



Simple Savory Greens

This dish is simple to make, and works with just about any type of hearty green.

U.S.

1/2 each
1 large bunch

1 Tbsp
1-2 cloves
2 Tbsp
2 Tbsp
1/8 tsp
1/8 tsp
To taste

Onion, diced small
Greens (Kale, Collard, Swiss Chard, etc.), washed, stems removed and cut into 1-inch pieces
Olive Oil
Garlic, minced
Apple Cider Vinegar
Water
Mustard Powder
Salt, Kosher
Black Pepper, ground

Metric

1/2 each
1 large bunch
5 mL
1-2 cloves
30 mL
30 mL
0.3 g
0.7 g
To taste

Preparation:

1. Gather all ingredients and equipment.
2. Cut greens of choice into bite-sized pieces, removing the hard stems.
3. Heat a large saucepot over medium heat. Add olive oil and onion. Cook until onions turn translucent and begin to brown. Add garlic and continue to cook for 30 more seconds. Avoid browning the garlic.
4. Add the greens to pan along with the vinegar, water, mustard powder, salt, and pepper. Stir, turn the heat to low, and cover pot with a lid. Allow the greens to simmer, adding more water as necessary to keep the greens moist.
5. Simmer greens until tender. The time will vary based on the green you choose to cook. Kale and Swiss chard may only take 5-10 minutes. Collard greens will take longer to become tender, 20-30 minutes depending on your preference.

****Nutrition Facts on Reverse**

Nutrition Facts

5 Servings

Serving size **1/2 cup**

Amount per serving

Calories **40**

Calories from Fat 25

Total Fat 3 g

 Saturated Fat 0 g

 Trans Fat 0 g

 Monounsaturated Fat 2 g

Cholesterol 0 mg

Sodium 65 mg

Total Carbohydrate 3 g

 Dietary Fiber 1 g

 Total Sugars 1 g

 Includes 0g Added Sugars

Protein 1 g

Vitamin D 0 %

Calcium 2 %

Iron 2 %

Potassium 105 mg

Phosphorus 20 mg
