

Enjoy Farmers Market Produce



## Greens

Collard greens, mustard greens, turnip greens and kale are considered greens. They are rich in vitamins A and C and are an excellent source of calcium. They are low in calories and high in cancer-preventing properties.

### Smothered Greens

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

1. Place all ingredients except greens into large saucepan and bring to a boil.
2. Wash greens thoroughly and remove stems.
3. Tear or slice leaves into bite-size pieces.
4. Add greens to turkey stock. Cook until tender, about 20 minutes.

### Other ways to enjoy greens

- Steam and add to pasta
- Sauté with other vegetables
- Add to soups

Adapted from Heart Healthy Home Cooking African American Style: National Heart, Lung and Blood Institute.



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increasing physical activity and reducing tobacco use. To learn more, email [minneapolis.steps@ci.minneapolis.mn.us](mailto:minneapolis.steps@ci.minneapolis.mn.us) or visit [www.stepstohealthiermn.org](http://www.stepstohealthiermn.org)