

# Collard Greens



## About Collard Greens

- Collard greens are a type of cruciferous vegetable that belong to the cabbage family.
- Studies have shown that cruciferous vegetables, especially collard greens, have compounds that can help reduce the risk of cancer.

## Selecting and Storing

- Look for collard greens that have firm leaves and deep green in color with no dark spots or wilting.
- Leaves that are smaller in size will be more tender and have a milder flavor.
- Do not wash before storing. Store in a food storage bag with the air squeezed out. Place in the crisper drawer of the refrigerator. They should keep well for up to five days.

[www.scph.org](http://www.scph.org)

# Collard Greens



## About Collard Greens

- Collard greens are a type of cruciferous vegetable that belong to the cabbage family.
- Studies have shown that cruciferous vegetables, especially collard greens, have compounds that can help reduce the risk of cancer.

## Selecting and Storing

- Look for collard greens that have firm leaves and deep green in color with no dark spots or wilting.
- Leaves that are smaller in size will be more tender and have a milder flavor.
- Do not wash before storing. Store in a food storage bag with the air squeezed out. Place in the crisper drawer of the refrigerator. They should keep well for up to five days.

[www.scph.org](http://www.scph.org)

# Smothered Greens

Makes: 6 servings (1/2 cup)

## Ingredients

2 pounds greens (collard, mustard, turnip, kale, or a mixture)  
3 cups water  
1/4 pound smoked turkey breast, skinless  
1 tablespoon hot pepper, chopped  
1/4 teaspoon cayenne pepper  
1 teaspoon cloves, ground  
2 cloves of garlic, crushed  
1/2 teaspoon thyme  
1 stalk scallion, chopped  
1 teaspoon ginger, chopped  
1/4 cup onion, chopped

## Instructions

1. Prepare greens by washing and removing stems.
2. Tear or slice leaves into bite-sized pieces.
3. Place all ingredients, except greens, into a large saucepan and bring to a boil.
4. Add greens to saucepan and cook for 20-30 minutes, or until tender.

Source: <https://www.nhlbi.nih.gov/files/docs/public/heart/>

## Nutrition Facts

|                          |           |
|--------------------------|-----------|
| servings per container   |           |
| Serving size             | (113g)    |
| Amount per serving       |           |
| <b>Calories</b>          | <b>50</b> |
| % Daily Value*           |           |
| Total Fat 0.5g           | 1%        |
| Saturated Fat 0g         | 0%        |
| Trans Fat 0g             |           |
| Cholesterol 5mg          | 2%        |
| Sodium 180mg             | 8%        |
| Total Carbohydrate 6g    | 2%        |
| Dietary Fiber 4g         | 14%       |
| Total Sugars 1g          |           |
| Includes 0g Added Sugars | 0%        |
| Protein 6g               |           |
| Vitamin D 0mcg           | 0%        |
| Calcium 203mg            | 15%       |
| Iron 1mg                 | 6%        |
| Potassium 207mg          | 4%        |

\*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.

# Smothered Greens

Makes: 6 servings (1/2 cup)

## Ingredients

2 pounds greens (collard, mustard, turnip, kale, or a mixture)  
3 cups water  
1/4 pound smoked turkey breast, skinless  
1 tablespoon hot pepper, chopped  
1/4 teaspoon cayenne pepper  
1 teaspoon cloves, ground  
2 cloves of garlic, crushed  
1/2 teaspoon thyme  
1 stalk scallion, chopped  
1 teaspoon ginger, chopped  
1/4 cup onion, chopped

## Instructions

1. Prepare greens by washing and removing stems.
2. Tear or slice leaves into bite-sized pieces.
3. Place all ingredients, except greens, into a large saucepan and bring to a boil.
4. Add greens to saucepan and cook for 20-30 minutes, or until tender.

Source: <https://www.nhlbi.nih.gov/files/docs/public/heart/>

## Nutrition Facts

|                          |           |
|--------------------------|-----------|
| servings per container   |           |
| Serving size             | (113g)    |
| Amount per serving       |           |
| <b>Calories</b>          | <b>50</b> |
| % Daily Value*           |           |
| Total Fat 0.5g           | 1%        |
| Saturated Fat 0g         | 0%        |
| Trans Fat 0g             |           |
| Cholesterol 5mg          | 2%        |
| Sodium 180mg             | 8%        |
| Total Carbohydrate 6g    | 2%        |
| Dietary Fiber 4g         | 14%       |
| Total Sugars 1g          |           |
| Includes 0g Added Sugars | 0%        |
| Protein 6g               |           |
| Vitamin D 0mcg           | 0%        |
| Calcium 203mg            | 15%       |
| Iron 1mg                 | 6%        |
| Potassium 207mg          | 4%        |

\*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.