

# Savory Greens

*You do not have to boil your greens for hours; in fact, doing this pulls nutrients out of them. Save time and nutrients by cooking greens for only one-half hour.*

**Makes 6 servings.** *½ cup per serving.*

**Prep time:** 5 minutes **Cook time:** 35 minutes

## Ingredients

- 3 cups water
- ¼ pound skinless, smoked turkey breast
- ¼ cup chopped onion
- 1 tablespoon chopped jalapeño pepper (optional)
- 2 cloves garlic, crushed
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- ½ teaspoon thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 2 pounds mustard greens, collards, kale, turnip, or a mixture (about 2 bunches)



## Preparation

1. Place all ingredients except greens into a 3-quart pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing the stems.
3. Tear or slice greens into bite-size pieces.
4. Add greens to turkey stock. Cook 20 to 30 minutes until tender. Serve while hot.

**Nutrition information per serving:** Calories 69, Carbohydrate 10 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 9 mg, Sodium 267 mg