

COLLARD GREENS

A HARDY & HEALTHY SUMMERTIME GREEN

CANCER FIGHTING HEALTHY BONES

Collard Greens are part of a family of dark, leafy greens called cruciferous vegetables. Research shows a diet rich in these vegetables, like collards, lowers the risk of various types of cancers.

Collards are an excellent source of vitamin K, vitamin A and calcium. These vitamins and minerals are essential in building and maintaining strong bones.

HARVESTING

Usually only the lower leaves of the collard plant are harvested. This allows the plant to continue growing and producing more leaves all season. For more tender leaves, harvest leaves when they are smaller than a dinner plate.



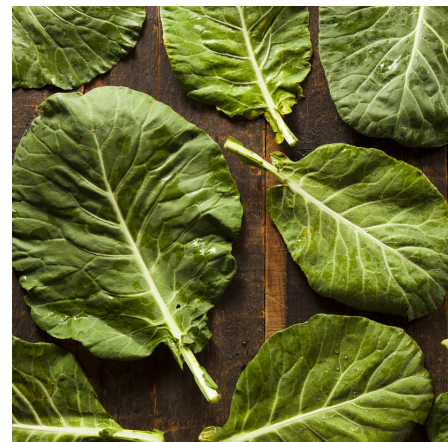
HEALTHIER QUICK GREENS

Don't have the time to spend all day cooking your collards for a pot of greens? No need to! Try using smoked turkey or chicken instead of a ham hock and cook the greens down with some onions only until they're tender, or about 15 minutes.



COLLARD CHIPS

Kale isn't the only one who can play this game! Bake up some healthy Collard Chips by washing and removing the stems from the greens first. Then cut the leaves into smaller, chip-size pieces and toss them with a small amount of olive oil. Lay the chips on a sheet pan in a single layer and sprinkle with some garlic powder and black pepper. Bake at 300F for 15-30 minutes or until they are crisp.





COLLARD ROLLS

RECIPE INSPIRED BY
JENNIFER'S KITCHEN

Ingredients:

- 10 medium collard leaves
- 3/4 cup water
- 1 medium onion
- 2 medium carrots
- 2 cups *cooked* brown rice
- 2 tsp garlic powder
- 2 Tbsp onion powder
- 1 Tbsp dried basil
- 2 tsp dried parsley
- 2 tsp dried oregano
- 2 cups tomato sauce or Marinara Sauce

Directions:

1. Wash collard leaves.
2. Cut about one inch off the bottom of each leaf.
3. Bring about 3/4 cup water to boil in pot. Add whole collard leaves, reduce heat to medium-low and steam for about 8 minutes or until tender. Remove from pot to cool.



4. Dice the onion and carrots very small. They should be about the same size as your rice grains.
5. In a large bowl, add the chopped onions, carrots, rice and all the seasonings together until they are mixed. Add 1/2 cup of tomato or Marinara sauce to the mixture and stir again until everything is evenly coated.

6. Pour the remaining tomato or marinara sauce into an 8 x 12-inch baking dish or casserole dish.
7. Measure approximately 1/4 cup of rice mixture onto bottom half of a steamed collard leaf. Fold up bottom of leaf over rice, fold in sides, and roll up. (See above pictures)

8. Place each stuffed collard leaf on top of the tomato sauce in the baking dish.
9. Cover with aluminum foil and bake at 350°F for 50 minutes. Enjoy!

