

Soulful Greens

From FruitsandVeggiesMoreMatters.gov

Ingredients

- 1/2 cup reduced-sodium chicken broth
- 3/4 cup water
- 2 pounds collard greens, washed, stems removed and chopped
- 1½ cups red onions, sliced
- 1 clove of garlic, minced
- 1/4 cup orange juice
- 1/2 teaspoon dried red pepper flakes

Directions

1. Put chicken broth and water in a large pot. Bring to a boil. Add collards. Cook uncovered at medium-high for 15 minutes. Drain the collards.
2. Sauté garlic and onions for 5 minutes in a large nonstick skillet. Add orange juice and wilted greens.
3. Stir until well coated. Simmer uncovered at medium-low for 10 to 15 minutes.
4. Sprinkle with red pepper flakes and serve.



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Nutritional Information

Servings 6
Calories 100
Fat 1g
Carbohydrate 19g
Protein 7g
Fiber 9g
Sodium 120mg
Cholesterol 0mg

Seasoned Broth for Greens: Use low sodium chicken, beef or vegetable broth or bouillon cubes to season your greens. Add a couple teaspoons of vegetable oil instead of fatback or ham hocks which are high in saturated fat and cholesterol.



Substitutions: Kale, Cabbage, Mustard Greens, Spinach, Swiss Chard



Storage: Store greens in a plastic bag in the coolest part of the refrigerator. Use greens within three to five days.



Tips: Before using greens, remove any wilted or yellow leaves. Wash and drain greens two to three times until all dirt is removed.

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visit myeatSMARTmove.com/FarmersMarkets



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