

Quick Sautéed Greens

Ingredients:

- 1 tablespoon olive or canola oil
- 3-4 cloves garlic, minced
- 1 bunch of scallions or 2 medium yellow or red onions, chopped
- 2 pounds (about 4 cups) fresh collard greens, kale, turnip greens, and mustard greens washed, stems removed and cut into shreds
- 2 tablespoons water
- ¼ teaspoon salt, if desired
- Dash of crushed red pepper or hot sauce, optional

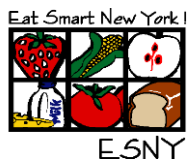
Directions:

1. Heat oil in large skillet over medium heat until hot.
2. Add garlic and scallions or onions and cook until slightly wilted (about 1-2 minutes).
3. Add the greens, seasonings and water. Stir the ingredients well.
4. Cover the pan, and cook the greens over low heat for 8 to 10 minutes. (You may want to cook collard greens an additional 2-3 minutes). Stir occasionally.

Yields about 8 servings

Source: Cornell University Cooperative Extension in New York City

Nutrition Facts			
Serving Size 1 cup (144g)			
Servings Per Recipe 8			
Amount Per Serving			
Calories	70	Calories from Fat	20
% Daily Value *			
Total Fat	2g		3%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	110mg		5%
Total Carbohydrate	11g		4%
Dietary Fiber	4g		16%
Sugars	2g		
Protein	3g		
Vitamin A	250%	Vitamin C	140%
Calcium	15%	Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	Calories: 2000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
29% calories from fat			



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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This material was funded by USDA's Food Stamp Program and Expanded Food and Nutrition Education Program.

