

# Collards

**Taste!**  
York Fresh Food Farms

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.

0.2g  
FAT

11  
CALORIES

3g  
PROTEIN

1g  
FIBER

2g  
CARBS

\*Per 1 cup

## Cooked Collards

### 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:

- 1 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.
- 4 Finish the collards with the vinegar and serve.

