

Collard Greens

Collard greens are well known in the South. Their sweeter flavor makes them a favorite of the greens and the fact that they retain some of their texture when cooked down makes them a good starting place for those who are new to greens. Actually a member of the cabbage family, the large leaves with thick, tough stems are cut from a center stalk. It is a cool season vegetable predominately available in the spring and fall. They actually get sweeter after a frost.



SELECTION - Choose collards that are about 8-12 inches long and dark green with no yellowing.

STORAGE - Collards store better than other greens. Loosely wrap in moist paper towels or place in a plastic bag and store in the refrigerator for about 5 days.

FREEZING - Select young, tender green leaves. Wash thoroughly and cut off woody stems. Water blanch collards three minutes and all other greens two minutes. Cool, drain, and package leaving ½ inch headspace. Seal and freeze.

PREPARATION - Be sure to wash collards (and all greens) well as dirt likes to cling to the leaves. The center stems are tough so need to be removed. You can cut them out, but the easiest way is to fold the leaf in half along the stem and starting at the cut end pull with your hand to remove the leaf from the stem.

EDIBLE PARTS - The leaf is the edible part. The tough center stems are inedible and need to be removed.

HOW TO TRY - Collards can be thinly sliced and added raw to salads but are more often cooked.

Try long braising in chicken or beef broth to break down the leaves for a great side dish. You can add some garlic and red pepper flakes for added flavor.

The leaves can be stuffed, like cabbage rolls, and baked with a tomato sauce.

Nutrition Facts

Serving Size 1 cup boiled, no salt (190g)

Amount Per Serving

Calories 63 Calories from Fat 0

%Daily Value*

Total Fat 1g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 7g 2%

Dietary Fiber 5g 21%

Sugars 1g

Protein 4g 10%

Vitamin A 198% Vitamin C 39%

Calcium 18% Iron 8%

Vitamin K 661%

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2400 mg	2400 mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Collards can also be quickly cooked like stir frying. Use in place of bok choy or green cabbage.

Add to pasta dishes cooked down with tomatoes.

Add to vegetable, pasta or bean based soups.

Cook down until tender and add to dips in place of spinach (frozen collards are good for this).

Seasonal Eating



Braised Chicken Thighs with Collards

4 bone-in, skin-on chicken thighs
Kosher salt
Black pepper
Flour
2 tablespoons vegetable oil
1 onion, chopped
4 ounces mushrooms, sliced
2 cloves garlic, minced
1/4 teaspoon crushed red pepper flakes
12 ounces collard greens
1/4 cup balsamic vinegar
1 -2 cups chicken broth

Remove any excess fat and skin from the chicken thighs. Sprinkle with salt and pepper, then coat the skin side with flour. In an oven proof Dutch oven, heat oil over high heat. Place the chicken skin side down and cook until skin is browned and crispy. Remove to a plate with skin side up. Drain the excess grease from the pan and add the onion and cook for a minute, scraping up any browned bits on the bottom of the pan. Add the mushrooms, garlic and red pepper flakes. Strip the collard leaves from the center stems (discard) and slice the leaves. Add to the pan. Cook a few minutes until the mushrooms and collards start to soften. Add the vinegar and 1 cup of the chicken broth to the pan and bring to a simmer. Nestle the chicken thighs down in the liquid with the skin side up and exposed with the liquid just coming up the sides of the chicken. Add more chicken broth, if needed. Place the pan in a 400 degree oven, uncovered, and cook for about 1 hour. Check occasionally and add more liquid if it goes completely dry, keeping the skin above the liquid.

Resource: University of Tennessee Extension, Bedford County, Whitney Danhof, FCS Agent

<https://extension.tennessee.edu/Bedford/Pages/Produce%20Pages/Collard%20Greens.aspx>