

# Greens

Greens should have fresh, green leaves. Before cleaning, remove any wilted or yellow leaves. Wash under clean, running water.

**Greens are vegetables which grow as plant leaves.**

**Greens date back to ancient times.**  
Many greens descended from wild cabbage which originated in the Mediterranean region and Asia Minor.

Greens are vegetables that include any type of cabbage where the green leaves do not form a compact head. In the United States, cooking greens are a southern tradition. Most greens are available all year long.

## VARIETIES

There are many varieties of greens. The ones most often found in the supermarkets are: collard, mustard, kale, swiss chard and broccoli rabe. Some greens come in bunches (such as collards and kale) and some have stems or stalks (such as mustard, swiss chard and broccoli rabe).



## NUTRITION FACTS

- Fat free
- Cholesterol free
- Sodium free
- Good source of vitamin A
- Good source of vitamin C

## USES

Greens can be served raw in salads. They are often cooked (boiled, steamed or microwaved). Add to stir-fries, soups or stews.



**Lentil One Dish**  
Preparation time: 30 minutes  
Number of servings: 6  
Cups of fruits or vegetables per serving: 2



1 c. lentils, uncooked and rinsed  
½ c. brown rice, uncooked  
3 c. carrots, sliced  
1 lb. Swiss chard, cleaned and chopped  
1 lb. kale, cleaned and chopped

3 c. water  
1 packet reduced sodium onion soup mix  
1 tsp. dried basil  
1 T. olive oil

1. Place all ingredients in a large pot. Bring to a boil.
2. Reduce heat, cover, and cook 20-30 minutes or until rice is tender.

Nutrition Information per Serving: Calories 290, Total Fat 4 g (6% DV), Saturated Fat 1 g (3% DV), Cholesterol 0 mg (0% DV), Sodium 540 mg (23% DV), Total Carbohydrate 52 g (17% DV), Dietary Fiber 13 g (52% DV), Sugars 7 g, Protein 15 g, Vitamin A 530%, Vitamin C 200%, Calcium 20%, Iron 35%.

**Collard Greens**  
Preparation time: 30 minutes  
Number of servings: 6  
Cups of fruits or vegetables per serving: 0.5



1 smoked turkey wing drummette  
2 bunches collard greens  
½ tsp. salt, divided  
½ tsp. seasoning salt, divided  
¼ tsp. cayenne pepper, divided

1. In a small saucepan, cook turkey wing in a small amount of water.
2. Remove meat from the bone and chop into small pieces.
3. In a large pot, combine greens and meat. Cook on low to medium heat until greens are wilted.
4. Add half the seasonings. Stir. Cook a few more minutes.
5. Add remaining seasonings.

Nutrition Information per Serving: Calories 40, Total Fat 0.5 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 10 mg (3% DV), Sodium 310 mg (13% DV), Total Carbohydrate 5 g (2% DV), Dietary Fiber 3 g (12% DV), Sugars 2 g, Protein 6 g, Vitamin A 200%, Vitamin C 110%, Calcium 10%, Iron 8%.