Poached Eggs Over Collard Greens & Shiitake Mushrooms

This recipe is a great one for dinner as well as breakfast. The shiitake mushrooms adds the unique umami Asian flavor to this dish.

Prep and Cook Time: 20 minutes
6 cups chopped collard greens
1 medium onion, cut in half and sliced thin
6 fresh shiitake mushrooms, sliced medium thick, stems removed
4 fresh omega-3-rich eggs
about 4 cups water
1 TBS apple cider vinegar, or any white wine vinegar

*Dressing*
1 TBS fresh lemon juice
1 TBS minced fresh ginger
3 medium cloves garlic pressed
1 TBS soy sauce
1 TBS extra virgin olive oil
salt and white pepper to taste

**Preparation:**

- Slice onions and press garlic and let sit for 5-10 minutes to bring out their health-promoting benefits.

- Bring 2" of water to a boil in a steamer pot.

- Rinse greens well. Roll or stack leaves and cut into 1/4" slices and cut again crosswise. Let sit for 5-10 minutes.
- Steam collard greens, mushrooms and onions together for 5 minutes.

- While steaming greens, get ready for poaching eggs by bringing water and vinegar to a fast simmer in a small, shallow pan. You can start on high heat, and once it comes to a boil, reduce heat to a simmer before adding eggs. Make sure there is enough water to cover eggs.

- Mix together lemon juice, ginger, garlic, soy sauce, olive oil, salt, and pepper in a small bowl.

- Poach eggs until desired doneness. This will take about 5 minutes, or just until the white is set and the yolk has filmed over.

- Remove vegetables from steamer and toss with dressing. Remove eggs from water with a slotted spoon and place on plate of tossed greens.

Source: here

Healthy Food Tip
The Latest News about Collard Greens

Unlike broccoli and kale and cabbage, you won't find many research studies devoted to the specific health benefits of collard greens. However, collard greens are sometimes included in a longer list of cruciferous vegetables that are lumped together and examined for the health benefits they provide. Based on a very small number of studies looking specifically at collard greens, and a larger number of studies looking at cruciferous vegetables as a group (and including collard greens on the list of vegetables studied), cancer prevention appears to be a standout area for collard greens with respect to their health benefits.

What's New and Beneficial About Collard Greens

The cholesterol-lowering ability of collard greens may be the greatest of all commonly eaten cruciferous vegetables. In a recent study, steamed collard greens outshined steamed kale, mustard greens, broccoli, Brussels sprouts, and cabbage in terms of its ability to bind bile acids in the digestive tract. When this bile acid binding takes place, it is easier for the bile acids to be excreted from the body. Since bile acids are made from cholesterol, the net impact of this bile acid binding is a lowering of the body's cholesterol level. It's worth noting that steamed collards show much greater bile acid binding ability than raw collards.

We get unique health benefits from collard greens in the form of cancer protection. The cancer-preventive properties of collard greens may be largely related to 4 specific glucosinolates found in this cruciferous vegetable: glucoraphanin, sinigrin, gluconasturtiian, and glucotropaeolin. Each of these glucosinolates can be converted into an isothiocyanate (ITC) that helps lower our cancer risk by supporting our detox and anti-inflammatory systems.

WHFoods Recommendations

You'll want to include collard greens as one of the cruciferous vegetables you eat on a regular basis if you want to receive the fantastic health benefits provided by the cruciferous vegetable family. At a minimum, include cruciferous vegetables as part
of your diet 2-3 times per week, and make the serving size at least 1-1/2 cups. Even better from a health standpoint, enjoy collard greens and other vegetables from the cruciferous vegetable group 4-5 times per week, and increase your serving size to 2 cups.

It is very important not to overcook collard greens. Like other cruciferous vegetables overcooked collard greens will begin to emit the unpleasant sulfur smell associated with overcooking. To help collard greens to cook more quickly, evenly slice the leaves into ˝-inch slices and the stems into ʃ-inch pieces. Let them sit for at least 5 minutes to bring out the health-promoting qualities and steam for 5 minutes.

Cruciferous Vegetable Benefits

All cruciferous vegetables-including collard greens-provide integrated nourishment across a wide variety of nutritional categories and provide broad support across a wide variety of body systems as well.

Health Benefits

Collard greens provide numerous health benefits including:

- Anti-inflammatory benefits
- Antioxidant properties
- Detoxification benefits
- Cancer prevention
- Cardiovascular support
- Digestive support
- Cardiovascular support

Nutritional Profile
Collard greens are an excellent source of free-radical scavenging vitamin C and vitamin A (through its concentration of carotenoid phytonutrients), anti-inflammatory vitamin K, enzyme-activating manganese, heart-healthy folate, bone-supportive calcium, and digestive-health-supporting fiber. It is a very good source of muscular-system supporting potassium and energy-producing vitamin B2 and vitamin B6. Additionally, it is a good source of heart-healthy vitamin E, magnesium, omega-3 fatty acids, and niacin; muscular-system supporting protein; energy-producing vitamin B1, vitamin B5, phosphorus, and iron; and immune-supportive zinc.

**Collard Greens as a "Goitrogenic" Food**

Collard greens are sometimes referred to as a "goitrogenic" food. Yet, contrary to popular belief, according to the latest studies, foods themselves-collard greens included-are not "goitrogenic" in the sense of causing goiter whenever they are consumed, or even when they are consumed in excess. In fact, most foods that are commonly called "goitrogenic" -such as the cruciferous vegetables (including broccoli, kale, and cauliflower) and soyfoods-do not interfere with thyroid function in healthy persons even when they are consumed on a daily basis. Nor is it scientifically correct to say that foods "contain goitrogens," at least not if you are thinking about goitrogens as a category of substances like proteins, carbohydrates, or vitamins. With respect to the health of our thyroid gland, all that can be contained in a food are nutrients that provide us with a variety of health benefits but which, under certain circumstances, can also interfere with thyroid function. The term "goitrogenic food" makes it sound as if something is wrong with the food, but that is simply not the case. What causes problems for certain individuals is not the food itself but the mismatched nature of certain substances within the food to their unique health circumstances.
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