

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Collards

You can find POW! info sheets on the EHHD website!  
[www.ehhd.org](http://www.ehhd.org)  
Look for  
**Produce of the Week**



What vegetable is a popular “southern cole crop”?

### **COLLARDS!**

- ◆ Select bunches of young, smaller and more tender leaves
- ◆ Leaves should be dark green with no blemishes or insect damage
- ◆ Fresh collards will keep for up to 5 days in the refrigerator; place in a plastic bag with a damp paper towel for best results
- ◆ Rinse fresh collards several times in water to remove all dirt and grit.
- ◆ Try using the ‘pot likker’ (liquid after cooking) in a soup stock or with the collards as it is rich in nutrients from the leaf.

Source: University of Illinois Extension

### **Nutrition Facts:**

- ◆ 1/2 cup cooked collards is one serving
- ◆ One serving contains about 55 calories
- ◆ Collards are an excellent source of vitamin A and fiber, & contain vitamin C

### **Did you know ?**

- >> Collards take longer than other greens to cook! Plan on 20 minutes to an hour cooking time.
- >> Collards have a strong bitter flavor that is mellowed by adding vinegar or lemon juice after cooking.

## **Count it out!**

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 6



Day 4



Day 2



Day 7

# Try these delicious, nutritious and healthy recipes!

## 'Holiday' Collards (Crock Pot)

6 Servings

### INGREDIENTS

- 1-1/2 bunches collard greens
- 2 pickled jalapeno peppers, chopped
- 1/4 teaspoon olive oil
- garlic powder to taste
- 6 ounces ham or smoked turkey
- 1 T vinegar
- ground black pepper to taste

### DIRECTIONS

Rinse, trim and chop collards. Alternate layers of greens with the ham or turkey and jalapenos until the slow cooker is full. Stir in the vinegar, olive oil, pepper and garlic powder. Cover, and bring to a boil on high. Reduce heat to low, and cook for 8 to 10 hours.

## Lentil & Collard Soup

4 to 6 servings

### INGREDIENTS

- 1 tsp olive oil
- 1 tsp salt
- 6 cups water (or 1/2 as stock)
- 1 bunch collard greens
- 1 tsp ground cinnamon
- 2 T lemon juice
- 1 large onion, chopped
- 1 cup dry red lentils
- 2 T olive oil
- 1 T ground cumin
- 2 T minced garlic



### DIRECTIONS

1. Rinse, stem, and thinly slice collards; rinse and drain lentils.
2. Heat 1 tablespoon olive oil in a large saucepan over medium heat, stir in onion and salt; cook until softened and translucent, about 4 minutes. Stir in lentils, and cook for 1 minute. Pour in water; bring to a boil over high heat, reduce heat and cover; simmer until the lentils are tender, about 15 minutes.
3. Meanwhile, heat 2 tablespoons olive oil in a large skillet over medium heat. Add collard greens, and cook until wilted, about 10 minutes. When the lentils are tender, stir in the collard greens and season with cumin, cinnamon, and garlic; simmer 10 – 20 minutes. Stir in lemon juice before serving.

Recipes modified from [morematters.org](http://morematters.org) & [allrecipes.com](http://allrecipes.com)

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**