

# 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"> <li>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.</li> <li>2. For fresh or frozen, steam or boil for about 8-10 minutes. For boiling, only add enough water to cover the greens.</li> <li>3. Remove from heat when leaves are tender.</li> <li>4. CCP: Cook to a temperature of 135° F or above.</li> <li>5. CCP: Hold at 135° F or above.</li> <li>6. Drain and serve.</li> </ol>

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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

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