

Easy Recipe



Collard Greens & Kale



Hello Friends!

I hope this message finds you well! As we transition into a new season, I wanted to share one of my favorite plant-based recipes with you—my collard greens and kale. This dish is packed with flavor, comfort, and nutrition, making it a perfect addition to your table.

I love my collard greens and kale recipe because every time I make it, I feel like I'm nourishing myself with a bowl full of goodness and love. This isn't the traditional African American version made with bacon fat or ham hocks—instead, it's my plant-based twist on a classic, packed with vibrant flavors and even more health benefits. By using nutrient-dense ingredients like collard greens, kale, garlic, nutritional yeast, and tomatoes, this dish not only satisfies but also supports overall well-being.

Health Benefits of the Ingredients

- Collard Greens – Rich in vitamins A, C, and K, they support immune function, bone health, and reduce inflammation.
- Kale – Packed with antioxidants, fiber, and iron, it promotes heart health and aids digestion.
- Tomatoes – A great source of lycopene, an antioxidant that may help protect against heart disease and certain cancers.
- Garlic – Known for its immune-boosting properties, it also helps lower blood pressure and improve heart health.
- Serrano or Jalapeño Peppers – Contain capsaicin, which boosts metabolism and has anti-inflammatory effects.
- Nutritional Yeast – High in B vitamins, protein, and fiber, it adds a savory, cheesy flavor while supporting energy levels.
- Olive Oil (Optional) – A heart-healthy fat that can help reduce bad cholesterol and support brain health.
- Brown Sugar (Optional) – Adds a touch of sweetness, but can be omitted for a lower-sugar dish.
- Salt and Pepper – Essential for flavor, with black pepper also enhancing nutrient absorption.

This dish is a powerhouse of flavor and nutrition, making it a perfect addition to any plant-based meal! I hope you enjoy it!

Make healthy choices one meal at a time!

 *Coach Lydia*

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What You Need

- 2 bunches of collard greens
 - 1 bunch of curly kale
 - 1 large tomato diced
 - 1 serrano chili pepper or jalapeño pepper
 - 3-4 cloves garlic
 - 1/2 teaspoon garlic powder
 - 1/2 cup nutritional yeast
 - 1 tablespoon olive oil (optional)
 - 1 tablespoon brown sugar (optional)
- Salt and pepper

How To Cook

- 1 Fill a stockpot with water almost halfway full. Add salt to the water and bring to boil. Wash and clean the collard greens, cut into thin strips. Wash and clean kale and remove the spines (if you leave the spines in your greens will be somewhat bitter), cut into thin strips put in water. Remove seeds from chili pepper and chop into 3-4 pieces, dice tomato, chop garlic vey fine and add to water along with olive oil, nutritional yeast and pepper.
- 2 Turn flame to medium-low and simmer for at least 1 hour. Do a taste test. Add more spice if needed. You want the greens to be tender and the pot liquor to have a nice balance of umami flavor with a bit of spice. Greens take between 1.5-2 hours to cook completely.

Greens are even more delicious the next day!























Tips for Perfect Collard Greens and Kale

- Wash thoroughly – Rinse your greens under running water to remove dirt and grit.
- Prep first – Chop all your veggies and measure spices in advance for a smoother cooking process.
- Remove kale spines – They can be tough and bitter.
- Keep collard spines – They soften with cooking and aren't bitter.
- Start with boiling water – Add greens and kale once the water reaches a boil, then add the other ingredients and spices. Cover and reduce heat.
- Oil and sugar are optional – The dish works great without them.
- Boost the cheesy flavor – Add more nutritional yeast for extra umami.
- Tomatoes are optional – They add lycopene, an antioxidant that may support heart health.
- Cooking time matters – Simmer for at least 1.5–2 hours for the best flavor.
- Make extra – Double or triple the recipe and freeze leftovers in airtight containers.
- Tastes better the next day – Letting the greens sit overnight enhances their taste.
- Save the pot liquor – Use the flavorful broth for rice or bean dishes.