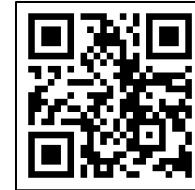


Cornell University  
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## Quick Sautéed Greens

Yields 5 servings ( $\frac{1}{2}$  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 2015

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

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

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

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Nutrition Facts	
Servings Per Recipe	5 servings
Servings size	$\frac{1}{2}$ cup
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 0mg	0%
Potassium 134mg	2%

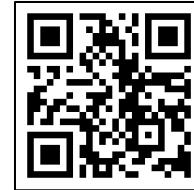
\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Label analysis based on ingredients listed.





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## Hojas Verdes Salteadas

Rinde 5 raciones ( $\frac{1}{2}$  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. Muévalos de vez en cuando.

### Información Útil

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

**Source:** CUCE-NYC FMNP Recipe Collection 2015

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>  
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## Nutrition Facts

servings per container	
Serving size	(61g)
Amount per serving	
<b>Calories</b>	<b>50</b>
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 0mg	0%
Potassium 134mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Label analysis based on ingredients listed.	

