

Collard Greens

Component: Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Collard greens, fresh, untrimmed OR Collard greens, frozen, chopped	16 lb 4 oz OR 10 lb 15 oz				<ol style="list-style-type: none"> 1. For fresh collard greens, trim, remove stems, and then rinse under cold running water. Chop the leaf portion into ½-inch pieces for even cooking. 2. For fresh or frozen, steam or boil for about 8-10 minutes or until very tender. For boiling, only add enough water* to cover the greens. * Chicken, vegetable or beef broth can be used in place of water. 3. Remove from heat when leaves are tender. 4. CCP: Cook to a temperature of 135° F or above. 5. CCP: Hold at 135° F or above. 6. Drain and serve.

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Notes:

Nutrient information calculated using Food Processor for boiled, drained, chopped, collard greens.

Serving: ½ cup, chopped, cooked vegetable, leaves only

1-2 years: ⅛ cup

3-5 years: ¼ cup

6-18 years: varies, see menu

Nutrients Per Serving

Calories	31.35	Saturated Fat	0.04 g	Iron	1.07 mg
Protein	2.57 g	Cholesterol	0 mg	Calcium	133.95 mg
Carbohydrate	5.37 g	Vitamin A	361.00 RAE mcg	Sodium	14.25 mg
Total Fat	0.68 g	Vitamin C	17.29 mg	Dietary Fiber (2016)	3.80 g