



Smothered Greens

Makes 5 servings



Nutrition information per serving:

Calories:	80
Carbohydrate:	14 g
Protein:	4 g
Total Fat:	2 g
Cholesterol:	16 mg
Sodium:	378 mg

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INGREDIENTS

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| 6 cups water | 1/2 teaspoon thyme |
| 1/4 pound smoked turkey breast, skinless | 1 stalk scallion, chopped |
| 1 tablespoon hot pepper, freshly chopped | 1 teaspoon ground ginger |
| 1/4 teaspoon cayenne pepper | 1/4 cup onion, chopped |
| 1/4 teaspoon ground cloves | 2 pounds of greens (mustard, collards, kale, turnip, or mixture) |
| 2 cloves garlic, crushed | |

PREPARATION

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

Recipe courtesy of Los Angeles Blacks in Nutrition & Dietetics (LA BIND).

