

COLLARD GREENS

Storage and preparation tips: To minimize spoilage, do not wash collard greens prior to storing. Place unwashed greens in a ziplock bag or air-tight container and store it in the refrigerator. When ready to use, remove from container and wash. Use within 5-7 days. If removing the stems, save them and add them to a homemade vegetable stock, soup, or stir fry!

Nutrition benefits: Collard greens are a nutrient-dense food. They are rich in vitamin K, vitamin C, vitamin A, and folate. They are also a good source of calcium and fiber.



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WAYS TO ENJOY GREENS:

Raw: Add chopped collard greens to your favorite salad to add more nutrients.

Soup: Try adding chopped collard greens to a pot of soup to add some color and nutrients!

Sauté: You can eat sautéed greens on their own, or sauté them with scrambled eggs, other veggies, etc. The possibilities are endless!

Casserole or lasagna: Mix chopped up collard greens into your next casserole or lasagna!

Smoothies: Combine 1 cup collard greens, 1 banana, 1/2 cup strawberries, 1/2 cup blueberries, 1/2 cup yogurt, 1 1/2 cups water, 1/3 cup ice in a blender to make a delicious, healthy smoothie!



SOUTHERN-STYLE COLLARD GREENS



Ingredients:

- 3 strips bacon
- 1 medium onion, sliced
- 2 bunches collard greens, washed
- 1 tablespoon chopped garlic
- 1/2 teaspoon red pepper flakes
- 1 tablespoon brown sugar
- 2 tablespoons cider vinegar
- Salt and freshly ground black pepper

Instructions:

1. Dice the uncooked bacon. In a high-sided skillet, cook the bacon over medium heat until brown, about 5 minutes. In the same pan add the onions and sauté until translucent, about 5 minutes.
2. Strip the leaves from the tough stems of the collard greens. Stack the leaves, roll them up and cut them into thin strips.
3. Add the greens to the skillet with the bacon and onions. Add the garlic and red pepper flakes, brown sugar, cider vinegar, salt and pepper, to taste. Stir and cover the skillet. Cook for 15 minutes, stirring halfway through. Collards are done when tender and no longer bitter.

Serves 4. Nutrition per 1 cup serving: 155 calories, 8 g protein, 9 g fat, 14 g carbohydrates, 7 g fiber, 415 mg sodium

Visit GleanersNutritionHub.org for more recipe ideas and cooking tips!