Collards

Health Benefits

VITAMIN K
HELPS PREVENT BLOOD CLOTS
VITAMIN C
PROTECTS CELLS
VITAMIN A
HELPS IMMUNE SYSTEM

Calcium - helps bone strength
Folate - helps red blood cell health

High in Fiber & Antioxidants which help reduce the harmful effects of stress on the body.
Pasta with Collards

Procedure
1. Heat oil in a large skillet over medium heat. Add garlic and red-pepper flakes; cook until tender, about 1 minute. Add collard greens and cook, stirring, until tender, about 5 minutes. Remove from heat; stir in pine nuts and lemon zest and juice. Season with salt.
2. Meanwhile, cook spaghetti in a pot of boiling salted water until al dente, according to package instructions. Reserve 1 cup pasta water; drain pasta.
3. Add pasta and reserved water to skillet, tossing to coat. Serve immediately, top with lemon zest and sprinkle with cheese.

Ingredients
- 2 tablespoons oil
- 2 garlic cloves, sliced
- 1 bunch collard greens (12 ounces), ribs removed, thinly sliced
- Grated zest of 1 lemon, plus more for serving
- 2 tablespoons fresh lemon juice
- Coarse salt
- 12 ounces whole-grain spaghetti

**can garnish with grated parmesan or mozzarella cheese**
Collard Chips

Procedure
1. Preheat oven to 225 degrees
2. Remove the stems from the leaves and tear into bite size pieces, drizzle with olive oil and use your hands to work it evenly onto the leaves.
3. Mix spices in a small bowl, sprinkle evenly on greens.
4. Spray a large cookie sheet with lightly with cooking spray, place leaves in a single layer.
5. Bake 7 minutes, shake and turn the greens. Bake 5-6 more minutes until crisp.

Ingredients
- 1 bunch collard greens
- 1/2 teaspoon oil
- 1 tablespoon cheese powder
- 1/2 teaspoon chili powder
- 1/2 teaspoon cumin
- 1/4 teaspoon salt pepper
Sauteed Collards

Procedure

1. Warm the olive oil in a wide skillet. Add the garlic and cook, stirring frequently for about 90 seconds. Add the spices (salt through red pepper flakes), stir, and cook for 30 seconds more until toasted.

2. Stir in the collard greens well to coat spices, and continue to cook, stirring frequently, until softened and reduced in size by about half. Add the mirin or other liquid, stir in well, and quickly cover the pan with a lid. Reduce the heat to medium-low and let steam, covered, for about 5 minutes.

3. Remove the lid and stir well.

Ingredients

- collard greens (2 cups) washed, destemmed and cut into strips
- olive oil (1 tablespoon)
- 4 cloves garlic minced
- salt (1/4 teaspoon)
- paprika (1/4 teaspoon)
- ground black pepper (1/4 teaspoon)
- red pepper flakes (1/8 teaspoon)
- apple cider vinegar (1 tablespoon)
Sources

**Pasta with Collards adapted from**

**Collar Chips adapted from**

**Sauteed Collards adapted from**