

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. 1 cup per serving.

Prep time: 10 minutes **Cook time:** 30 minutes

Ingredients

- 3 cups water
- ¼ pound skinless, smoked turkey breast
- ¼ cup chopped onion
- 1 tablespoon chopped and seeded jalapeño pepper (optional)
- 2 cloves garlic, crushed
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- ½ teaspoon dried thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 2 pounds greens (mixture of mustard greens, collard greens, kale, and turnip greens)



Preparation

1. Place all ingredients except greens into a large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing 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.

Adapted from recipe courtesy of National Heart Lung and Blood Institute.

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