

What to do with...

Collard Greens



General nutrition information:

- Excellent source of fiber, calcium, and vitamins A and C, folate
- Good source of iron, which helps with growth, development, and energy level



Storage:

- Use soon after harvest to taste the best and have the most nutrients
- Store raw in the refrigerator for up to five days. Wrap in a paper towel or plastic wrap to help maintain freshness
- Blanched collards can be frozen and stored for up to one year
- Part of the cabbage family and a fall crop
- Is a bitter leafy green

Steps to prepare collard greens:

1. Rinse the greens well. Pay careful attention to the bottom as dirt and sand can accumulate there
 2. Remove the tough middle stem
 3. Dice or tear into small pieces
 4. Then:
 - Steam
 - Add to soups and stews
 - Collard greens take longer to cook, usually 20 or more minutes, than other more delicate leafy greens such as spinach
 - Add to casseroles or stirfries
- The bitterness is better when served with vinegar



Recipes

Collard Greens

Nutrition information for 1 cup raw:

- Vitamin A > 100% DV
- Vitamin C ~ 58% DV
- Magnesium ~ 2% DV
- Potassium ~ 2% DV
- Calcium ~ 21% DV
- Fiber ~ 5% DV

Skillet Chicken with Beans and Collard Greens

Ingredients:

- 1 tablespoon olive oil
- 4 skinless chicken thighs
- ½ teaspoon ground black pepper
- 1 onion, diced
- 1 bunch collard greens, destemmed, rinsed, and diced
- 15 ounces canned low-sodium diced tomatoes
- 15 ounces low-sodium cannellini beans, drained and rinsed
- 1 cup water
- 1 reduced sodium chicken bouillon cube
- 1 tablespoon red wine vinegar

Instructions:

- Heat oil in a large skillet over medium-high. Sprinkle chicken with pepper. Cook, turning occasionally, until evenly browned, 6 to 8 minutes. Remove from skillet.
- Add onion to skillet; cook until tender, about 5 minutes. Add greens, tomatoes, beans, and water with dissolved bullion cube. Bring to a boil; stir in red wine vinegar.
- Return chicken to pan, cover, and reduce heat to medium. Simmer until thermometer inserted in thickest portion of chicken registers 165°F and greens are just tender, about 20 minutes.



Nutrition Facts

4 servings per container
Serving size 1 serving (511g)

Amount per serving	
Calories 380	
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 140mg	47%
Sodium 410mg	18%
Total Carbohydrate 32g	12%
Dietary Fiber 13g	46%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 39g	
Vitamin D 0mcg	0%
Calcium 347mg	25%
Iron 3mg	15%
Potassium 1253mg	25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

(Recipe adapted from <https://www.southernliving.com/recipes/skillet-chicken-breast>)

Pasta with Collard Greens and Onions

Ingredients:

- 16 ounces whole-wheat pasta
- 2 cups water
- 2 bunches collard greens, destemmed, rinsed, and diced
- 2 tablespoons olive oil
- 1 onion, sliced
- 2 garlic cloves, minced
- 1 teaspoon ground black pepper
- 1 lemon, juiced
- 1 teaspoon red pepper flakes (optional)

Instructions:

- Cook pasta according to package instructions.
- Heat 2 cups water in a skillet over medium heat, add collards, cover, and blanch for two minutes.
- Remove collards from skillet and set aside. Dump water.
- Heat oil in skillet and add onion. Cook until translucent, about 5 minutes. Add garlic and black pepper and cook for 1 minute. Add collards.
- When greens start to sizzle, about 1 minute, turn heat to low, add lemon juice, cover, and simmer 5 minutes.
- Toss with pasta and serve.



Nutrition Facts

4 servings per container
Serving size 1 serving (396g)

Amount per serving	
Calories 550	
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 50mg	2%
Total Carbohydrate 100g	36%
Dietary Fiber 20g	71%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 23g	
Vitamin D 0mcg	0%
Calcium 573mg	45%
Iron 5mg	30%
Potassium 1059mg	25%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

(Recipe adapted from: <https://cooking.nytimes.com/recipes/12465-pasta-with-collard-greens-and-onions>)



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