

Collards

Nutritionist Martha Berkesch writes “Descending from wild cabbage in Asia, people now associate collards with the southern United States. As a cruciferous vegetable, these dark greens may be the best of all of greens at lowering cholesterol. Collard greens are rich in vitamin K, C, A and folates. Certain phytonutrients found in collards help fight ovarian, prostate, breast, cervical and colon cancers by inhibiting the growth of cancer cells. The greens have many B vitamins such as niacin, pantothenic acid, pyroxene and riboflavin as well as the minerals iron, calcium, copper, manganese, selenium and zinc. I recommend steaming your collards for a few minutes until wilted or cooking them with some Cosmic Apple pork for extra flavor.”

Just like all the other greens...sauté' in a bit of olive oil with garlic. Great with a splash of vinegar +/- soy sauce red pepper flakes and sea salt! You can look online and find hundreds of recipes for Southern Collards with bacon or traditionally cooked with ham hocks. Pure, good comfort food. You can also use collards in place of Kale. Sauté in some oil with garlic curls and drizzle with soy sauce. Cook and add eggs for scrambled eggs!

Collard Wraps

4 LG Collard Leaves stems removed

½ Cucumber cut into matchsticks

1 Zucchini cut into matchsticks

1 Bell Pepper cut into matchsticks

1 Avocado sliced thinly

1c Basil Hemp Dressing (see salad dressing page)

Top each collard leaf with a small stack of veggies. Place a generous spoonful of basil hemp dressing across the veggies.

Roll up like a burrito. Use leftover dressing as dipping sauce.

Orzo with Collard Greens

1lb collard bunch thinly sliced into ribbons

2TBS olive oil

2-3 tomatoes thinly sliced

1/3 c chicken stock

Juice from half a lemon

2TBS butter

½ c grated parmesan

1 c orzo

Salt n' pepper

In a skillet, add oil, garlic, collard ribbons & tomatoes. Sprinkle with salt n' pepper & sauté for a couple of minutes. Add the stock & let it bubble for just a second, add the lemon juice, & toss. Meanwhile boil the orzo in a pot of water until al dente. Reserve ½ c pasta water, & transfer the rest of the pasta to the skillet. Off the heat add butter & cheese, toss all together.

Creamed Collard Greens

2 Tbls melted butter

1 onion, thinly sliced

2 lbs. collard greens, stems removed, leaves chopped

1 cup heavy cream

1/2 tsp nutmeg

Melt the butter in a cast-iron skillet over medium-high heat. When it froths, decrease the heat to medium, stir in the onion, and fry until fragrant and a bit caramelized at the edges, 6-8 min. Toss the chopped collards into the skillet and cook, stirring until slightly wilted, about 2 min. Decrease the heat to medium-low, stir in the cream, and simmer for 5-6 min until the cream is thickened. Sprinkle with nutmeg and serve. The Nourished Kitchen

Braised Collard Greens with Sweet and Sour Sauce

1/8 cup water

1/8 cup sweet sherry

1 1/2 Tbls soy sauce

1 tsp sugar

1/4 tsp Chinese five-spice powder

1 pound collard greens, stems removed

Rice vinegar

Bring the water, sherry, soy sauce, sugar and five-spice powder to a boil in a large, heavy pot. Add the collard greens, cover. Reduce to a simmer and cook until very tender, 15 to 20 minutes. Add more water if necessary. Uncover the pot and continue simmering until the mixture no longer resembles a soup, 3 to 4 minutes. Remove the pot from heat. Stir in a dash of rice vinegar. Season to taste with more sugar, soy sauce or rice vinegar. *Farmer John's Cookbook

VEGETARIAN "SOUTHERN-STYLE" COLLARD GREENS

1 T. olive oil

1 T. Cosmic butter

1/2 large onion, chopped

1 t. red pepper flakes

1 clove garlic, finely chopped

1 pound collard greens, chopped

3 c. vegetable stock

2 tomatoes, seeded and chopped

Salt and pepper to taste

In a large pot over medium heat, heat oil and butter. Sauté the onions until slightly softened, about 2 min., then add the red pepper flakes and garlic, cook another min. Add collard greens and cook another min. Add the vegetable stock, cover and bring to a simmer. Cook until greens are tender, about 40 minutes. Add tomatoes and season with salt and freshly ground black pepper.

Pasta with Fennel and Baby Collard Greens (Makes 2 servings)

1/2 lb. pasta

6-8 leaves collard greens, chopped

2-3 stalks of fennel, finely chopped

Handful of fennel fronds, picked from the small stalks

2 cloves garlic, minced

1 tablespoon fresh lemon juice

1 tablespoon butter

2 tablespoons olive oil

Salt and black pepper to taste

Bring a pot of salted water to a boil and drop in the pasta. In a wide sauté or chef's pan, add the olive oil and garlic and heat until fragrant over med-high. Add the collard greens and a pinch of salt and pepper and sauté a couple min. Add the fennel stalks and cook, stirring, until fragrant and translucent, another couple min. When pasta is nearly cooked al

dente, add it to the pan of sautéing vegetables along with a splash of the cooking water. Stir to combine and season with salt and pepper to taste. Remove from heat and add the butter, lemon juice and fennel fronds and give one more toss to combine. Serve immediately.

Creamy Collard and Fennel Soup

1 T. olive oil

1 T. unsalted butter

1 fennel bulb, trimmed and chopped

1 small onion, chopped

1lb. dark leafy greens such as collard or beet, coarse stems and center ribs discarded and leaves chopped

6 c. water

3 c. baby spinach (2 ounces)

½ c. heavy cream

1 T lemon juice

Garnish: fennel fronds or chopped dill

Heat oil and butter in a 6-qt. heavy pot over med. heat until foam subsides. Add fennel, onion, ¾ t. salt, and 1/8 t. pepper and cook, stirring occasionally, until softened and lightly browned, 7 to 8 min. Add leafy greens (but not spinach) and water to pot and simmer, covered, until greens are tender, about 30 min. Stir in spinach and cook, uncovered, just until wilted, about 1 min. Purée until smooth, then return to pot. Stir in cream and lemon juice and reheat over low heat. Season with salt.

Quick and easy Collards! (Farm Family Favorite)

Collard greens, stems removed and leaves cut into 1-inch strips

1/2 cup olive oil

3 minced garlic curls or cloves

1 teaspoon sea salt

1/2 teaspoon black pepper

Bring a large saucepan of salted water to a boil. Add the collard greens in batches and cook until tender, about 10 minutes. Rinse in a colander under cool water. Squeeze the leaves to remove any excess water. Heat oil in a large saucepan over medium heat. Add the garlic and cook for 1 minute. Add the greens, salt, and pepper. Cook, stirring frequently, until wilted and tender, 3 to 4 minutes.

Spicy Collards From Moosewood Restaurant Cooks at Home

½ large onion, diced

1 T. olive oil

1# Collards, diced

1 t. vinegar

¼ t. red pepper flakes

Salt and Pepper to taste

Heat oil in large skillet. Add onion. Sauté' for 10 min. until translucent. Add collards and cook for 5 min. Stir in vinegar and red pepper flakes. Add salt and pepper. Serve immediately. You can also sub kale, chard or spinach for the collards!

Steamed Collard Greens with Miso-Tamari Seasoning

About 3 cups thinly sliced collard greens, de-stemmed

1 teaspoon light Miso paste

1 tablespoon Tamari soy sauce

1 teaspoon rice vinegar

In a steamer basket, over a pot of boiling water, steam the collard greens till tender-crisp and bright green, about 7-8 minutes. Remove from the heat and mix the Miso, Tamari and vinegar together. Place the greens in a serving bowl and dress with the sauce. This method can also be used for kale, chard, mustard greens and the like. It is a common Japanese treatment for greens.

Easy Collards

Take a large bunch of collards and wash well. Trim off thick stems, then slice into ribbons about 2" thick. Place in a large, lidded stockpot and simmer 30-60 minutes along with 2-3 cups good chicken broth, 2 tablespoons bacon drippings or 2 slices raw bacon, salt and pepper to taste and a shot of Tabasco if you like. Serve with beans, cornbread and ham!

Easy Greens The works with kale, collards to turnip greens.

Stir together in a pot: washed chopped greens, a quarter onion, a ham hock or some other "flavor", salt and pepper to taste and simmer for 1 hour, until pot liquor is dark and greens are tender.