



SIMPLY GOOD FOOD

GREENS - CHARD, MUSTARD, COLLARD

A large number of widely differing species of plants are grown for uses as "greens." The better known kinds are spinach, kale, collards, turnips, beets, chard, and mustard.

You should get 4-5 servings from 1 pound of fresh greens after cooking.

Greens are a great source of vitamin A and vitamin C. In general, the greener the vegetable, the richer it is in vitamins and minerals. Greens are also good sources of magnesium, phosphorus, potassium and iron.

Greens according to their "bite" from mild to sharp:

- *Kale
- *Collard
- *Baby Beet Greens
- *Mature Beet
- *Collard
- *Broccoli de rabe
- *Dandelion
- *Turnip
- *Mustard

Sources: Green Vegetables For Good Eating
Buying Vegetables For Health
The Good Housekeeping Illustrated Cookbook
The Victory Garden Cookbook

Season: Year round

Look for: Leaves that are fresh, young, tender, free from blemishes, and which have a good healthy green color.

To store: Wash trim and store in vegetable drawer of the refrigerator. Wash leaves thoroughly using plenty of water. Lift greens out of water instead of pouring the water off so the grit will not be poured back over the greens.

To cook: Microwave, steam, boil, saute

Seasonings: Herbs, spices, garlic, horseradish, crisp bacon

To serve: Eat fresh in salads, or cook for side dishes, main dishes and soups.



MIXED GREENS SAUTE'

This is a lovely combination of both color and flavor, for the vegetables are three shades of green and are both sharp and mild.

½ medium (¾ pound) cabbage
2 cups blanched broccoli de rabe
4 tablespoons butter
salt and freshly ground pepper

2 cups blanched collards
3 tablespoons olive oil
2 whole cloves garlic, peeled

Divide cabbage in two and blanch in boiling water for 8-10 minutes, until leaves are softened. Col under cold running water, then gently squeeze to remove water, and cut into ½ -inch shreds. You should end up with 4 cups. Gently squeeze water out of collards and broccoli de rabe and slice into shreds or diagonal slices. Heat oil and 1 tablespoon of the butter in a large saute' pan, and add garlic, cabbage, and greens. Stir over high heat until moisture is evaporated, add remaining butter, season with salt and pepper, and cook gently for 5-10 minutes, stirring, until heated through. Remove garlic cloves before serving.

GREENS WITH POTATOES AND ONIONS

Here's a handy dish for leftover boiled potatoes and greens.

5 tablespoons butter
salt and freshly ground pepper
2 cups sliced cooked potatoes

2 cups chopped cooked greens
1 ½ cups sliced onions
¾ cup grated cheese (such as a combination of Swiss, mozzarella, and Parmesan)

Melt 2 tablespoons of the butter in a saute' pan, add chopped greens, and saute' over high heat until moisture is evaporated. Season to taste with salt and pepper; set aside. In the same pan, melt 2 tablespoons of the butter and saute' the onions until lightly browned. Butter a 9-inch square baking dish. Layer potatoes and sprinkle with salt and pepper. Place onions on top of the potatoes. Sprinkle on half the cheese. Cover with greens. Sprinkle with the remaining cheese, and dot with butter. Bake in a preheated 375 degree oven for 30 minutes or until heated through and lightly browned on top. Serves 4-6.

Supporting State Extension Goal: Health, Safety and Well Being

Prepared by: Melissa Long, CEA-FCS
Floyd County
806-983-4912

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