



Collard Greens

USDA Recipe for Schools

This is a delicious combination of collard greens, green peppers, and caramelized onions.

NSLP/SBP CREDITING INFORMATION

1/3 cup (No. 12 scoop) provides 1/4 cup dark green vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		1/4 cup 2 Tbsp		3/4 cup	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.
*Fresh onions, diced	3 lb 12 oz	2 qt 2 2/3 cups	7 lb 8 oz	1 gal 1 qt 1 1/3 cups	
Sugar	6 oz	2/3 cup 1 Tbsp 1 tsp	12 oz	1 1/3 cups 2 Tbsp 2 tsp	
*Fresh green bell peppers, sliced	10 oz	1 3/4 cups 2 Tbsp	1 lb 4 oz	3 3/4 cups	
Garlic, minced		2 Tbsp	3 oz	1/4 cup	
Red pepper flakes		1 Tbsp 1 tsp		2 Tbsp 2 tsp	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh collard greens, chopped (stems removed)	8 lb	6 gal 1 qt 1½ cups	16 lb	12 gal 2 qt 3 cups	5 Reduce heat to medium. Add collard greens and vegetable base. Saute uncovered for 2–3 minutes.
Vegetable base powder		3 Tbsp	3 oz	¼ cup 2 Tbsp	
Water		1 gal		2 gal	6 Add water. Stir well.
(Optional) Jalapenos		4 each		8 each	7 (Optional) Add jalapenos.
					8 Bring to a boil, and turn down to a simmer. Cook for 30–45 minutes or until greens are tender.
					9 Critical Control Point: Heat to 135 °F or higher.
					10 Pour 3 qt (about 5 lb 1 oz) collard greens into a steam table pan (12" x 20" x 2½"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					11 Critical Control Point: Hold for hot service at 135 °F or higher.
					12 Remove jalapenos before serving.
					13 Portion with No. 12 scoop (⅓ cup).



NUTRITION INFORMATION

For 1/3 cup.

NUTRIENTS	AMOUNT
Calories	72
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Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	166 mg
Total Carbohydrate	12 g
Dietary Fiber	4 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	3 g
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Vitamin D	0 IU
Calcium	129 mg
Iron	1 mg
Potassium	161 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	4 lb 6 oz	8 lb 12 oz
Green bell peppers	14 oz	1lb 12 oz
Collard greens	14 lb 2 oz	28 lb 4 oz
(Optional) Jalapenos	4 each	8 each

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.

YIELD/VOLUME

50 Servings	100 Servings
About 10 lb 2 oz	About 20 lb 4 oz
About 1 gal 1 qt 1/4cup/2 steam table pans (12" x 20" x 2 1/2")	About 2 gal 2 qt 1/2 cup/4 steam table pans (12" x 20" x 2 1/2")

