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

Nutrients Per 1 Cup Serving

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

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)*

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