

Steamed Greens with Ginger and Water Chestnuts

From the American Institute for Cancer Research

http://preventcancer.aicr.org/site/News2?abbr=dc_rc_&page=NewsArticle&id=7180&news_iv_ctrl=1128

Ingredients

- 3 cups mixed leafy greens, chosen from the following:
bok choy (Chinese cabbage or Chinese chard),
choy sum (Chinese flowering cabbage),
Chinese spinach (amaranth leaves),
Swiss chard leaves, stems removed,
spinach leaves, stems removed
- 1 tsp. finely minced, peeled fresh ginger
- 1 tsp. finely minced fresh garlic
- 1/2 cup diced canned water chestnuts (drained and rinsed)
- 1/2 Tbsp. sesame seed oil
- Salt and pepper to taste

Instructions

1. Keeping each type separate, place greens on plate used for steaming. Sprinkle ginger and garlic over top of greens, then scatter water chestnuts on top. Sprinkle oil evenly over all.
2. Steam until greens are tender, watching carefully, as they will only take about 30 seconds. Season to taste with salt and pepper. Serve immediately.

Makes 4 servings

Nutritional information per serving

Calories: 32
Total fat: 2 g
Saturated fat: <1 g
Carbohydrates: 4 g
Protein: 1 g
Dietary fiber: 1 g
Sodium: 28 mg