

Delicious Greens

Makes: 4 servings

This recipe combines traditional leafy greens with cabbage, garlic, and onions for a savory side dish that's packed with flavor and nutrition.

Ingredients

3 1/2 cups mustard or collard greens (about 1/2 pound, rinsed, stems removed and coarsely shredded)

2 cups cabbage (shredded)

1 tablespoon olive oil

2 tablespoons garlic (minced)

1 onion (chopped)

1 tablespoon vinegar

Directions

1. Rinse greens, remove stems, and tear in small pieces.
2. In a large saucepan, boil 3 quarts of water.
3. Add mustard greens, return to a boil and cook 3 minutes. Add cabbage and cook 1 more minute. Drain in colander.
4. Heat a large non-stick skillet over medium high heat. Add oil and sauté garlic and onion until light brown, about 3 minutes.
5. Add greens and vinegar and cook briefly, about 3 minutes. Serve hot.

Nutrition Information

Nutrients	Amount
Calories	90
Total Fat	5 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	20 mg
Total Carbohydrate	9 g
Dietary Fiber	3 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

Notes

Learn more about:

- [Greens](#)
- [Cabbage](#)
- [Onions](#)
- [Garlic](#)

Source: Food and Health Communications, Inc., Cooking Demo II, p.166