

Collard Greens are a traditional Southern side dish, but these versatile cooking greens are in season & delicious in a many different ways! Related to broccoli, Brussels sprouts, cauliflower, and arugula,

Full of vitamins A & C, and a good source of magnesium, iron and B6. As with other dark, leafy greens, they've been associated with cancer prevention, digestive & heart health.



Wraps From Salt and Wind

A handful of collard greens cooked with bacon tenderizes the greens as they cook down. You can cook the collards in advance and warm up for breakfast.



From thekitchen.com

Typically collard greens are braised with a smoky meat, but even carnivores will like this recipe!



Farm Box Meals

WEEK OF MAY 3

3 WAYS TO USE COLLARD GREENS

Use them as a wrap

They're a good tortilla or bread substitute. You may think they'd be tough & bitter, but they're mild in flavor & sturdy for a wrap

Collard Green Chicken Salad Wraps

1. Mix together – $\frac{1}{2}$ C plain Greek yogurt, 2 T olive oil mayo, 1 t curry powder, 2 green onions (sliced), salt & pepper. Add 4 C shredded cooked chicken and anything else from your fridge (i.e; shredded carrots, red cabbage, microgreens, avocado, grapes, etc.)
2. Wrap them – Remove the tough center stem of each leaf. Steam collard greens in a steam basket 5 minutes. Immediately remove and rinse under cold water, then pat dry. Place the collard green leaves (shiny side down). Put a scoop of chicken salad and roll each leaf up like a burrito!

Use them with breakfast

Sauteed Collard Greens with Eggs & Polenta

1. Start the polenta. Bring 2 C whole milk & 2 C water to a rapid simmer in a medium saucepan. Slowly pour in 1 C cornmeal whisking continuously. Season with 1 t salt & a little pepper.
2. Continue cooking till it begins to thicken. Reduce heat to low, stirring often, scraping the bottom & sides for about 25 minutes till it's nice & creamy. Turn off the heat, put on the lid to keep it warm.
3. Cook 1 lb. chopped bacon in a skillet till almost done. Pour off most of the fat and then add 1 chopped onion and cook 8 minutes more to caramelize the onion
4. Add a bunch of collard greens (stems removed & sliced into ribbons) & $\frac{1}{2}$ t salt. Sauté a few minutes and add $\frac{1}{2}$ C chicken broth. Reduce heat, cover pan and simmer for 7 minutes till collard greens are dark green and soft. Season with salt & pepper.
5. Fry your eggs in some butter in another pan
6. Serve – first put a big scoop of polenta on the plate, top it with the greens & bacon and a fried egg. Season with salt, pepper & hot sauce. YUM

As a side dish

Vegan Southern Collard Greens

1. Sauté $\frac{1}{2}$ chopped onion and 3 cloves minced garlic together in 2 T heated vegetable oil till tender.
2. Add in 2-3 cups vegetable broth, 1 tsp of smoked salt, $\frac{1}{2}$ tsp red pepper flakes. Taste and adjust seasonings till you approve.
3. Bring to a simmer, reduce heat, add in the 1 bunch collard greens and simmer about 1 hour, maybe longer.
4. Greens will be dark green and tender when done. Add in more smoked salt, pepper flakes and you can also add hot sauce or apple cider vinegar to taste.



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