

# **Smothered Greens**

From the National Heart, Lung, and Blood Institute

<https://healthyeating.nhlbi.nih.gov/recipe/detail.aspx?linkId=15&cId=7&rId=229>

## **Ingredients**

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

## **Instructions**

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

**Makes 5 servings**

## **Nutrition information per serving**

Calories: 80	Dietary Fiber: 4 g
Total Fat: 2 g	Sodium: 378 mg
Saturated Fat: 0 g	Protein: 9 g
Cholesterol: 16 mg	Carbohydrates: 9 g

