



Mustard Greens and Sweet-Onion Sauté

1 Tbsp olive, canola, or vegetable oil
1 sweet onion (such as Vidalia), halved and thinly sliced
Black pepper to taste
¼ tsp salt
1½ lbs mustard greens (2 bunches), stems removed, sliced 1-inch crosswise
2 tsp cider vinegar

1. In a large skillet, heat oil over medium-high heat. Add onion, season with salt and pepper. Cook, stirring frequently, until onion is tender and golden, 6-8 minutes.
2. Add as many green as will fit in the skillet. Cook until wilted, tossing and adding more greens as room becomes available, 2-3 minutes.
3. Stir in vinegar, and serve.



Makes: 4 servings

Nutrition Information:

CALORIES 90 (39% from fat); FAT 4g (sat 0g); CHOLESTEROL 0mg; SODIUM 180mg; CARBOHYDRATE 1g; FIBER 6g; PROTEIN 5g; CALCIUM 20%; IRON 15%



Curried Broccoli Soup

1 Tbsp butter
¾ cup chopped onions
2 garlic cloves, minced
¾ tsp curry powder
1/8 tsp freshly ground pepper
2 cups vegetable stock
4 cups chopped broccoli
1½ cups cubed potatoes
1 cup skim milk



1. In a soup kettle or large pot, melt butter and sauté onions and garlic until tender. Add curry powder, pepper, stock, and 2/3 cup water, and bring to a boil.
2. Stir in broccoli and potatoes. When mixture return to a boil, reduce heat, cover, and simmer until vegetables are tender, about 20 minutes.
3. If a food processor is available, puree the soup in batches, and return the soup to the pot. If a food processor is not available, skip this step.
4. Stir in the milk and serve.

Makes: 6 servings

Nutrition Information:

CALORIES 90 (22% from fat); FAT 2.5g (sat 1.5g); CHOLESTEROL 5mg; SODIUM 00mg; CARBOHYDRATE 15g; FIBER 3g; PROTEIN 4g; CALCIUM 10%; IRON 6%