



Collard Greens

Collard greens are a popular vegetable in southern cuisine but can also be found in meals elsewhere 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.

Makes: 6 servings **Prep time:** 10 minutes
Cook time: 20 minutes

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INGREDIENTS

2 tablespoons turkey bacon, cooked, chopped (about 1 slice)

½ cup onions, fresh, peeled, ¼" diced

2 quarts collard greens, fresh, leaves only, chopped

1 cup water

¼ teaspoon liquid smoke (optional)

Nonstick cooking spray

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DIRECTIONS

1. Coat a medium stockpot 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. Sauté for 1–2 minutes, stirring continuously, until greens begin to wilt.
5. Add water to stockpot, cover, and bring to a boil. Reduce heat to medium. Simmer for 5–7 minutes, stirring occasionally. Stir in liquid smoke (optional). Remove from heat when greens are tender. Heat to 140 °F or higher for at least 15 seconds.
6. Serve ⅓ cup.

Critical Control Point: Hold at 140 °F or higher.

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NUTRITION INFORMATION

For 1/3 cup.

Nutrients	Amount
Calories	26
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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
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Vitamin D	N/A
Calcium	67 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

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CACFP CREDITING INFORMATION

1/3 cup provides 1/4 cup vegetable.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teamnutrition.usda.gov>

