



Cooked Greens

Harvest of the Month
November



Some types of Cooked Greens are:



Kale



Collard Greens



Bok Choy



Swiss Chard

Choose leafy greens with fresh, full leaves. Avoid greens that have brown, yellow, spotted, wilted, or slimy leaves. Most cooked greens are an excellent source of vitamin A. Vitamin A helps protect against infection.

Tulare County Office of Education

Jim Vidak, County Superintendent of Schools

This material is adapted from Harvest of the Month produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low income households, and can help buy nutritious foods for better health. For food stamp information call, 1-877-847-3663. For important nutrition information, visit: www.cachampionsforchange.net.

Savory Greens

(Makes 6 servings, 1 cup each)

Preparation time: 30 minutes

Ingredients:

3 cups water
¼ pound skinless turkey breast
¼ cup chopped onion
2 cloves garlic, crushed
¼ teaspoon cayenne pepper
¼ teaspoon ground cloves

½ teaspoon dried thyme
1 green onion, chopped
1 teaspoon ground ginger
2 pounds greens (mixture of collards, kale, turnip greens, mustard greens)



1. Place all ingredients except greens into large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Slice greens into bite-size 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.championsforchange.net

For food stamp information, call 877-847-3663.

Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity employer and provider.



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Vegetales Sabrosos

(Rinde 6 porciones. 1 taza por porción.)

Tiempo de preparación: 30 minutos

Ingredientes:

3 tazas de agua
¼ libra de pechuga de pavo sin piel
¼ taza de cebolla picada
2 dientes de ajo, molidos
¼ cucharadita de pimienta de cayena
¼ cucharadita de clavo molido

½ cucharadita de tomillo seco
1 cebolla verde, picada
1 cucharadita de jengibre molido
2 libras de vegetales (mezcla de hojas de berza, col rizada, hojas de nabo y hojas de mostaza)



1. Ponga a hervir en una cacerola todos los ingredientes excepto los vegetales.
2. Lave los vegetales y retire los tallos.
3. Rebane los vegetales en trocitos.
4. Agregue los vegetales al caldo. Cocine de 20 a 30 minutos hasta que queden tiernos. Sirva caliente.

Información Nutricional por Porción: Calorías 69, Carbohidratos 10 g, Fibra Dietética 4 g, Proteínas 7 g, Grasa

Total 1 g, Grasa Saturada 0 g, Grasa Trans 0 g, Colesterol 9 mg, Sodio 267 mg

Adaptación: *Soulful Recipes: Building Healthy Traditions, Red para una California Saludable*, 2009.

Para más recetas, visite: www.campeonesdelcambio.net

Para información sobre los Cupones para Alimentos, llame al 877-847-3663. Financiado por el Supplemental Nutrition Assistance Program del Departamento de Agricultura de los Estados Unidos, un proveedor y empleador que ofrece oportunidades equitativas



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