

Sticky Fingers Cooking®

Brazilian Collard Greens with Beans

By Erin Fletter

Prep Time 15 / **Cook Time** 15 / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

drain: to pour excess liquid from food into a container if reserving the liquid, or into the sink or trash if not saving it.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

sauté: to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

slice: to cut into thin pieces using a sawing motion with your knife.

trim: to cut away inedible or unwanted parts of fruit, vegetables, or meat.

Equipment

- Skillet + lid
- Cutting board
- Kid-safe knife
- Wooden spoon
- Measuring spoons
- Can opener

Ingredients

Brazilian Collard Greens with Beans

- 1 large bunch collard greens
- 4 to 5 green onions

- 2 garlic cloves
- 2 T vegetable oil **
- 1 15-oz can of pinto or black beans **(for LEGUME ALLERGY sub 1 1/2 C chopped mushrooms)**
- 1 dash hot sauce, optional **(Omit for NIGHTSHADE ALLERGY)**
- 1 dash paprika, optional **(Omit for NIGHTSHADE ALLERGY)**
- 1/2 to 1 tsp salt
- 1 pinch ground black pepper
- 1/2 lime, juiced

Food Allergen Substitutions

Brazilian Collard Greens with Beans

Soy: Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

Legume: For 1 15-oz can of pinto or black beans, substitute 1 1/2 C chopped mushrooms.

Nightshade: Omit hot sauce and paprika.

Instructions

Brazilian Collard Greens with Beans

intro

We're making a classic Brazilian dish with collard greens called "couve à Mineira" (cove ah Meen-ehr-uh). The dish comes from the state of Minas Gerais in Brazil. The collard greens are sautéed with garlic in oil, and bacon is often added. In our version, we're adding pinto or black beans (or mushrooms) instead of the bacon.

rinse + trim + slice

Rinse **1 large bunch of collard greens** under cold water and have your kids trim the bottoms and remove the thick middle vein of the leaves. Roll a stack of leaves tightly into a cylinder and slice the greens as thinly as possible by slicing the cylinder into thin shreds.

chop + sauté

Have your kids chop **4 to 5 green onions** and **2 garlic cloves**. Heat a skillet on your stovetop over medium to medium-high heat with **2 tablespoons of vegetable oil**. Sauté the onions and garlic until soft and translucent, approximately 3 to 5 minutes. Add the sliced collard greens and stir to coat with the oil. Cook for approximately 4 minutes or until soft (they should still have their bright green color!).

drain + add + cook

Drain **1 can of beans**, reserving the liquid, and add the beans to the greens with **1 dash of paprika** and **1 dash of hot sauce** if using. Cover and cook for another 5 minutes, adding some of the reserved bean liquid if the greens and beans get too dry. Continue to toss the greens and beans together until the beans are warm.

season + squeeze

Taste and season with **1/2 to 1 teaspoon of salt** and **1 pinch of black pepper** if needed. Squeeze the juice of **1/2 lime** over the beans and greens just before serving. Enjoy with **Brazilian "Pão de Queijo" Puffs** and **Brilliant Brazilian Lemonade!** "Bom apetite" (Bohm ap-peh-TEE-teh)!

Featured Ingredient: Collard Greens!

Hi! I'm Collard Greens!

"I'm a vegetable with large, dark green, edible leaves. I come from the same family as mustard and cabbage and the same species as broccoli and cauliflower, but collards don't have a head!"

History & Etymology

Collard plants are believed to have originated thousands of years ago in the Eastern Mediterranean region. It is one of the oldest members of the cabbage family.

Enslaved people from Africa grew collards in gardens in the South to provide them with extra nourishment. They were a hearty garden crop that could be grown year-round, surviving through the winter cold and summer heat. Collard greens are a southern staple.

Some black people have used collard greens to symbolize Southern and African-American culture.

Musicians and writers have used them in varying ways, and several festivals celebrate the leafy vegetable. Former president Barack Obama served collard greens at his first state dinner as president.

Collard greens have become a traditional New Year's Day dinner menu option, along with black-eyed peas. The word "collard" is from the mid-18th century, from the word "colewort," formed from "cole" (cabbage) and "wort" (root).

Anatomy

Thick collard stems can be two to four feet tall. Broad, dark green leaves are attached to the stem by a long petiole or stalk.

After a collard plant's first year, they may send up a flower stalk the following year (bolting), usually in summer, and produce seeds. The flowers are edible, but if the flower stalks are not cut back, the flavor of the greens may be affected.

How to Pick, Buy, & Eat

Pick collard greens from your garden when they are young, tender, and firm; they get more bitter as they age. Fresh collard greens are sold in bunches in a grocery store's produce section with other greens, like kale, spinach, and Swiss chard. The leaves should be dark green. Avoid yellowed, brown, slimy, or wilted leaves.

Store the greens in damp paper towels or an airtight bag or container in the crisper drawer of your refrigerator. Use them within three to four days.

Wash the leaves in cold water with a bit of salt before cooking, lightly scrubbing them with your hands to remove any hidden dirt.

Collards have a slightly bitter taste, between cabbage and kale. They can be eaten raw or cooked, but cooking mellows their bitterness.

Collard greens are often boiled with pork fat. They may be cooked with other greens, like mustard greens, turnip greens, or spinach. Smoked meat like pork, ham hock, or turkey is often added to the cooked greens, along with onions, salt, pepper, and vinegar.

Nutrition

Leafy greens are great for our health! Collard greens have a high amount of vitamin K and are a rich source of vitamins A, C, and folate, a B vitamin. They also contain calcium and dietary fiber.

Vitamin K helps blood to clot and is beneficial to bone density and health. Vitamin A is instrumental in vision, immune system, and reproductive health. It also aids growth and development. Vitamin C is an antioxidant and benefits immune function. Folate is needed for healthy cell growth and function, forming red blood cells, and is essential during early pregnancy.

Calcium is needed for strong bones and may help prevent some cancers. Fiber helps with digestion, weight management, and regulating blood sugar.