

A simple guide to

COLLARD GREENS



Collard greens are a hearty, leafy vegetable common in the Southern U.S.

They have a mild, smoky flavor & are from the same family as cabbage, kale & swiss chard.

Collard greens are a rich source of calcium, iron & Vitamin K.

In Season



How To Select



Look for leaves that are deep green in color with no blemishes or yellowing. Smaller leaves (< 10 in) will be more tender.



Avoid wilted leaves or dry stems.

How To Store

- Store fresh collard greens in the fridge in a perforated plastic bag up to a week.
- Once cooked, refrigerate leftover collard greens in a sealed container for 3-5 days.
- Can be frozen, but are best if blanched in boiling water first.

How To Prepare

Wash thoroughly & remove the tough, woody stems before eating.



Sautéed
Sauté with olive oil & garlic. Top with a drizzle of lemon juice.



Stewed
Simmer collard greens in chicken broth until tender with a dash of red pepper flakes.

Fresh

Use large collard green leaves to make a crunchy wrap or chop & add to a salad.

SOUTHERN BLACK-EYED PEAS & COLLARD GREENS

Ingredients:

- 1 1/2 cups instant brown rice
- Non-stick cooking spray
- 1 (12 oz) package smoked turkey kielbasa sausage, diced
- 2 cloves garlic, minced
- 1 large yellow onion, diced
- 3 stalks celery, diced
- 1 jalapeño, sliced
- 1 Tbsp minced fresh thyme
- 1 Tbsp Cajun Seasoning*
- 1 (32 oz) carton unsalted chicken broth
- 2 (12 oz) bags frozen black-eyed peas
- 3 cups fresh collard greens, chopped

Preparation:

1. Prepare rice according to package directions. Fluff with a fork & set aside.
2. Lightly coat a large stock pot with cooking spray. Add sausage & sauté 2-3 minutes, or until browned.
3. Add garlic, onion, celery, jalapeño, thyme & seasoning. Sauté 4-5 minutes, or until onion & celery softens.
4. Add broth, peas & greens. Cover & cook 15 minutes, stirring occasionally.
5. Serve over rice.

Tip: Top with chopped green onions for extra flavor!

30 Min | Serves 6

Nutrition Facts

6 servings per recipe
Serving size (415g)

Amount per serving
Calories **390**

% Daily Value*

Total Fat 8g 10%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 45mg 15%

Sodium 540mg 23%

Total Carbohydrate 60g 22%

Dietary Fiber 9g 32%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 24g

Vitamin D 0mcg 0%

Calcium 105mg 8%

Iron 5mg 30%

Potassium 828mg 20%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

