**FARM TO CAMPUS MARKET**
**DINING SERVICES PRESENTS:**

**LEMON PEPPER COLLARD GREEN DIP**

**INGREDIENTS**
- 1 lb. Fresh Collard Greens
- 1/4 lb. Fresh Kale
- 1/4 cup Lemon Juice
- 1/2-3/4 tsp. Crushed Red Pepper Flakes
- 1/4 tsp. Salt
- 2 tsp. Chopped Garlic (about 4 cloves)
- 1+1/2 Tbsp. Chopped Jalapeno (about 1 medium Jalapeno)
- 5 oz. Lemon Garlic Hummus

Makes about 7-2 oz. portions

**RECIPE DIRECTIONS**
1. Clean collard greens and kale, remove the stems and cut the leaves into 1” pieces.
2. In a bowl, toss greens in lemon juice, chili flakes, salt, and chopped garlic.
3. Cover and refrigerate overnight to allow the acid to soften the toughness of the greens.
4. The next day, remove the seeds from the jalapeno and rough chop.
5. Move the “marinated” greens to a food processor and pulse until smooth. Scoop into a medium bowl.
6. Add hummus to the pureed greens and mix until thoroughly combined.

**WHY IT’S “SMART”**
1. The dark-leafy greens count towards the daily recommended intake of 2-3 vegetables per day!
2. Hummus is made of chickpeas (or garbanzo beans), which are high in fiber and are a good source of protein.
3. Dark green vegetables deliver essential nutrients, like Vitamin A, C & K, antioxidants, fiber, folate, magnesium, calcium, iron and potassium!

**TIPS & TRICKS**
This recipe is a great side way to increase your vegetable intake. Especially if you dip veggies into your fresh dip! Eat as a snack any time of the day!

Don’t have certain ingredients? Try these swaps!
- Other fresh greens like spinach and turnip greens. Just don’t marinate the spinach overnight, as it is already a very tender green!
- Use any flavor of your favorite store-bought hummus, or make your own!