



## **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)

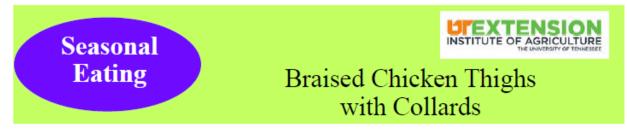
Amount Per S	Serving		
Calories 63		Calories from Fat 0	
		%	Daily Value*
Total Fat 1g			1%
Saturated Fat Og		5	0%
Trans Fa	t Og		G
Cholesterol Omg			0%
Sodium 20mg			1%
Total Carbohydrate 7g			2%
Dietary Fiber 5g			21%
Sugars		•	
Protein 4g			10%
			10%
Vitamin A	108%	Vitamin	C 30%
Vitamin A	198%	Vitamin	
Vitamin A Calcium	198% 18%	Vitamin Iron	C 39% 8%
Calcium	18% 661% Values are biss may be hij	Iron ased on a 2,00 gher or lower o	8% 00 calorie diet.
Calcium Vitamin K *Percent Daily V Your Daily Value	18% 661% /alues are b /alues are b	Iron ased on a 2,00 gher or lower o	8% 00 calorie diet. lepending on
Calcium Vitamin K *Percent Daily V Your Daily Value your calorie nee	18% 661% /alues are b s may be hi ds: Calorie Less th	Iron ased on a 2,00 gher or lower o es: 2,000	8% 00 calorie diet. lepending on 2,500
Calcium Vitamin K *Percent Daily V Your Daily Value your calorie nee Total Fat Sat Fat Cholesterol	18% 661% Values are b is may be hid ds: Calorie Less th Less th Less th	Iron ased on a 2,00 gher or lower of as: 2,000 nan 65g nan 20g nan 300mg	8% D0 calorie diet. lepending on 2,500 80g 25g 300mg
Calcium Vitamin K *Percent Daily V Your Daily Value your calorie nee Total Fat Sat Fat Cholesterol Sodium	18% 661% Values are b is may be hi ds: Calorie Less th Less th Less th Less th	Iron ased on a 2,00 gher or lower of as: 2,000 han 65g han 20g han 20g han 2400 mg	8% 00 calorie diet. lepending on 2,500 80g 25g 300mg 2400 mg
Calcium Vitamin K *Percent Daily V Your Daily Value your calorie nee Total Fat Sat Fat Cholesterol	18% 661% Values are b is may be hi ds: Calorie Less th Less th Less th Less th	Iron ased on a 2,00 gher or lower of as: 2,000 nan 65g nan 20g nan 300mg	8% D0 calorie diet. lepending on 2,500 80g 25g 300mg

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).



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