



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.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Recipe 5 servings

Amount Per Serving

Calories	Calories from Fat	% Daily Value*
60	25	5%
Total Fat 3g	0g	0%
Saturated Fat 0g	0g	0%
Trans Fat 0g	0g	0%
Cholesterol 0mg	0mg	0%
Sodium 10mg	0mg	0%
Total Carbohydrate 8g	2g	3%
Dietary Fiber 2g	g	8%
Sugars 3g	g	0%
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.

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

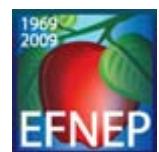
Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.



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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!

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