



Spring Greens and Black-Eyed Peas

- 16 ounces fresh new greens, such as baby kale, collards, mustard greens, or Swiss chard
- 1 Tablespoons olive oil
- 1 large onion, quartered and thinly sliced
- One 16-ounce can black-eyed peas, drained and rinsed
- 2 Tablespoons balsamic vinegar or apple cider vinegar, or to taste
- Salt and black pepper, to taste

1. Wash greens in cold water and pat dry. Discard tough stems. Trim away thick mid-ribs from the leaves. Discard ribs or slice thinly and use. Chop the leaves into large pieces.
2. Heat the oil in a pot or large stir-fry pan. Add onion and saute over medium heat until golden.
3. Add greens, cover, and steam until tender. If using kale or collards, add 1/4 to 1/2 cup water to keep mixture moist. Allow 3 to 5 minutes to steam Swiss chard; 10 to 15 minutes to steam the other types of greens.
4. Stir in the black-eyed peas and vinegar. Cook until everything is just heated through.
5. Season to taste with salt and pepper, and serve.

Makes: 6 servings

Nutrition Information:

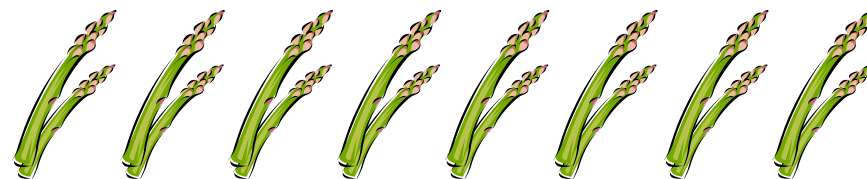
CALORIES 190 (21% from fat); FAT 4.5g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 35mg; CARBOHYDRATE 33g; FIBER 8g; PROTEIN 6g; CALCIUM 25%; IRON 15%

Garlic Asparagus

- 1 Tablespoon butter
- 3 cloves garlic, chopped
- 1 bunch fresh asparagus

1. Melt the butter in a large frying pan over medium heat.
2. Add garlic, stir for 30 seconds.
3. Add asparagus. Cover and cook for 10 minutes, until asparagus is tender. Stir often.
4. Serve!

Tip: The bottom ends of asparagus stalks can become tough and hard to eat. You can break these ends off before cooking. Hold the bottom end of the stalk with two fingers, and the rest of the stalk with your other hand. Bend the stalk—the asparagus will snap where it becomes tough. Ask your kids to help with this step, they will enjoy the snapping!



Makes: 6 servings

Nutrition Information:

CALORIES 40 (62% from fat); FAT 3g (sat 2g); CHOLESTEROL 10mg; SODIUM 0mg; CARBOHYDRATE 3g; FIBER 1g; PROTEIN 1g; CALCIUM 2%; IRON 6%