



COLLARD GREENS, USDA

SERVINGS: 50 SERVINGS CALORIES: 72 KCAL

Add a little green to your plate with this delicious combination of collard greens, green peppers and caramelized onions.

INGREDIENTS

1/4 cup 2 tablespoons Oil, canola
 3 pounds 12 ounces *Onions, fresh, diced
 6 ounces Sugar
 10 ounces *Bell peppers, green, fresh, sliced
 2 tablespoons Garlic, minced
 1 tablespoon 1 teaspoon Red Pepper Flakes
 8 pounds *Collard greens, fresh, chopped (stems removed)
 3 tablespoons Vegetable base powder
 1 gallon Water
 4 each Jalapenos (Optional)

INSTRUCTIONS

1. Heat oil in a large stock pot uncovered over high heat.
2. Add onions. Cook for about 5 minutes, stirring constantly.
3. Add sugar and bell peppers. Cook for another 2-3 minutes, stirring constantly. Onions will begin to caramelize.
4. Add garlic and pepper flakes.
5. Reduce heat to medium. Add collard greens and vegetable base. Saute uncovered for 2-3 minutes.
6. Add water. Stir well.
7. (Optional) Add 2 jalapenos.
8. Bring to a boil, and turn down to a simmer. Cook for 30-45 minutes or until greens are tender.
9. Pour 3 quarts (about 5 pounds 1 ounce) collard greens into a steam table pan (12" x 20" x 2-1/2").
 For 25 servings, use 1 pan. For 50 servings, use 2 pans.
10. Remove jalapenos before serving.
11. Portion with No. 12 scoop (1/3 cup).

RECIPE NOTES

CCP: Heat to 140° F or higher.

CCP: Hold for hot service at 140° F or higher.

Notes: *See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service

Crediting: One portion provides 3/8 cup dark green vegetable, 1/8 cup other vegetable, and 1/8 cup additional vegetable.

*Please note that this recipe contains differing crediting and serving size amounts. This is due to the water cooking away from the onions and bell peppers after the collard greens have been prepared.

Yield 50 servings

NUTRITION FACTS PER SERVING (0.3CUP)

Calories: 72 kcal | Fat: 2 g | Sodium: 166 mg | Potassium: 161 mg | Carbohydrates: 12 g | Fiber: 4 g | Sugar: 6 g | Protein: 3 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.