

# 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				<p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> <li>For fresh collard greens, trim, remove stems. Chop the leaf portion into ½-inch pieces for even cooking</li> <li>For fresh or frozen, steam or boil for about 8-10 minutes or until leaves are VERY tender. For boiling, only add enough water to cover the greens.</li> <li>Remove from heat when leaves are tender.</li> </ol> <p><i>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135° F.</i></p> <ol style="list-style-type: none"> <li>Drain and serve.</li> </ol> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>

**Notes:**

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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