

Collards

Selection - Choose leaves that are dark green and have no yellow.

Storage - Store in the refrigerator (stays fresh for up to 5 days).

Nutrition - Vitamin K in collard greens supports bone health and prevents blood clotting.

3 EASY WAYS TO USE COLLARDS

- To sauté collards, remove the hard, green stems, stack leaves and cut into strips. In a large skillet, heat olive oil over medium heat. Add in cut greens and stir until wilted (1-2 minutes). Add in chopped garlic and onion powder. Cook 5-7 more minutes.
- To blanch collard greens, add whole leaves into a pot of boiling water for about 3 minutes. Drain and rinse with cold water. Stuff collard leaves with a mix (such as ground meat/beans and rice), and roll just as you would cabbage. Bake at 350 degrees for 30-40 minutes.
- To make a soup using collards, beans, onion and ham, remove the stalk from the collards, and chop onion and ham. Simmer ingredients in chicken or vegetable broth until vegetables are soft. Season with thyme, salt and pepper to taste.



Ingredients

- ☐ 1 teaspoon oil
- ☐ 1 cup onion, chopped
- ☐ 3 garlic cloves, chopped
- ☐ 6 cups collard greens, chopped
- ☐ 1 (15 ounce) can white beans, drained and rinsed
- ☐ 1 cup low-sodium chicken broth
- ☐ 1 tablespoon lemon juice or apple cider vinegar
- ☐ 1/2 teaspoon black pepper or red pepper flakes
- ☐ 1/2 cup parmesan cheese (optional)

Directions

1. Heat oil in a large pot over medium heat.
2. Add onion and garlic. Cook for 3 minutes.
3. Add half of the greens. Cook for 2 minutes.
4. Add the rest of the greens, white beans and chicken broth. Cover pot with a lid. Cook for 15 minutes.
5. Before serving, add lemon juice or apple cider vinegar. Top with pepper and parmesan cheese, if using.



Recipe from:

Greater Pittsburgh

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