

# Cleveland County Kitchen

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January 2016



## Nutrition Facts Label for Collards

### Nutrition Facts

Serving Size 2 cups chopped (72g)  
Servings Per Container

Amount Per Serving	
<b>Calories 20</b>	<b>Calories from Fat 5</b>
	% Daily Value*
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 15mg</b>	<b>1%</b>
<b>Total Carbohydrate 4g</b>	<b>1%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 0g	

Protein 2g	
Vitamin A 100%	Vitamin C 40%
Calcium 10%	Iron 0%

\*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
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

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## Food of the Month - Collards

Collard greens are a well known Southern favorite that are now growing in popularity with consumers in other regions. Collards have a tougher, more fibrous texture than some other greens. Collards should be picked while they are still young, before the leaves are full-sized, tough and woody. Collards have a mild, but distinctive flavor, and require a longer cooking time than many other greens.



### Did you know?

- Collard greens are one of the oldest and most primitive members of the cabbage family.
- Collards are known as tree-cabbage or non-heading cabbage.
- Collards, and some other greens, have been cultivated for thousands of years.
- Some of the varieties available locally include: Flash and Georgia



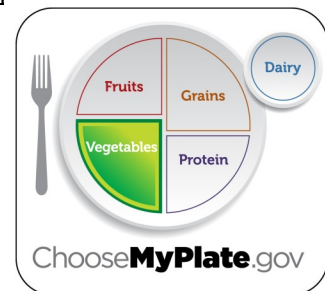
## Nutrition

We continue to learn more about the Dietary Guidelines for Americans that stress the importance and health benefits from eating more fruits and vegetables in our diets each day. Information about these guidelines can be found at [ChooseMyPlate.gov](http://ChooseMyPlate.gov). The general recommendation is for adults to eat 2 cups of fruit and 2 ½ cups of vegetables every day. How close do you come to meeting these dietary goals? We can meet these goals by eating a variety of colorful fruits and veggies each day – whether they are fresh, frozen, canned or dried. Eating more collard greens is one way to increase your vegetable consumption. Refer to [MyPlate.gov](http://MyPlate.gov) as a guide for additional ways to eat more fruits and vegetables. Collards are a nutrient-dense food whose deep green color suggests their value as a powerhouse food. Collards are an excellent to good source of:

- Beta carotene (the darker the leaf, the richer the amount of beta carotene)
- Vitamin A, vitamin C, and folate
- Antioxidants and phytochemicals

Collards are a good source of calcium and fiber.  
Collards are also –

- Fat free
- Cholesterol free
- Low in sodium, and naturally low in calories



## Selection

When picking your own fresh collard greens from the garden, pick leaves from the bottom of the stalk, leaving the stalk in place to continue producing more greens into the fall and winter. Pick clusters of tender leaves before they get too large or tough.

When selecting collards at the market, select greens that have dark green leaves that are broad and flat. The leaves should look fresh and have stems that are not too tough.

Avoid collards that are yellowed, wilted, dried, show signs of insect damage or injury. Also avoid collards with coarse stems because this will result in more waste.



## Storage

Store unwashed collards in plastic bags in the crisper or in the coldest part of the refrigerator. Use collards within 4-5 days of purchase.

## Preparation

When ready to prepare, wash collards thoroughly in several changes of lukewarm water in a large bowl or sink. Swish greens in water and lift them out, instead of draining – so grit that settles to the bottom of the bowl can be poured off. Wash/rinse with several changes of clean lukewarm water.

Strip or cut leaves away from tough center stem and large veins. Stack leaves and cut into smaller pieces for cooking. Remember that greens wilt and cook-down when heated. They will cook-down to about  $\frac{1}{2}$  to  $\frac{3}{4}$  of their original volume.

\*Collards are best eaten fresh. They can be prepared in a variety of ways. The cooking time will vary from 20 minutes to one hour or more, depending on the maturity and toughness of the leaves and your preference.

\*\*To cook greens before adding to a recipe, steam collards in a covered pot using only the water clinging to the leaves or approximately  $\frac{1}{4}$  cup water, if necessary. Cook only until wilted.

Save cooking liquid from greens, known as “pot likker” in some regions of the south, to use in soups, etc. Greens cooking liquid can also be frozen.

**To Cook:** Add washed collards to a medium-large saucepan with  $\frac{1}{4}$  inch of water in the bottom of the pan. Add salt, if desired, using  $\frac{1}{2}$  teaspoon salt per pound of collards. Bring the water to a boil. Cover and cook until tender. 20 - 45 minutes, depending on tenderness of greens.

Use regular or flavored vinegars to enhance the distinctive taste of collards. Other flavor enhancers include onions, garlic, sun dried tomatoes and crushed red peppers.

## To Freeze

Freezing is the best way to preserve collards. Like most vegetables, collards must be blanched before freezing. Always start with the freshest product possible. When estimating amounts, use about a handful per serving. Wash and cut into pieces, as desired. Blanch washed, trimmed greens in a large covered pot of boiling water for 3-4 minutes (start timing immediately after greens are dropped into boiling water).

Remove collards and immediately place in bowl of ice water. Remove collards and drain thoroughly. Pack cold collards in freezer bags or containers (removing as much air as possible, to prevent freezer burn). Seal, label and freeze up to one year at 0 degrees F.

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## Scrumptious Collard Greens

- 4 pounds collard greens
- 2 Tablespoons Olive Oil
- 3 large garlic cloves, thinly sliced
- 1 cup chicken broth
- 1 Tablespoon cider vinegar
- 1 teaspoon salt
- 1 teaspoon sugar
- 1/2 teaspoon crushed red pepper



Rinse greens well. Remove stems from leaves. Cut leaves into 2" pieces.

In 8 quart saucepot, heat oil over MEDIUM heat until hot.

Add garlic and cook 30 seconds or until golden, stirring constantly.

Add as many collard leaves as possible, broth, vinegar, salt, sugar, and crushed red pepper, stirring to wilt greens.

Add remaining greens in batches.

Cover saucepot and cook greens 45 minutes or until very tender and most of liquid evaporates, stirring occasionally.

Each serving provides: an excellent source of vitamin A, vitamin C, folate and a good source of calcium and fiber.

Source: Fruits & Veggies More Matters - Accessed January 2016 - <http://www.fruitsandveggiesmorematters.org/>

## Collard Greens with Whole Wheat Pasta

- |   |  |
|---|--|
| 8oz. Fresh collard greens (about 10 large leaves)   | 1/3 or more package whole wheat thin spaghetti |
| 3 Tbs. nuts, toasted (pine nuts, walnuts or pecans) | Olive oil                                      |
| 1/2 large onion, halved/sliced                      | 2 small cloves garlic, minced                  |
| Pinch red pepper flakes                             | salt and black pepper, to taste                |
| 1 ounce Parmesan cheese, optional                   |  |

Cook whole wheat thin spaghetti pasta according to directions. Drain quickly, reserving some of cooking water, set aside.

Cut out the center rib of each collard green. Stack a few greens at a time and roll them up. Slice across the roll to make thin strips (1/8" to 1/4"). Cut through strips so strands are not too long.

Heat a heavy-bottomed 12" skillet over medium heat and toast nuts until they start to turn golden and fragrant. Remove them from skillet; set aside.

Return skillet to medium heat with one tablespoon of olive oil, add onion & sauté until softened, sprinkle in a pinch of red pepper flakes and garlic and stir. Once the oil is hot, add collard greens. Sprinkle the greens with salt. Stirring often (try not to let them clump), sauté the greens for about three minutes or until tender.

Remove pan from heat. Add pasta to collards and toss with another drizzle of olive oil; add pasta water, if necessary. Serve collards & pasta topped with toasted nuts and Parmesan cheese shavings. Yield: 2 servings

## Basic Steamed Collards

- 3 cups collards, washed and cut
- salt and pepper (to taste, optional)

### Directions

1. Wash and cut 5 large collard leaves removing the thick stems.
2. Place greens in a pot with about 1 inch of water, cover with a lid, and bring to a boil.
3. After water boils, reduce to low heat and steam for about 3-5 minutes, or to desired tenderness.
4. Add salt and pepper, to taste.

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## Shrimp and Collard Greens Stir-Fry

1/2 lb. frozen shrimp (shelled), thawed  
 1 Tbs. canola oil  
 1/2 tsp. grated fresh ginger  
 1/8 tsp salt  
 4 cups cooked brown rice

1 lb. collard greens  
 1 clove garlic, finely minced  
 1-1/2 Tbs. water  
 1 tsp. sesame oil



Trim the ends off the stems of the greens and separate the leaves. Clean under running water and drain. Cut stems into 1-inch pieces and cut the leaves into wide ribbons. Finely mince garlic and grate fresh ginger. Add canola oil, sesame oil, and ginger to a cold pan and heat on medium-high heat. When the herbs become fragrant and just begin to turn brown, add the stems of the collards. One minute later add the collard leaves and the shrimp. Toss well to coat with the oil and cook until stems become tender and the shrimp turns pink, about 3 minutes. Serve over cooked brown rice. Serves 4  
 Source: [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org) - accessed January 2016.

For more ideas on delicious ways you can enjoy collards, check out:

Fruits and Veggies More Matters – Collards “*Top Ten Way to Enjoy Collards*” at

<http://www.fruitsandveggiesmorematters.org/top-10-ways-to-enjoy-collard-greens>



## Braised Collards with Tomatoes, Ham and Peas

2 Tbsp. olive oil  
 1 medium onion, chopped  
 3 garlic cloves, crushed  
 ¼ tsp. crushed red pepper flakes, opt.  
 2 ½ pounds collard greens, strip & discard thick stems, chop smaller stems & leaves  
 1 can (28 oz.) whole peeled tomatoes or 2 cans (14.5 oz.) stewed tomatoes with onions, celery and green peppers – including liquid  
 3 cups low-sodium chicken or vegetable broth, or water; more as needed  
 1 can (15 oz.) black-eyed peas, rinsed and drained  
 1 smoked ham hock  
 Salt and black pepper, to taste  
 Cooked brown rice, for serving

### Directions

Thoroughly wash collards; cut smaller stems and collards into pieces. In a large saucepan, sauté onion and garlic in oil over medium heat until onion softens. Add greens, cover, and cook until mostly wilted, about 4 minutes. Uncover and cook, stirring often, until completely wilted, about 2 more minutes. Add tomatoes, including liquid, breaking them apart; red pepper flakes, and broth or water. Season lightly with salt and black pepper. Add ham hock. Bring to a boil; then reduce to medium simmer. Partially cover and cook until collards are tender and ham pulls away from bone, about 2 ½ hours; add more water, if needed.

Remove ham and let rest until cool enough to handle. Discard skin and bone; dice ham. Return ham to greens; stir in black-eyed peas. Heat through, taste and adjust seasoning, as needed. Serve collards with brown rice.

Serves 4