

Smothered Greens

(Makes five 1-cup servings)

(V) – This recipe is a vegan option recipe!

Ingredients:

- 3 cups water
- ¼ lb smoked turkey breast, skinless (for vegan option, omit turkey)
- 1 Tbsp fresh hot pepper, chopped
- ¼ teaspoon cayenne pepper
- ¼ teaspoon cloves, ground
- 2 cloves garlic, crushed
- ½ teaspoon thyme
- 1 stalk scallion, chopped
- 1 teaspoon ginger, ground
- ¼ cup onion, chopped
- 2 lb greens (mustard, turnip, collard, kale or mixture)



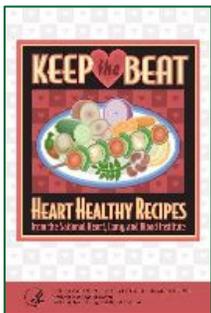
Directions:

- 1) Place all ingredients except greens into large saucepan and bring to 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 for 20-30 minutes until tender.

Nutritional Analysis: (per serving / 1 cup)

- Calories: 80
- Fat: 2 g
- Saturated Fat: 0 g
- Carbohydrates: 9 g
- Protein: 9 g
- Fiber: 4 g
- Sodium: 378 mg
- Sugars: 0 g

Source:



[Keep the Beat - Heart Healthy Recipes](#)
from the National Heart, Lung, and Blood Institute
www.nhlbi.nih.gov