

Smothered Greens

Yield 5 servings

Ingredients

3 cups	water
1/4 pound	turkey breast, smoked, skinless
1 tablespoon	hot pepper (freshly chopped)
1/4 teaspoon	cayenne pepper
1/4 teaspoon	cloves (ground)
2	garlic clove (crushed)
1/2 teaspoon	thyme
1	scallion stalk (chopped)
1 teaspoon	ginger (ground)
1/4 cup	onion (chopped)
2 pounds	mustard greens, or turnip, collard, kale, or mixture

Instructions

1. Place all ingredients except greens into large saucepan and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice leaves into bite-size pieces.
4. Add greens to turkey stock. Cook 20-30 minutes until tender.

Cost

Per recipe: \$7.27

Per serving: \$1.45

Source

National Heart, Lung and Blood Institute (NHLBI), [Heart Healthy Home Cooking African American Style](#)

Nutrition Facts

Serving Size 1 cup prepared greens,
1/5 of recipe (361g)
Servings Per Container 5

Amount Per Serving	
Calories 80	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 270mg	11%
Total Carbohydrate 11g	4%
Dietary Fiber 6g	24%
Sugars 3g	
Protein 10g	
Vitamin A 380%	Vitamin C 220%
Calcium 20%	Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4