

# Collards

## Storage

Wrap loosely in paper towels and refrigerate for up to four days.

## Nutrition

Collards are beneficial for the digestive, cardiovascular, and pulmonary systems. It reduces inflammation and cholesterol levels while also reducing the risk of several cancers.

## Preparation

Wash well in cold water, trim the stalks and central veins. Boiling or steaming is best, usually 20 minutes or more.

