



Cornell University
 Cooperative Extension
 New York City



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 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**

Nutrition Facts	
Servings Per Recipe	5 servings
Servings size	½ 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.

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.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.





Cornell University
Cooperative Extension
New York City



Hojas Verdes Salteadas

Rinde 5 raciones (½ 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 ¼ pulgada.
- Pruebe saltar 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/>

Por favor vea videos de recetas en nuestro canal de YouTube: **Farmers Market Recipes CCE NYC**

Nutrition Facts	
servings per container	
Serving size	(61g)
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%
<small>*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.</small>	
<small>Label analysis based on ingredients listed.</small>	

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.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities. Diversity and Inclusion are a part of Cornell University's heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

