

Delicious Greens

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

Makes: 4 Servings
 Prep Time: 10 minutes
 Cook Time: 20 minutes

Source: MyPlate Kitchen



Small Changes,
 BIG Difference!

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.

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Large saucepan
- Colander
- Large non-stick skillet
- Mixing spoon



Nutrition Information

Serving Size: 1 1/2 cups prepared greens, 1/4 of recipe (143g)

Nutrients	Amount
Calories:	70
Total Fat:	4g
Saturated Fat:	1g
Cholesterol:	0mg
Sodium:	18mg
Total Carbohydrates:	8g
Dietary Fiber:	3g
Total Sugars:	3g
Added Sugars:	0g
Protein	2g
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Vitamin D	0mcg
Calcium	84mg
Iron	1mg
Potassium	307mg

SHOPPING LIST

Average total cost of ingredients without oil and seasonings: \$5.05

Average cost/serving: \$1.26

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Collard Greens, 1 bunch



Add 1 to Cart
Yellow Onion



Add 1 to Cart
Green Cabbage, 1 head



Add 1 to Cart
White Vinegar, 32 fl oz



Add 1 to Cart
Garlic, 1 head

SAVE TIME, SAVE MONEY

Preparation Tips

- To boost the protein in this dish, add a can of beans.
- To spice up this dish, add some cayenne to taste, or a whole chili pepper.
- Try this dish with other greens, such as Swiss chard, kale, beet or turnip greens.

Produce Tips

- When buying cabbage, select fresh-looking heads without yellowing or brown spots. Refrigerate in a plastic bag for 1-2 weeks.
- For cooking greens, such as collard greens or kale, look for fresh, crisp, and brightly colored options when buying. Refrigerate in a plastic bag for 5-10 days.

My Cooking Notes
