutes or until almost crisp.**
- 2. Add onion to stockpot, and sauté 8 minutes. Add garlic and ham, and sauté 1 minute. Stir in broth, collard greens, apple cider vinegar, sugar, salt, and pepper. Cook 2 hours or until desired degree of tenderness.**

Adapted from www.southernliving.com