



COLLARD SALAD WITH VEGAN CORNBREAD CROUTONS

Bringing together Collards, adopted by the Lumbee. Sorghum has been adopted by the Cohaire Tribe and is pressed and processed in the late summer/early fall. The salad is garnished with pecans, muscadine grapes and optional is vegan cornbread croutons.

Jam Jar Dressing

3 T salad oil
1T Apple Cider Vinegar
1T Sorghum

Add to jar, secure tightly and Shake

SALAD PREP

6-8 leaves, (2 cups, measured, estimated) Collards, cut into thin ribbons, ¼ inch wide 2 in long
2 Tbl Pecans, crushed and toasted, 1 T
8 ea, Muscadine Grapes, cut into quarters, seed removed(optional)

Vegan Cornbread

2 cups coconut milk
2 tsp apple cider vinegar

1.5 cups cornmeal
1 cup GF baking flour
2 Tbl sugar
1.5 tsp baking soda
1 tsp salt
.5 tsp bakinfg soda
¼ C sunflower oil

Preheat oven to 400

Mix wet ingredients into dry ingredients

Once incorporated, stop stirring, do not overmix

Put into a pie tin, or 8x8 oven proof dish.

Cook for 35 minutes, or until a toothpick removed clean.



For Croutons

Cube into ¼ inch pieces, cook in oven for 8-10 minutes at 350 until toasty and firm.

To Plate

1. Add collards and ¼ tsp kosher salt
2. Massage, let rest for a minute.
3. Add two Tbl of dressing, mix
4. Divide into two salads, or into a big bowl.
5. Top with pecans, grapes, and add optional Corn bread croutons if available.
6. ENJOY!!



STAY CONNECTED WITH US!

Use the QR code to join our mailing list for our monthly newsletter to stay updated on NATIFS and the Indigenous Food Lab, get access to recipes and information like this, or donate to our organization!