



Collard Greens

Collard greens are a popular vegetable in Southern cuisine, but can also be found in meals around the world, such as Brazil, Kashmir, Kenya, Portugal, and Tanzania. They are often cooked with other leafy green vegetables such as turnip greens, kale, or mustard greens.

CACFP CREDITING INFORMATION

1/3 cup (No. 12 scoop) provides 1/4 cup vegetable.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nonstick cooking spray		1 spray		1 spray	<ol style="list-style-type: none"> 1 Coat a large stockpot or tilting kettle with nonstick cooking spray and heat over medium heat. 2 Heat bacon for 3–4 minutes, until lightly brown, stirring frequently. 3 Increase heat to medium–high. Add onions and sauté until soft. 4 Add collard greens and sauté for 1–2 minutes, stirring continuously. Sauté until greens begin to wilt.
Turkey bacon, cooked, chopped	2 oz (4 slices)	1/2 cup	4 oz (8 slices)	1 cup	
*Onions, fresh, peeled, 1/4" diced	8 oz	2 cup	1 lb	1 qt	
*Collard greens, fresh, leaves only, chopped	2 lb 1 oz	2 gal 1 1/3 cup	4 lb 2 oz	4 gal 2 2/3 cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 qt		2 qt	<p>5 Add water to stockpot or kettle, cover, and bring to a boil. Reduce heat to medium. Simmer for 10–12 minutes, stirring occasionally. Stir in liquid smoke (optional). Remove from heat when greens are tender.</p> <p>Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
Liquid smoke (optional)		1 tsp		2 tsp	<p>6 Serve 1/3 cup (No. 12 scoop).</p> <p>Critical Control Point: Hold at 140 °F or higher.</p>



NUTRITION INFORMATION

For 1/3 cup (No. 12 scoop).

NUTRIENTS	AMOUNT
Calories	26
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	54 mg
Total Carbohydrate	3 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	67 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	10 oz	1 lb 3 oz
Collard greens	3 lb 10 oz	7 lb 4 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

YIELD/VOLUME

25 Servings	50 Servings
3 lb 4 oz	6 lb 8 oz
2 qt 1/3 cup	1 gal 2/3 cup

