Online Brochure

Salads

Mixed Greens

Serves 8

- 2 bunches mustard greens or kale
- 2 bunches turnip greens
- pepper to taste (optional)
- 1 tsp salt, or to taste (optional)

Rinse greens well, removing stems. In a large pot of boiling water, cook greens rapidly, covered, over medium heat for about 25 minutes or until tender.

Nutritional Analysis

calories: 18
total fat: 0.1 g
saturated fat: 0 g
carbohydrates: 3 g
protein: 1 g
cholesterol: 0 mg
sodium: 153 mg
dietary fiber: 2 g

Serve with some of the pot liquor. If desired, cut greens in pan with a sharp knife and kitchen fork before serving.

Note: If desired, add 2 tbsp of lean cooked ham, Canadian bacon, or split turkey thighs to greens before serving. However, this will increase calorie, sodium, and fat content.

Healthy Cooking Tip

Cook vegetables without added fat.