

FRUIT/VEGETABLE OF THE MONTH!

NOVEMBER'S FEATURED VEGGIE IS COLLARD GREENS

COLLARD GREENS FACTS:

Collard greens, also called collards, are members of the cabbage family and a staple side dish in Southern cooking. They feature dark green leaves and tough stems that need to be removed before eating. The flavor of collards is a cross between cabbage and hearty kale, similar to Swiss chard.

Collards are an excellent source of Vitamins K, A, C, fiber and calcium. In addition, they are also a very good source of Vitamins E, B1, B6, iron and omega -3 fatty acids.

HEALTH BENEFITS OF EATING COLLARD GREENS:

- Can lower the risk of osteoporosis and bone fracture
- May lower the risk of developing various types of cancer
- May help achieve better levels of blood sugar, lipids, and insulin
- High in fiber and water content, helps prevent constipation, promotes regularity, and can help maintain a healthy digestive tract
- Excellent source of vitamins A and C which promote healthy skin and hair
- Contains choline, an important neurotransmitter, helps with mood, sleep, learning, and memory functions

WAYS TO ENJOY COLLARD GREENS:

Collard greens make a wonderful side dish but collards can also be used in dips, smoothies, soups, salads, on sandwiches and other main dishes as well.



VEGAN COLLARD GREENS RECIPE:

Servings: 2-3 | Total time: 30 min

Ingredients:

- 1 tablespoon olive oil or ¼ cup water or veggie broth
- 1 cup diced onion
- 2 to 3 garlic cloves, minced
- 1 can (14oz.) diced tomatoes (juices mostly drained)
- 1 bunch collard greens (12 to 16 oz.), stems removed and chopped
- 1 can (14oz.) beans (chickpeas, cannellini or pinto), drained and rinsed
- 2 to 3 tablespoons lemon juice
- salt & pepper, to taste
- red pepper flakes, to taste (optional)



Directions:

1. Heat oil in a large wok or pot over medium heat.
2. Add onions and sauté 4 minutes or so, just until softened.
3. Add the garlic, sauté 1 minute more.
4. Add collards, lemon juice, salt & pepper, and red pepper flakes (optional), cook another 4 minutes.
5. Add tomatoes and beans, cook, stirring occasionally, until collards are lightly wilted or until beans and tomatoes are heated through.
6. Ending cooking time will vary depending on how soft you like your collards.
7. Serve with a squeeze of lemon.

Thresholds Health Literacy Center



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