

## Collard Green and White Bean Soup

- 2 TBS extra virgin olive oil
- 3 stalks celery, chopped
- 3 large carrots, chopped
- 4 small red potatoes, chopped
- 1 large yellow onion, finely chopped
- 4 cloves of garlic, minced
- 1 15 oz. can tomatoes, with juices
- 2 15 oz. can cannelloni beans, drained and rinsed
- 4-5 cups vegetable broth
- 1 large bunch of collard greens, finely chopped
- 1/4 tsp crushed red pepper flakes
- salt and pepper
- Grated parmesan cheese if desired

1. In a large soup pot heat olive oil over medium heat. Add the onion and sauté for about 5 minutes.
2. Add the carrots, celery, and garlic. Cook for about 3 more minutes. Add potatoes, tomatoes, beans. Collard greens and vegetable stock. Bring to a boil. Reduce heat and simmer for about 25 minutes. If soup is too thick add a little more stock or water.
3. Season to taste with salt, pepper, and crushed red pepper flakes
4. Garnish soup with a healthy portion of grated parmesan cheese.

Use this recipe as a guide. Adjust measurements and ingredients to your tastes.

## Sautéed Collard Greens and Garlic

- Kosher salt and black pepper
- bunches collard greens, stems discarded and leaves cut into 1-inch strips
- 1/2 cup olive oil
- cloves garlic, thinly sliced

1. Bring a large pot of salted water to a boil. Add the collard greens in batches and cook until just tender, about 10 minutes. Drain the greens in a colander and rinse under cold water to cool; squeeze to remove any excess water.
2. Heat the oil in a large saucepan over medium heat. Add the garlic and cook, stirring, for 1 minute. Add the greens, 1 teaspoon salt, and 1/2 teaspoon pepper. Cook, tossing often, until wilted and tender, 3 to 4 minutes. Serves 8.

## Warm Collard Quinoa Salad

- **For the Quinoa**
- 1 cup of Quinoa
- 2 cups of water
- 1/2 tsp of salt
- 1 garlic clove, peeled
- **For the sauté collard greens**
- 1 bunch collard greens
- 3 garlic cloves, minced
- 1/2 onion, diced
- 1 cup cherry tomatoes
- 1 tsp extra olive oil
- Red pepper flakes, to taste
- Ground black pepper
- Salt

1. First, place in a fine strainer quinoa, rinse under cold running water for 2 or 3 minutes and drain for a few minutes.
2. Bring water to a boil in a medium pan; add the quinoa, a clove of garlic and salt.
3. Turn down the heat to medium-low, cover, and cook for about 15 or 20 minutes until the quinoa is fluffy.
4. Remove the garlic clove from the pan as it was only used for flavoring.
5. Cut and trim the stems away from the collard.
6. Stack a few the leaves on top of each other, roll tightly and slice the leaves.
7. Wash and set aside to drain.
8. In a saucepan, add the extra virgin olive oil over medium heat.
9. Add onions, garlic and red pepper flakes.
10. Cook until the onions are soft and golden.
11. Add tomatoes and cook until soft.
12. Turn the heat to low and add the collard greens, stirring until wilted.
13. Finally, add the cooled quinoa and stir well. Season to taste with salt and pepper.

## Stuffed Collards

- 16 collard leaves
- 1 1/2 cups cooked white rice
- 1/2 pound ground pork
- 1/2 cup diced onion
- 1/2 cup diced celery
- 1/2 cup diced green bell pepper
- 2 teaspoons of your favorite creole seasoning
- 1 egg, lightly beaten
- 1/4 cup chicken broth

Blanch the collard leaves in boiling water for about one minute. Rinse, cool and pat dry.

Brown the ground pork. Add the onion, celery, bell pepper and creole seasoning to the pork and continue to sauté until the vegetables soften a bit.

Cool the mixture to room temperature.

Once the mixture has cooled, stir in the cooked rice and beaten egg.

Place about 2 teaspoons of the mixture just above the base of the collard leaf.

Roll up the bottom, tuck in the sides and roll the rest of the way. Place in a shallow baking dish.

Pour the quarter cup of broth over the casserole, cover tightly and bake at 350F for about 1 hour.

## Collard Salad with Tahini Dressing

- 1 cup butternut squash cubes
- 1 tsp. oil
- salt/pepper
- 6-8 cups collard leaves, shredded
- 1 cup shredded carrots
- 2 large tomatoes, sliced into thin 1/2 moons
- 1 15 oz. can black beans, drained and rinsed
- 1 cup quinoa, cooked and cooled to room temperature
- 1/4 cup pumpkin seeds
- 1/8 cup hemp seeds

### Lemon-Tahini Dressing:

- 1 garlic clove, grated
- 1/2 cup tahini (sesame seed paste)
- 1 large lemon, zested and juiced (about 1/4 cup)
- 1/8 tsp. smoked paprika
- salt/pepper

1. Preheat oven to 400 degrees F.
2. Toss butternut squash cubes with 1 tsp. oil and pinch salt/pepper. Place on a baking sheet and roast until tender, about 25-30 minutes.
3. Prepare dressing by combine all ingredients for lemon-tahini dressing. Whisk together and season with salt/pepper.
4. Place shredded collards into a large bowl. Add a few tablespoons of dressing onto the collards and massage well.
5. Add the butternut squash, black beans, carrots, tomatoes, cooked quinoa and 1/4 cup dressing.
6. Toss well, massage into remaining ingredients.
7. Top with pumpkin seeds, hemp seeds.
8. Drizzle with remaining dressing if you wish!

## Collard Green Wraps

- 1 or more bunches of collard greens
- 2 dozen ice cubes.

Place two dozen ice cubes in a large bowl and fill the bowl with water. Set aside. Bring 5 cups of water to a simmer.

Cut the stem off from each of the leaves at the base of the collard. Use a small knife to trim the spine of the collard down the middle of the leaf. Cut it so that the spine is flat with the rest of the collard.

Place the leaves one at a time in the simmering water for 30 seconds (you can simmer them for slightly more or less time. The longer it simmers, the softer it will become. Just make sure you don't over-simmer them, because we want them strong enough to hold up.

With a pair of tongs, place each of the leaves into the ice bath and submerge for at least 10 seconds. Take the leaf out and pat dry with a kitchen towel

Fill with any tasty filling you like. Chicken salad, tuna, veggies and hummus, rice and beans, veggie burger, pulled pork and slaw...