



# Local PICK OF THE MONTH

April 2023

## Crisp Collard Greens

### Recipe

#### WARM COLLARD GREEN SALAD

##### Ingredients

- 1 pound collard greens with stems removed, thinly sliced.
- 1 cup cannellini or great northern white beans.
- 3 tablespoons olive oil.
- 1/4 cup minced shallot or onion.
- 2 teaspoons Dijon mustard.
- 3 tablespoons red wine vinegar.
- 1/2 teaspoon salt.
- 1 teaspoon maple syrup.
- 1 tablespoon minced garlic.

##### Directions

- Heat 1 tablespoon olive oil in a sauté pan over medium heat.
- Add shallot or onion and cook for 3 to 4 minutes.
- In a small bowl, whisk together remaining olive oil, Dijon mustard, red wine vinegar, salt maple syrup and garlic. Set aside.
- Add the collard greens to the pan and top with prepared dressing. Stir to combine. Cook for 5 to 6 minutes until the greens are softened but still bright green.
- Add white beans and toss to combine. Serve warm and enjoy!

Yields 4, 1-cup servings.

##### Nutrition information per serving:

220 calories, 12 g fat, 6 g fiber, 20 g carbohydrates, 7 g protein

Recipe adapted from [foodandnutrition.org](http://foodandnutrition.org)

### What's so great about collard greens?

- Good source of fiber and one of the best non-dairy sources of calcium.
- Excellent source of vitamins A, C and K.
- This leafy green is packed with protein! One cup of cooked collard greens provides 5 grams of protein.



### What's the best way to eat collard greens?

- Eat collard greens with a little bit of fat such as olive oil, nuts or avocado to maximize absorption of fat-soluble nutrients.
- Use raw in salads and slaws, or in place of kale.
- Wilt into soups and stews or sauté for a side dish.

## Selection and preparation

<p><b>Selection</b></p> <p>Choose crisp, dark colored greens with no yellowing.</p>	<p><b>Storage</b></p> <p>Do not wash greens until ready to cook. Store in a plastic bag in your refrigerator for up to five days.</p>
<p><b>Preparation</b></p> <p>Rinse well and remove tough stems prior to cooking.</p>	<p><b>Cooking</b></p> <p>Sauté or blanch collard greens to retain their green color.</p>



Samaritan Health Services

Building healthier communities together

