



# Collard Greens

Known as the tree-cabbage or nonheading cabbage.

**Store:** Wrap unwashed collard greens in a damp paper towel. Store in a plastic bag in the vegetable drawer of the refrigerator.

**Prepare:** Wash collards under cold running water or rinse in cold water, replacing the water several times. Remove the stems and central vein.

**Serve:** Collard greens can be boiled, blanched, sautéed, or roasted.



This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.



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# Collard Greens Recipe

## Collard Greens

### Ingredients

2 lbs collard greens, tough stems discarded, leaves chopped  
2 Tbsp medium onion, chopped  
1 large garlic clove, minced  
2 teaspoons bacon fat  
2 Tbsp olive oil  
2 Tbsp dark sesame oil  
Chili pepper flakes, a pinch  
Salt, a couple pinches  
Sugar, a couple pinches

Serves 4

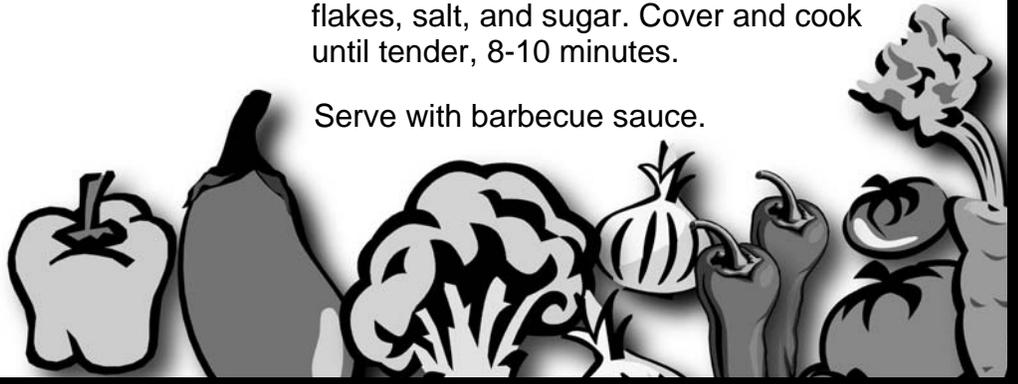
enjoy!

Source: Simply Recipes  
[http://simplyrecipes.com/recipes/collard\\_greens/](http://simplyrecipes.com/recipes/collard_greens/)

### Directions:

1. Use a large skillet with a tight fitting cover. Melt bacon fat and heat olive oil on medium heat. Sauté onion until transparent, a couple of minutes. Add garlic and and sauté until fragrant, about 20 seconds.
2. Mix in the greens, sesame oil, chili pepper flakes, salt, and sugar. Cover and cook until tender, 8-10 minutes.

Serve with barbecue sauce.



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