

What's Fresh:

Collards



They're naturally good!

- ◆ Rich in vitamins A, C & K
- ◆ Excellent source of dietary fiber, calcium, iron & potassium
- ◆ 1 raw cup= 1 serving of veggies

Storage Tips:

Do not wash until ready to eat.
To keep fresh, refrigerate in a plastic bag..
Use within 3-5 days.

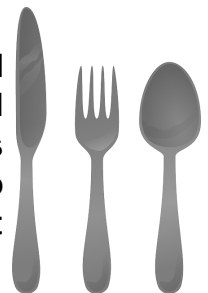
Preparation Tips:

- ◆ Wash collards before using; submerge in water, then rinse and dry.
- ◆ Remove the inner stems by folding the leaves in half along the stems. Cut alongside the stem with a sharp knife and discard.
- ◆ Stack the leaves on top of each other and roll into a log. Slice the log cross-wise into ribbons. Cut very thinly to use raw, and slightly thicker to cook with (1/4-inch).
- ◆ Collards shrink down when cooked. 6 raw cups yields 1-1.5 cups cooked greens.
- ◆ Collards only need to be cooked for a short time. They are done when they turn bright green. If cooked past this point, the flavor might turn bitter.

Ways to eat collards:



- ◆ **Make a salad or coleslaw.** For raw preparation, smaller, more tender collard leaves are best. Make sure the collards are thinly sliced. To soften the leaves, “massage” the dressing into the leaves by grasping large handfuls and squeezing them; continue for 2 minutes.
- ◆ **Add to omelets, scrambled eggs or frittatas.**
- ◆ **Add to soups, stews and stir-fries.** Add cut collards towards the end of cooking. Cook until collards turn bright green.
- ◆ **Sautee it.** Heat 2 Tablespoons of oil in a pan over medium-high heat. Add greens and stir until wilted, about 1-2 minutes. Reduce heat to medium. Add 4 cloves of minced garlic or 1 teaspoon of garlic powder. Cook until greens are soft and excess water is gone, about 5-7 minutes. If garlic starts to brown or burn, reduce heat to low. Season with 1/4 teaspoon each of salt and pepper. For flavor, add a splash of lemon juice or vinegar.



See more recipes on the back 



Make it a meal!

RECIPES

Beans & Greens

Ingredients:

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|---|---|
| 1 Tablespoon oil | 2 (15-oz) cans beans, drained & rinsed |
| 2 small onions, diced (about 1 cup) | 1/2 teaspoon salt |
| 6 cloves garlic, thinly sliced (or 1 tsp garlic powder) | 1/4 teaspoon black pepper (or more to taste) |
| 1 bunch collard greens, cut into ribbons | 1 teaspoon red pepper flakes (optional) |
| 1 cup apple juice | 1 1/2 teaspoons oregano and/or thyme (optional) |

Directions:

1. Heat oil in a large skillet over medium heat. Add onions and cook, stirring frequently, until soft and slightly browned. Add garlic and cook, stirring frequently, 1-2 more minutes (be careful not to burn garlic).
2. Add greens to pan with the salt and pepper. Cook with onions and garlic for 3-5 minutes.
3. Add apple juice and herbs. Let simmer for about 3 minutes.
4. Add beans and red pepper flakes. Stir to combine and simmer for 5 more minutes.
5. Serve warm. This dish goes great with brown rice, savory oatmeal, or corn bread.

Collard Greens with Spicy Peanut Sauce

Ingredients:

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| 1 Tablespoon oil | 6 cups chopped collard greens |
| 1 cup chopped onion | 1 cup chopped tomatoes (if canned, use juices) |
| 2 garlic cloves, minced (or 1/2 tsp garlic powder) | 2 Tablespoons peanut butter |
| 1/4 teaspoon red pepper flakes | Salt & pepper to taste |

Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion, garlic and red pepper flakes. Cook, stirring often, until soft, about 5 minutes.
3. Add greens and 1/4 cup of water. (or juices from tomato). Cover and cook until greens are soft, about 15 minutes.
4. Add tomato and peanut butter. Stir well and serve. Refrigerate leftovers.

Collard Green Coleslaw

Ingredients:

- | | |
|---|---|
| 1 bunch collard greens, very thinly sliced | 1 medium apple, shredded |
| 1/4 teaspoon salt | 4 carrots, shredded |
| 2 Tablespoons vinegar (such as apple cider) | 1/2 cup finely chopped onion |
| 1/4 cup oil | 1 Tablespoons sugar or honey (optional) |

Directions:

1. Add shredded collard greens to a mixing bowl and sprinkle with the salt.
2. Using your hands, "massage" collard greens by squeezing them by the handful for 1 - 2 minutes. Drain any juices that have collected in the bottom of the bowl.
3. Add remaining ingredients to the bowl. Mix well. Refrigerate until serving.

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