



HEALTHY SOUL FOOD FRIDAY



SMOTHERED GREENS (courtesy of National Heart, Lung and Blood Institute)

INGREDIENTS

- 2 pounds greens (collard, mustard, turnip, kale, or mixture)
- 3 cups water • ¼ pound smoked turkey breast, skinless
- 1 tablespoon hot pepper, freshly chopped
- ¼ teaspoon cayenne pepper
- 1 teaspoon cloves, ground
- 2 cloves garlic, crushed
- ½ teaspoon thyme
- 1 stalk scallion, chopped
- ¼ cup onion, chopped

DIRECTIONS

Step 1

Prepare greens by washing thoroughly and removing stems.

Step 2

Tear or slice leaves of greens into bite-sized pieces.

Step 3

Place all ingredients except greens into large saucepan and bring to a boil.

Step 4

Add greens to turkey stock. Cook 20 to 30 minutes until tender.

Nutrition Facts

Makes 5 servings Serving size: 1 cup

Each serving provides: 80 Calories; fat 2g; saturated fat less than 1g; cholesterol 16 mg; sodium 378 mg; carbohydrates 9g ; dietary fiber 4g; protein 4g; potassium 472 mg