

# Annie's Organic Buying Club

*making organics affordable for everyone!*



**Collards** are high in calcium and are very delicious when cooked low and slow.

## **Sautéed Collard Greens** by Tyler Florence

- 2 bunches collard or kale greens, about 2 pounds
- 3 tablespoons olive oil
- 4 garlic cloves, whole
- 2 quarts chicken broth
- 1 tablespoon vinegar
- Kosher salt and freshly ground black pepper



To prepare the greens: cut away the tough stalks and stems from the collards and discard any leaves that are bruised or yellow. Fill the sink with water and salt, the salt helps to remove any impurities. Wash the collards thoroughly to remove the grit, 2 or 3 times, until the water runs clear. Dry thoroughly. Stack up several leaves and roll up lengthwise in a bundle, cut them into 1-inch ribbons. Repeat until all the leaves are shredded.

Heat a large deep skillet over medium flame and coat with the oil. Add the garlic and saute for 2 minutes to soften. Add the greens and toss well with the oil and garlic. Pour in the chicken broth and cook for 45 minutes to 1 hour until the greens are wilted and tender; take care not to overcook. Season with salt and pepper and serve

## **Garlic Greens** by HawaiiHealthGuide.com

- 1 1/2 to 2 pounds collard greens or turnip greens, boiled or steamed until tender
- 3 to 4 tablespoons vegetable oil
- 2 to 3 tablespoons minced garlic (about 4 large cloves)
- salt and black pepper, to taste
- hot pepper sauce

Drain greens well. In a large skillet or Dutch oven over medium heat, cook garlic in the vegetable oil until it just begins to brown. Add the drained greens; season to taste with salt and pepper then add a few dashes of your favorite hot sauce.

## Smothered Beans with Leeks and Collard Greens by CookingLight



- 1 cup dried Great Northern beans
- 1/4 cup dried pinto beans
- 1 quart water
- 2 tablespoons olive oil
- 2 cups thinly sliced leeks (about 2 large)
- 1 tablespoon chopped fresh or 1 teaspoon dried oregano
- 1 1/2 teaspoons sea salt, divided
- 3 garlic cloves, thinly sliced
- 1 pound collard greens, chopped
- 1/2 teaspoon freshly ground black pepper
- 1 (14.5-ounce) can no-salt-added whole tomatoes, undrained and chopped

Sort and wash beans; place in a large saucepan. Cover with water to 2 inches above beans; cover and let stand 8 hours. Drain beans. Add 1 quart water and return beans to pan. Bring to a boil over medium heat. Reduce heat, and simmer, partially covered, for 30 minutes. Cool. Drain beans in a colander over a bowl, reserving cooking liquid; set beans aside. Add enough water to cooking liquid to equal 3 cups; set aside.

Heat the oil in a Dutch oven over medium-high heat. Add leeks, oregano, 1 teaspoon salt, and garlic; sauté 5 minutes or until leeks are tender. Reduce heat to low; cover and cook 10 minutes, stirring occasionally. Transfer leek mixture to a large bowl; add greens. Toss well to combine.

Place half of greens mixture in bottom of Dutch oven; top with beans. Spread remaining greens mixture over beans. Sprinkle with 1/2 teaspoon salt and pepper. Pour reserved liquid over greens. Cover and simmer over medium heat 1 hour or until beans are tender, stirring once. Uncover and stir in tomatoes; simmer 10 minutes.

## Portuguese Green Soup by FrugalYankee.com

- 2 tablespoons olive oil
- 1 medium leek, chopped
- 3 cloves garlic, minced
- 1 bunch collard greens, leaves thinly sliced (TIP: Roll the leaves then slice.)
- 1 lb fully cooked spicy sausage (such as linguica, andouille, or hot links), cut into 1/2-inch-thick rounds
- 5 3/4 cups chicken broth
- 1 3/4 pounds potatoes, diced. (I leave the skins on for extra nutrition. Some folks peel them.)
- 1/2 teaspoon dried crushed red pepper

Heat olive oil in large pot over medium-high heat. Add onion and garlic. Sauté until onion is soft and golden, about 5 minutes. Add collard greens and sauté until wilted, about 4 minutes. Add sausage and sauté, about 5 minutes. Add broth and potatoes. Simmer soup uncovered until potatoes are tender, about 20 minutes. Mix in crushed red pepper. Season with salt and black pepper.

## Cannellini Bean Soup Recipe with Collard Greens by HubPages.com

- 4-6 Tablespoons olive oil
- 1 large sweet onion
- 1/2 a head of garlic
- 3 stalks celery
- 3 cups dried cannellini beans
- 48 ounces (6 cups) non-tomato vegetable broth \*
- 1 cup white wine
- 3 cups filtered water
- 1 teaspoon salt
- 2 bay leaves
- 1 heaping teaspoon finely minced fresh rosemary
- 1/2 teaspoon thyme
- a pinch of oregano
- a pinch of cayenne pepper
- 1/2 small sweet onion
- a couple tablespoons olive oil
- 1 teaspoon liquid smoke
- dash of salt to taste
- 3-4 cups chopped green chard
- freshly ground black pepper to taste



Check the ingredients list. Acidic tomatoes wouldn't go well in this soup, so you want a broth made from other vegetables, like onions, celery, and the like.

Optional: You can soak the cannellini beans the night before if you wish to reduce the cooking time, but it isn't necessary when using a slow cooker that you can leave on for several hours or all day. Some people say that soaking the beans makes them easier to digest, but that's still up for debate. Do whatever works best for you!

Wash the celery, peel the garlic cloves, and remove the onion skin. Dice the onion, thinly chop the celery, and crush each garlic clove with the flat of the knife and then slice them thinly. Put all three into a large (gallon-sized) soup pot over medium heat (a bit below medium on a gas range). Drizzle with the olive oil and then stir frequently until the onions have turned translucent.

Meanwhile, sort and rinse the dried cannellini beans.

When the veggies in the pot have cooked enough, add the 48 ounces of non-tomato vegetable broth, the cup of white wine, the three cups of filtered water, the salt, and the bay leaves. Turn the heat up to medium-high and bring to a boil. Reduce heat a little but keep the pot at a strong simmer. Stir every few minutes, and keep it simmering for about 15 minutes.

Meanwhile, pre-heat your crock pot. If you will only be cooking it for a few hours, you'll want a higher setting, if you'll be cooking it all day, you can use a low setting. Consult your manual for cooking times.

Mince your rosemary.

When the pot has simmered long enough, carefully transfer the contents to the pre-heated crock-pot. Add the rosemary, thyme, oregano, and cayenne pepper, and stir in well. Close the lid tightly and let it cook until the beans are soft and starting to fall apart. (In my crock-pot, this took about 3 to 4 hours on high, but takes all day on low. Consult your manual, or know your own crock-pot well).

About a half an hour from serving time, turn your crock-pot to high if it isn't already there. Dice up half a sweet onion, sauté it in a couple tablespoons of olive oil until caramelized, then add it plus the liquid smoke to the pot, mixing well.

Taste the soup, and add just a little salt, to taste. Wash and chop the green chard into bite-sized pieces. Add to the soup, let it bubble for about 10 minutes until the chard is cooked but still bright green.

Serve with freshly ground black pepper to taste, with a side of hearty bread, like sourdough. A bread bowl is an excellent way to eat this soup.

### **Slow-Cooked Collard Greens** by Tyler Florence

- 2 large bunches collard greens
- 3 tablespoons olive oil
- 1 onion, sliced
- 2 garlic cloves, smashed
- 2 bay leaves
- 1 smoked ham hock
- 2 quarts chicken broth, warm
- 2 tablespoons cider vinegar
- 1 teaspoon sugar
- Kosher salt and freshly ground black pepper

To prepare the greens: cut away the tough stalks and stems from the collards, and discard any leaves that are bruised or yellow. Wash the collards thoroughly to remove the grit, 2 or 3 times, until the water runs clear. Dry thoroughly. Tear the leaves into large pieces.

Place a large pot over medium heat and add the olive oil. Add the onion, garlic, bay leaves, and ham hock. Cook until the onions are soft and starting to brown, about 8 to 10 minutes. Pack in the greens, pushing them down into the pot. Add the broth, vinegar, and sugar. Bring up to a boil turning the greens over occasionally with a wooden spoon as they wilt. Lower to a simmer, cover the pot, and let cook for 45 minutes. Taste the "pot liquor" (broth) and check the seasoning, add salt and pepper. Cover and let cook for 15 more minutes. Remove the bay leaves and serve.

See this video for a **Raw Mexican Collard Wrap**:

<http://www.welikeitraw.com/rawfood/2008/12/mexican-collard.html> or check out:

## Shredded Mediterranean Carrots Wrapped in Collard Greens by RawEpicurean.net

- 1 bunch of fresh collard greens, rinsed, stems removed, cut each large leaf down the middle in half
- 3 cups shredded carrots
- 1 cup pine nuts
- 1/4 cup dried currants
- 1/4 cup raisins [your choice: golden, Hunza...]
- 1/4 cup extra virgin olive oil
- 2-3 tablespoons chopped fresh dill, stems reserved
- tablespoons chopped fresh mint leaves, stems reserved
- 2 tablespoons organic chardonnay, optional
- 2 tablespoons fresh lemon juice
- 2 tablespoons finely chopped lemon zest
- 1 small onion, finely chopped
- 1 clove garlic, minced or pressed
- Sea salt to taste
- Fresh dill sprigs or lemon slices, for garnish



Using a shredder attachment, shred the carrots in a food processor or use a handheld shredder. Combine shredded carrots and all ingredients, except the collard greens halves, in a large bowl. Stir and toss to combine well and set aside until ready to wrap. Can make ahead. Keeps refrigerated up to 2 days.

Take one half collard leaf, spoon carrot filling in the center, folder over the outer edge, take one end of the leaf and fold it in, and roll to the other end. Plate and garnish with fresh dill sprigs or lemon slices.

## Collards, Raisins, Almond Sauté by Cheryl Smith

- 1/2 cup olive oil
- 1 Spanish onion, small diced
- 3 cloves garlic, chopped
- 2 bunches collard greens, washed, and cut in 1/2-inch strips
- 1 cup golden raisins
- 1/2 cup slivered almonds, toasted
- Kosher salt
- Freshly ground black pepper

Heat an 8-quart saucepan over high heat. When very hot, add the oil, onions, and garlic, sautéing quickly for 1 minute. When the onions just start to turn golden, add the collard greens, raisins, and almonds. Season with salt and pepper, and add a little water if necessary, for a little steam. Sauté for about 5 to 6 minutes more, and adjust seasoning, to taste.

**Stuffed Collard Green Leaves with Bulgur (Bulgurlu Kara Lahana Sarması)** by  
MediterraneanTurkishFoodPassion.blogspot

Stuffing:

- 2 cups bulgur (medium grain)
- 1 tbsp fresh mint (chopped)
- 1 tbsp tomato paste
- 1 tbsp red pepper paste
- 4 cloves of garlic
- Juice of 1 lemon
- ½ tsp ground black pepper
- ½ tsp cumin
- ½ cup olive oil
- 2 tsp salt
- 1 ½ cup hot water (for soaking bulgur)



For Rolling and Cooking Sarmas:

- 2 bunches collard greens
- 2 tbsp olive oil
- 2 garlic cloves (sliced)
- 1 tsp salt
- 2 cups water

For Garnishing:

- 1 roasted red bell pepper
- 3-4 sprigs parsley
- ½ lemon (sliced)

Soak the bulgur in a large bowl with hot water. Cover with plastic wrap and let it sit for 15-20 minutes until the bulgur is soft. If it is not completely soft, that is fine as the bulgur will be cooking later.

Add all the stuffing ingredients to the bulgur. Mix well with your hands so that all the ingredients are married together.

**Krunchy Collard Chips**

- 1 bunch Collards, washed & dried, tough stems removed
- 1 tablespoon olive oil
- 1 teaspoon sea salt

Preheat an oven to 350 degrees F. Chop or tear Collard leaves into chip pieces. Toss in olive oil, sprinkle with sea salt and roast in a flat layer on a cookie sheet until crispy and the edges are brown, about 10 minutes. Flip and cook another 5 minutes or so. Be careful not to burn!

### **Stuffed Collard Greens** by SamTheCook.spaces.live.com

- 10-12 collard green leaves
- 3 sweet potatoes
- 1 medium tomato
- 1 medium onion
- 2 cups of broth (any)

All spice, salt, pepper and paprika to taste. Boil the collard green in water for 5-8 minutes until soft. Cut 2-3 inches of the hard stem.

Sauté chopped onion, add average cut sweet potato and boil in the broth until soft. Add rest and let boil until a thick paste. Stuff collards and warm a little to combine tastes. Pour any sauce you like.

### **Southern California Collard Greens** by Foodnetwork Kitchens

- 4 pounds young collard greens (about 4 bunches)
- 3 tablespoons olive oil
- 1 onion, julienned
- 2 garlic cloves, smashed
- 2 large ham hocks (about 2 pounds), smoked and cooked
- 2 bay leaves
- 2 quarts chicken broth, low sodium
- 1/4 cup apple cider vinegar
- 1 tablespoon sugar
- 1 teaspoon red pepper flakes
- Seasoned salt

To prepare the greens: cut away the tough stalks and stems from the collards, and discard any leaves that are bruised or yellow. Fill the sink with water and salt (the salt helps to remove any impurities). Wash the collards thoroughly to remove the grit, 2 or 3 times, until the water runs clear. Dry thoroughly. Stack up several leaves and hand shred them into ribbon-like pieces (chiffonade). Repeat until all the leaves are shredded.

Coat a 6-quart stockpot with olive oil and place over medium heat. Add the onion and garlic, stir to coat, then add the ham hocks and bay leaves; cook about 8 minutes. Pack in the greens, pushing them down into the pot. Add the broth, vinegar, sugar, and red pepper flakes.

Bring up to a hard boil for 10 minutes, until greens start to wilt. Turn the greens over with a wooden spoon, do not stir. Lower to a gentle boil, cover the pot, and let cook for 45 minutes. Taste the "pot liquor" (broth) and check the seasoning, add seasoned salt. Cover and let cook for 15 more minutes.

### **Collard Greens with Coconut Milk** From The Lyle Estate

- 1 pound collard greens
- 1/2 cup water
- 1/2 cup chopped white onion
- 1 cup coconut milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 large tomato seeded and chopped

This recipe came from an estate sale in Lyle Estate in Hurst, Texas in 1984. Wash collard greens well then remove and discard stems and chop leaves. Bring water to boiling in a large pan then add collard greens and onion and return to boiling then reduce heat and simmer covered for 10 minutes. Drain well and return to pan. Stir in coconut milk, salt and pepper then cook uncovered over medium heat for 10 minutes longer then stir in tomatoes and heat through. Serve immediately.

### **Cumin Scented French Lentils and Collards** by TheFriendlyKitchen.com

- 2 Tbs. Olive Oil
- 1 shallot, minced
- 1 large garlic clove, minced
- 1 carrot, peeled and diced
- 1 celery stalk, diced
- 1 tsp. ground cumin
- 1/2 tsp. spicy chili powder\*, or 1/4 tsp. each of TT chili powder and cayenne powder
- 1 tsp. sea salt
- 1 cup French green Lentils
- 2 huge collard green leaves, sliced into 1/4 inch strips
- 3 cups filtered water
- 1/4 cup minced fresh cilantro

In a medium sized saucepan, heat olive oil. Add shallot, garlic, carrot, and celery and sauté over med-high heat until veggies just start to soften, about 2 minutes. Add spices. Stir to coat veggies in spices. Add the lentils and water and bring to a simmer. Turn the heat down to low, cover with the lid tilted slightly askew to allow some steam to escape, and simmer until lentils have softened. French lentils generally take a bit longer to cook and stay much more firm than their non-French counterparts. These will probably take approx. 30 minutes to cook. When the lentils are almost finished, add the shredded collard green leaves. Stir and cover. Remove from heat when the lentils are cooked all the way through and the collards are soft, but still bright green, about 3 minutes. Stir in fresh cilantro and serve with steamed brown rice.



## Spiced Chicken with Sautéed Collards and Peppers by Real Simple.com



- 2 tablespoons olive oil
- 4 6-ounce boneless, skinless chicken breasts
- 1 teaspoon ground cumin
- 1/4 teaspoon cayenne pepper
- kosher salt and black pepper
- 1 large red onion, thinly sliced
- 1 red bell pepper, thinly sliced
- 1 large bunch collard greens, thick stems removed

Heat oven to 400° F. Heat 1 tablespoon of the oil in a large skillet over medium-high heat. Season the chicken with the cumin, cayenne, and 1/2 teaspoon salt. Cook until browned, 3 to 4 minutes per side. Transfer to a baking sheet and roast until cooked through, 6 to 7 minutes.

Return the skillet to medium heat and add the remaining tablespoon of oil. Add the onion and bell pepper and cook, stirring, until soft, 6 to 8 minutes.

Meanwhile, thinly slice the collard leaves crosswise. Add to the skillet along with 1/2 teaspoon salt and 1/4 teaspoon pepper. Cook, tossing, until just tender, 2 to 3 minutes. Serve with the chicken.



## Collards, Carrots and French Green Lentils by SummerTomato.com

- 4-5 collard leaves
- 4-5 medium carrots
- 1/2 cup French green lentils, cooked
- 1 small leek
- 1 clove garlic
- olive oil
- sea salt
- lemon juice (optional)
- chopped parsley (optional)

If you are making your lentils from scratch, quickly pick through them for pebbles, give them a rinse then boil them in excess water with a pinch of salt for 20-30 minutes, until tender. Even though I rarely consume more than half cup (cooked) in one sitting, I usually like to cook up at least one cup dry (at least 4 servings) and save the rest for later. Start them boiling as soon as you step into the kitchen and start cooking your vegetables at least 15 minutes after you turn them on.

In the mean time clean and chop your leek and mince your garlic. Peel and slice your carrots at a sharp angle to maximize the surface area for cooking. Clean your collard leaves, chop off the stems then stack

them on top of each other in a pile. Cut into one inch squares, removing any sections that have thick pieces of stem.

Heat a pan on medium heat, then add olive oil. When the oil swirls easily in the pan, add the leeks and allow to cook for 1-2 minutes, until the pieces break up and become tender and translucent. Add carrots and stir. Cook 2 minutes, then add collards. Sprinkle with sea salt and continue to cook, stirring occasionally.

Be careful with your heat when pan frying collard greens—don't let it get too high. The leaves easily trap steam from cooking, and I had a few jump out of my pan onto the floor. They make a loud popping sound too, which is very exciting! If it makes you feel safer, you can cover the greens for the first minute or two while they soften.

Shortly after the collards turn bright green from cooking (4-5 minutes), clear a space in the center of the pan and add your minced garlic in a single layer (you can add a touch more oil if necessary). Let garlic cook 30 seconds or so until fragrant, then add the lentils and mix with the other vegetables. A squeeze of lemon juice, zest or a dash of vinegar is a good addition here, if you like. A sprinkle of your favorite herb, e.g. Italian parsley, basil or thyme, adds depth and complexity if you have them around. Continue cooking 3-4 more minutes, stirring every 30 seconds. If you are using cold lentils, cook until warm. Adjust salt and serve.

#### **Collard Greens** by [SimplyRecipes.com](http://SimplyRecipes.com)

- 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 (Dynasty or comparable)
- Chili pepper flakes, a pinch
- Salt, a couple pinches
- Sugar, a couple pinches



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.

Mix in the greens, sesame oil, chili pepper flakes, salt, and sugar. Cover and cook until tender, 8-10 minutes.

Serve with barbecue sauce.