



Pasta with Collard Greens, Lemon and Parmesan

Prep time: 15 min

Cook time: 15 min

Serves 6-8

INGREDIENTS

- 16 oz box of pasta such as spaghetti, rotini or penne
- 1 bunch collard greens, washed
- 1/4 cup hulled sunflower seeds
- 2 Tbsp olive oil
- 2 garlic cloves, finely chopped, or 1 tsp minced garlic
- Grated zest of 2 lemons
- 2 Tbsp lemon juice
- 1/2 cup grated parmesan cheese
- 1/4 tsp salt or to taste

Optional: 1/4 tsp red pepper flakes

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Prepare pasta according to instructions on the box. Before you drain the pasta, carefully ladle out 1 cup of the pasta water into a heat-proof container and set aside. Drain pasta and set aside.
2. Cut the thick center rib out of each collard green leaf. Stack the leaves and roll them up. Slice the roll to make thin strips that are about 1/2 inch wide. After you have cut the entire roll, go back and cut the strips into bite-sized pieces.
3. Heat a large pan over medium heat. Add sunflower seeds in a single layer. Shake the pan every minute or so to keep seeds from sticking. When seeds are lightly browned and smell toasted, remove from heat. This will take about 5 minutes. Set seeds aside and return the pan to the stove.
4. Add oil to the pan. When it is hot, add garlic and red pepper flakes, if using. Cook for 30 seconds. Add collard greens and salt. Stir until all collards are coated with oil. Cook for another 5 minutes, stirring constantly.
5. Add pasta water to collards and bring to a low simmer. Add cooked pasta and stir.
6. Remove pan from heat. Mix in the lemon zest, lemon juice, sunflower seeds and parmesan cheese.
7. Serve immediately and enjoy!

Collard Greens are a dark green leafy vegetable common to the Southern US and African American cooking. They are also eaten in Brazil, East Africa, India and Southeastern Europe. Collards are closely related to cabbage.



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