

Savory Greens

Makes 6 servings, 1 cup each. Cook time: 30 minutes



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|--------------------------------|--|
| 3 cups water | ½ teaspoon dried thyme |
| ¼ pound skinless turkey breast | 1 green onion, chopped |
| ¼ cup chopped onion | 1 teaspoon ground ginger |
| 2 cloves garlic, crushed | 2 pounds greens (mixture of collards, kale, turnip greens, mustard greens) |
| ¼ teaspoon cayenne pepper | |
| ¼ teaspoon ground cloves | |

1. Place all ingredients except greens into large pot and bring to boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Slice greens into bite-sized pieces.
4. Add greens to stock. Cook 20 to 30 minutes until tender. Serve hot.

Nutrition information per serving: Calories 69, Carbohydrate 10 g, Dietary Fiber 4 g, Protein 7 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 9 mg, Sodium 267 mg

Adapted from: *Soulful Recipes: Building Healthy traditions, Network for a Healthy California, 2009*

For more recipes, visit: www.cachampionsforchange.net



For food stamp information, call 877-847-3663.
Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity employer and provider.

Tulare County Office of Education
Jim Vidak, County Superintendent of Schools



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