

# COOKING GREENS



## TRY THIS

- Add leftover cooked greens to quesadillas, pastas, or egg dishes.
- Sauté Swiss chard and kale with olive oil and garlic and serve with a squeeze of fresh lemon for a great side dish.
- It's a wrap. Try blanched or steamed collard, mustard, chard, or kale leaves as an alternative to flatbreads or tortillas.

## BUYING AND STORING

- Select leafy greens with full, fresh leaves and thick stems. Avoid brown, yellow, wilted, soft, or spotted leaves.
- Store whole greens in a plastic bag in the refrigerator up to five days. Store chopped greens in their original packaging.
- Wash all fruits and vegetables before using. Fill a large bowl with water, add greens, and rub leaves to remove dirt. Drain and repeat until the water is clear.

# TURNIP AND MUSTARD GREENS

Time: 2 hours 30 minutes | Makes: 8 servings | Serving Size: ½ cup


Nutrition Information Per Serving: Calories 168, Carbohydrate 19g, Dietary Fiber 8g, Protein 14g, Total Fat 6g, Saturated Fat 1g, Cholesterol 22mg, Sodium 381mg

## INGREDIENTS

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| 2 tablespoons vegetable oil                      | 1 tablespoon salt-free all-purpose seasoning or salt-free Creole seasoning |
| 1 medium onion, chopped                          | 1 teaspoon brown sugar   |
| 2 cloves garlic, chopped                         | 2 tablespoons lemon juice  |
| ½ pound smoked turkey, diced                     | 2 pounds turnip greens, stems removed, chopped                             |
| 5 cups water                                     | 2 pounds mustard greens, stems removed, chopped                            |
| 2 low-sodium chicken or vegetable bouillon cubes | Salt and pepper, to taste  |

## INSTRUCTIONS

1. Heat oil in large pot on medium-high heat.
2. Add onions, garlic, and turkey. Sauté until onions are translucent, about 5 minutes.
3. Add water, bring to boil, add bouillon and seasonings, except salt and pepper, stir to dissolve.
4. Layer in greens in batches. Return to boil.
5. Reduce heat to medium-low, cover and let simmer for at least 2 hours or until greens are tender.
6. Add salt and pepper to taste before serving.



Always wash hands before preparing food. Wash all fresh fruits and vegetables before using.

## CHANGE IT UP

- Make with collard greens, Swiss chard, and/or kale.
- Make it meatless, skip the turkey and add meatless soy crumbles or vegan sausage if desired.
- Add a dash of hot sauce, apple cider vinegar, and Worcestershire sauce to each serving.