

# Louisiana HARVEST of the MONTH

## Collard Greens and Turnips with Ham Hock & Pepper Vinegar

### Home Recipe

Serves: 8

Prep Time: 1 hour 30 minutes

Cook Time: 2 hours 30 minutes

### Ingredients

- 6 cups water
- 1 large ham hock (about 1¼ pounds)
- 3 pounds collard greens
- 1 pound turnips

### Cooking Instructions

- 1) In a 6-quart kettle bring water with ham hock to a boil (water may not cover hock) and simmer, covered, turning hock over halfway through cooking, 1 hour.
- 2) While hock is simmering, remove and discard stems and center ribs of collard greens and cut leaves into 1-inch pieces. Stir collards into hock mixture and simmer, partially covered, until almost tender, about 45 minutes.
- 3) Cut turnips into 1/2-inch cubes. Stir turnips into collards and simmer, partially covered, until turnips are tender, 12 to 15 minutes.
- 4) Season collard and turnip mixture with salt and pepper. Serve collards and turnips with pepper vinegar

#### \*Notes\*

- Collards and turnips may be cooked 8 hours ahead and cooled completely before being chilled, covered. Reheat collards and turnips before serving.
- For vegetarian collards, I add a little smoke via smoked paprika or liquid smoke, and it cuts the preparation time down to about an hour)

### Nutrients Per 1 Cup Serving

• <b>Calories</b>	210
• <b>Total Fat</b>	8 g
• <b>Saturated Fat</b>	2.5 g
• <b>Cholesterol</b>	40 mg
• <b>Sodium</b>	220 mg
• <b>Carbohydrates</b>	20 g
• <b>Dietary Fiber</b>	8 g
• <b>Protein</b>	17 g
• <b>Calcium</b>	325 mg
• <b>Iron</b>	1 mg
• <b>Potassium</b>	474 mg



#### For More Information

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