

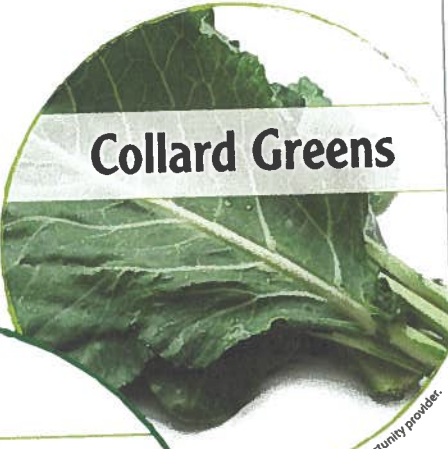


# HEALTHY to a "T"

April 2025

## Harvest of the Month

### Collard Greens

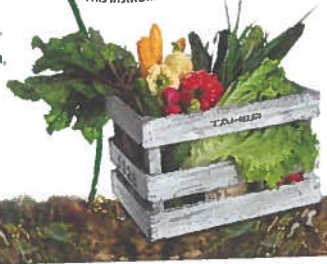


### FUN FACTS:

Collard greens are a broad-leaved vegetable. They are the oldest member of the cabbage family, and a staple vegetable in Southern U.S. cuisine. Unlike cabbage, they do not form a head.

Collards are usually cooked before eating. Steam, stew, cook in broth, or add to stir fries or other recipes to boost the nutrients. Wash thoroughly before using and do not overcook as the leaves become bitter.

They are heart-healthy and aid in digestion!



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## We are all unique and one of a kind!

We are unique with different bodies, goals, backgrounds, and tastes. How you reach your healthy lifestyle is different than someone else. Mindful eating is essential to meeting health goals. It puts the power into your hands, allowing you to find a balance between eating nutritiously and occasionally indulging.

Balance your plate by:

- Focusing on whole fruits.
- Making half your grains whole grains.
- Eating a variety of lean protein: fish, shellfish, beans, meat, poultry, eggs, nuts.
- Moving to low-fat dairy or fortified soy alternatives.
- 85/15 rule: eat nutritiously 85% of the time and treat yourself the other 15% of the time.

On a budget? No problem, healthy eating doesn't have to be expensive. Making the most of your budget to get the most nutrition will take some planning before you shop.

Here are some tips:

- Eat out less and at home more: plan your meals and write a list.
- Buy frozen fruits and vegetables that are not in season.
- Stick to your list. Do not let the end display suck you in.
- While in the store compare prices of different brands and sizes. Remember to compare the price/weight not just the final price.

There is not a one-sized-fits all approach to nutrition and health. Embrace you and find something that works for you.

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### Quick Collard Greens 4 servings

These collard greens are quickly cooked in olive oil and finished with a squeeze of lemon juice. You're going to love these healthy, vegetarian collards!

#### INGREDIENTS:

- 20 ounces of collard greens
- 3 Tbs extra virgin olive oil
- ½ tsp iodized salt
- 4 medium cloves of garlic, chopped
- Pinch of crushed red peppers (optional).
- 4 Lemon wedges for serving

**NUTRITION SNAPSHOT:** 137 calories, 10 g total fat, 0.5 g saturated fat, 0 g trans fat, 0 mg cholesterol, 178 mg sodium, 9 g carbohydrate, 5 g fiber, 1 g sugar, 0 g added sugar, 4 g protein



## HARVEST OF THE MONTH RECIPE - APRIL - Featuring Collard Greens -



1. To prepare the collards: Cut out the thick center rib out of each collard green. Stack the rib-less greens and roll them up into a cigar-like shape. Slice over the "cigar" as thinly as possible (1/8" to 1/4") to make long strands. Shake up the greens and give them a few chops so the strands aren't so long.
2. Heat a large, heavy-bottomed skillet over medium-high heat, then add the olive oil. Once the oil is shimmering, add all the collard greens and the salt.
3. Stir until all the greens are lightly coated in oil, then let them cook for about 30 seconds before stirring again. Continue stirring in 30-second intervals until the greens are wilted, dark green, and some are starting to turn brown on the edges (this is delicious). This will take between 3 to 6 minutes.
4. Once the collards are just about done, add the garlic and red pepper flakes (if using). Stir to break up the garlic and cook until it's fragrant, about 30 seconds. Remove the pan from the heat.
5. Immediately divide the cooked collards onto plates and serve with a lemon wedge each.

