

SOULFUL GREENS

From: Fruits and Veggies - More Matters. Centers for Disease Control and Prevention
<http://apps.nccd.cdc.gov/dnparecipe/recipe/recipe.aspx>

Ingredients

- ½ cup of low-sodium chicken broth
- ¾ cup water
- 2 pounds of collard greens, washed and stems removed
- 1 ½ cups sliced red onions
- 1 garlic clove, minced
- ¼ cup orange juice
- ½ tsp dried red pepper flakes

Instructions

1. Heat chicken broth and water in a large pot. Bring to a boil.
2. Add collards and cook for 10 minutes.
3. Sauté garlic and onions for 5 minutes in a skillet.
4. Add orange juice and wilted greens. Stir until well coated.
5. Simmer for 5 minutes.
6. Sprinkle with red pepper flakes and serve.

Serves 4.

Nutritional information per serving (4 servings)

- Calories: 100
- Calories from fat: 10
- Total fat: 1g
- Saturated fat: 0g
- Trans fat: 0g
- Cholesterol: 0g
- Sodium: 55mg
- Total carbohydrate: 19g
- Dietary fiber: 8g
- Sugars: 4g
- Protein: 7g
- Vitamin A: 430%
- Vitamin C: 100%
- Calcium: 40%
- Iron: 20%

Diabetic Exchange**

Fruit: 0
Vegetables: 4
Meat: 0
Milk: 0
Fat: 0
Carbs: 0
Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included.

Percent Daily Values are based on a 2,000 calorie diet.



Wellness Center

