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## Healthy Recipes

**Makes 6 servings.**

*1 cup per serving.*

**Prep time:** 10 minutes

**Cook time:** 30 minutes

**Nutrition  
Information  
Per Serving:**

Calories:	69
Carbohydrate:	10 g
Dietary Fiber:	4 g
Protein:	7 g
Total Fat:	1 g
Saturated Fat:	0 g
Trans Fat:	0 g
Cholesterol:	9 mg
Sodium:	267 mg

# Savory Greens

## INGREDIENTS

- 3 cups water
- ¼ pound skinless, smoked turkey breast
- ¼ cup chopped onion
- 1 tablespoon chopped and seeded jalapeño pepper (optional)
- 2 cloves garlic, crushed
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- ½ teaspoon thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 2 pounds greens (mixture of mustard greens, collard greens, kale, and turnip greens)



## PREPARATION

1. Place all ingredients except greens into a large pot and bring to a boil.
2. Prepare greens by washing thoroughly and removing stems.
3. Tear or slice greens into bite-size pieces.
4. Add greens to turkey stock. Cook 20 to 30 minutes until tender. Serve while hot.

*Adapted from recipe courtesy of National Heart Lung and Blood Institute.*

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For more information about fruits, vegetables, and physical activity, visit us at [www.cachampionsforchange.net](http://www.cachampionsforchange.net) or call 1-888-328-3483.  
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