

A SOUTHERN STAPLE

collard greens

A popular staple among people in the Southeast, collard greens, unlike their cousins kale and mustard greens, have a very mild, almost smoky flavor. Collard greens are low in calories and fat, are cholesterol-free and provide an array of important nutrients such as vitamins A, C and K, as well as folate, calcium and fiber!

DID YOU KNOW?

- Collard greens belong to the same family that includes cabbage, kale and broccoli.
- Collard leaves that are smaller in size will have a milder flavor and are often more tender than larger leaves.
- In Florida, collards thrive under a wide range of conditions and can easily be grown throughout most of the year.
- Collard greens grow as a loose bouquet instead of in a tight head like other cabbages.

WELLNESS TIP

Get a pedometer. These gadgets measure the amount of physical activity you are getting each day and can help motivate you to take some extra steps!

SHOPPING, PREPARING AND STORING

- Look for collard greens that have firm, unwilted leaves that are deep green with no signs of yellowing or browning.
- Freshly harvested collard greens should be washed and then stored in a plastic bag for up to five days in the refrigerator.

COOKING TIPS

- Collard greens may require 20 minutes to an hour of cooking depending on their maturity (toughness). You can tell that they are done when they turn bright green.
- It's important to not overcook collard greens. Like other cruciferous vegetables, collard greens will emit an unpleasant sulfur smell when overcooked.

KICKIN' COLLARDS

serves 4

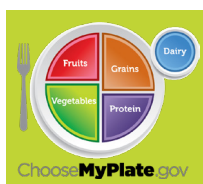
- 1 1/2 pounds collard greens, shredded
- 2 large garlic cloves, minced
- 3 tablespoons olive oil
- 1/2 teaspoon smoked paprika
- 1/2 lime, juiced
- Salt and pepper, to taste



1. Place a large skillet over medium-high heat. Once hot, add oil and sauté garlic until golden.
2. Add greens and toss to coat in oil. Add paprika, salt and pepper to taste, and continue to toss greens. Cook until bright green, about 5 minutes.
3. Squeeze lime juice over greens before serving.

Recipe provided by Fresh for Florida Kids, Florida Department of Agriculture and Consumer Services

Calories: 121; Total Fat: 8 g; Saturated Fat: 1 g; Total Carbohydrates: 11 g; Protein: 5 g; Sodium: 317 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

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