

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.