



Quick Sautéed Greens

Yields 5 servings (½ cup each)

Ingredients

- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 bunch of scallions (or 2 onions) chopped
- 4 cups your favorite greens washed, stems removed, cut into shreds
(try combining kale, Swiss chard, collard greens, or others)
- 2 tablespoons water
- Dash of crushed red pepper or hot sauce, optional

Instructions

1. Heat oil in large skillet over medium heat until hot.
2. Add garlic and scallions or onions and cook until slightly wilted (about 1-2 minutes).
3. Add the greens, seasonings and water. Stir ingredients well.
4. Cover the pan, and cook the greens over low heat for 8 to 10 minutes. Stir occasionally.

Helpful Information

- Slice greens into bite-size shreds by rolling several leaves together. Cut them into 1/4-inch strips with a sharp knife.
- Try sautéing with callaloo, dandelion greens, cabbage, or Chinese cabbage. Add carrots and beets. They are delicious!

Source: CUCE-NYC FMNP Recipe Collection 2014

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 5 servings	
Amount Per Serving	
Calories 60	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 40%	• Vitamin C 25%
Calcium 6%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	
Label analysis based on ingredients listed.	



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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Hojas Verdes Salteadas

Rinde 5 raciones (1/2 taza cada una)

Ingredientes

- 1 cucharada de aceite de oliva
- 3 dientes de ajo picados
- 1 manojo de cebollines o 2 cebollas picadas
- 4 tazas de sus hojas verdes favoritas, lavadas, con tallos removidos, y cortadas en tiras (trate de combinar col rizada, hojas de nabo u otros)
- 2 cucharadas de agua
- 1 pizca de chile en polvo o salsa picante (opcional)

Instrucciones

1. Caliente el aceite en un sartén a fuego mediano.
2. Agregue el ajo, los cebollines o la cebolla y saltéelos por 1 o 2 minutos o hasta que estén ligeramente cocidos.
3. Agregue las hojas verdes, las especias y el agua. Mezcle bien todos los ingredientes.
4. Cubra el sartén y cocine a fuego lento por 8 o 10 minutos. Muévelos de vez en cuando.

Información Útil

- Enrolle varias hojas juntas y córtelas en tiras de un 1/4 pulgada.
- Pruebe saltar con callaloo, hojas de diente de león, repollo o repollo chino. Agregue zanahorias y betabel o remolacha. ¡Son deliciosos!

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