



## COLUMBUS COUNTY COMMUNITY FARMER'S MARKET



# COLLARD GREEN DAY 2019



Cooking demonstration/tasting from Adante Hart, MPH-RD Student, UNC  
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## DR. RUBY'S CREAMY RAW COLLARD GREENS

From Dr Ruby Lathon, <http://www.foodchannel.com/shows/veggie-chest/>  
Prep time: 15 minutes Serves 4

### Ingredients

- 2 small bunches collard greens, thinly chopped with stems removed
  - 1 large avocado, diced
  - 1 large tomato, diced
- Dressing:**
- 1 cup raw almonds (soaked for 10-24 hours and drained)
  - 1 yellow or red bell pepper
  - 3 cloves of garlic
  - Juice from 1/2 lime
  - 1 teaspoon cayenne pepper (add 1/2 to 1 tsp more for really spicy greens)
  - 1/2 teaspoon chili powder
  - 1 1/2 tablespoons Braggs Liquid Aminos
  - 1-4 tablespoon water (as needed)

### Directions

1. Blend all dressing ingredients in blender until smooth
2. Pour dressing over sliced collard greens and mix until greens are fully coated.
3. Add diced tomato and avocado and gently mix until tomatoes and avocado are well-distributed
4. Serve immediately or refrigerate.

*Collard green image from: <https://www.seriousseats.com/recipes/images/20080711-collardgreens.jpg>*

# COLLARD SANDWICHES

Recipe adapted from Annie Barton of JoLynn's Concessions in Robeson County, North Carolina  
<https://gardenandgun.com/recipe/how-to-make-a-collard-sandwich/>

Yields 2 sandwiches

Prep Time: 10 minutes, Cook Time: 15 minutes

## Ingredients

### Cornbread

- 1 cup cornmeal
- 1 heaping tbsp. self-rising flour
- 1/2 tsp. kosher salt
- 2 tbsp. peanut oil
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### Collard Greens

- 1 bunch collards, stemmed and cut into strips
- 2 tbsp peanut oil
- 1 tsp. kosher salt, plus more to taste
- 2 tsp. sugar, plus more to taste

## Directions

1. *For the cornbread:* Combine all dry ingredients in a bowl. Add 2/3 cup water, plus more as necessary to thin the mixture to the consistency of pancake batter. Heat peanut oil in a cast-iron skillet over medium-high heat. When it shimmers, add the batter in softball-sized circles. Cook for 1-2 minutes on each side, or until browned.
2. *For the collard greens:* Heat peanut oil in a large saucepan over medium-high heat. Add collards. Stir. When they begin to sizzle, add a splash of water, and then cover the saucepan and cook 10-12 minutes, stirring occasionally. Season with salt and sugar, adding more to taste.
3. *For the sandwiches:* Cover two pieces of cornbread with collard greens. Top with two more pieces, and then cover each sandwich with 1-2 strips of cooked bacon. Serve immediately.

# CITRUS COLLARDS WITH RAISIN REDUX

From Vegan Soul Kitchen, by Bryant Terry

Prep time: 10 minutes    Cook time: 15 minutes    Serves 4

## Ingredients

- 2 large bunches collard greens, ribs removed, cut into a chiffonade, rinsed and drained
- 1 tablespoon extra-virgin olive oil
- 2 cloves garlic, minced
- 2/3 cup raisins
- 1/3 cup freshly squeezed orange juice

## Directions

1. In a large pot over high heat, bring 3 quarts of water to a boil and add 1 tablespoon salt. Add the collards and cook, uncovered, for 8 to 10 minutes, until softened. Meanwhile, prepare a large bowl of ice water to cool the collards.
2. Remove the collards from the heat, drain, and plunge them into the bowl of cold water to stop cooking and set the color of the greens. Drain by gently pressing the greens against a colander.
3. In a medium-size sauté pan, combine the olive oil and the garlic and raise the heat to medium. Sauté for 1 minute. Add the collards, raisins, and 1/2 teaspoon salt. Sauté for 3 minutes, stirring frequently.
4. Add orange juice and cook for an additional 15 seconds. Do not overcook (collards should be bright green). Season with additional salt to taste if needed and serve immediately. (This also makes a tasty filling for quesadillas.)