



Grown by us. Prepared by YOU.

Collard greens are in the same family as cabbage and kale. They are a great source of vitamin C and are available year-round.

• NUTRIENT-DENSE

• LOW CARB

• LOW CALORIE

**CHOOSE:** Pick collard greens that are dark green and don't have any yellow spots or wilting leaves. They should feel firm.

**STORE:** Keep the greens fresh by wrapping them in a damp paper towel and putting them in the fridge.

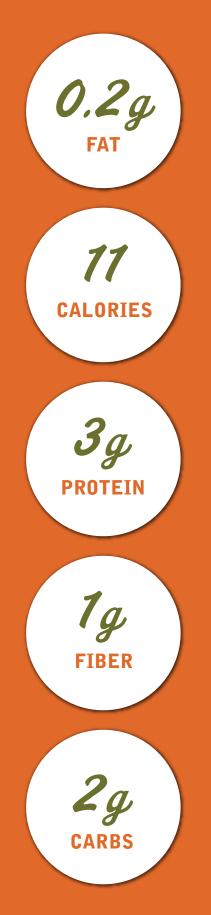
**PREPARE:** Wash the leaves well to get rid of dirt. Cut off the tough stems and chop or tear the leaves into smaller pieces.

**EAT:** In a pan, heat olive oil and cook some chopped garlic for a minute. Add the greens and cook until they are soft (about 5 to 7 minutes). Add a little salt, pepper, and a splash of vinegar.

Use the whole leaves as wraps. Put some cooked rice, beans, or chopped veggies on a leaf, roll it up, and enjoy.

Cook chopped collard greens in a pot with some chicken or vegetable broth, add some diced potatoes and onions, and cook until everything is soft.

Steam the greens in a steamer over boiling water for about 10 minutes until they are soft. Add olive oil, lemon juice, salt, and pepper to taste.



\*Per 1 cup



## **INGREDIENTS:**

- □ 1 cup of stock or water
- **1** bunch of collards
- **Salt and pepper**
- **2** teaspoons vinegar
- **Optional ingredients:** 
  - Hot sauce



- Smoked turkey neck, ham hock, or chopped bacon
- Tomato paste
- 1 large sauteed onion and/or garlic

## **INSTRUCTIONS:**

- Wash the collards by immersing them in cold water with a splash of vinegar. Rinse. Strip the greens from the stems and roll them up. Cut across the roll at one inch intervals. Turn the roll and cut it longwise.
- 2 Place collards, liquid, salt/pepper and any optional ingredients in a pan with a lid.
- 3 Cook these covered, on low, for two hours, stirring occasionally. Another option is to cook in a slow cooker on low for approximately 8 hours.

• Finish the collards with the vinegar and serve.

