



*Simple,
Seasonal,
Sustainable*

Recipe of the Week
Tasty Cooked Greens

Ingredients:

- 2 pounds fresh, tender greens
- 2 teaspoons olive oil
- 1/2 cup chopped onion
- 1 1/4 cups water
- 1 cube reduced-sodium chicken bouillon
- 1/4 teaspoon salt
- 1 teaspoon sugar
- Dash Tabasco sauce

Directions:

1. Remove stems and any yellowed leaves from greens, then rinse greens well and drain.
2. Heat oil in a large pot over medium heat. Add onion and sauté until onion is tender.
3. Add greens, water, and bouillon to the pot. Cover and bring to a boil. Reduce heat to low and simmer for 30 minutes or until greens are tender, stirring occasionally.
4. Add salt, sugar, and Tabasco sauce. Toss well and simmer an additional 5 minutes. May be served with cider vinegar to bring out the best in the greens.

Serves 12

30 calories, 1 g fat, 0 g saturated fat, 5 g carbohydrate, 2 g fiber, 1 g protein, 100 mg sodium

Source: American Diabetes Association

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