

# Braising Greens

## Key Points

- For best buy, look for greens that are moist and crisp, with rich green leaves.
- To prepare fresh greens, rinse leaves well and trim leaves from stem.
- To store fresh greens, wrap unwashed greens in a damp paper towel, place in a plastic bag and keep in the refrigerator for 3 to 5 days.
- Dark greens contain vitamin A, which is good for healthy eyes and skin.



## Southern Style Braising Greens

### Ingredients:

2 teaspoons vegetable oil  
1 onion, chopped  
1 garlic clove, minced  
8 cups chopped braising greens  
3 cups low sodium chicken broth  
1 cup chopped tomatoes  
1 tablespoon cider vinegar (optional)  
Salt and pepper to taste

### Directions:

1. In a large pot, heat oil over medium heat.
2. Add the onions and garlic, cook until soft.
3. Add braising greens and broth. Cover pot and cook for about 20 minutes or until greens are tender.
4. Add chopped tomatoes, cider vinegar, salt and pepper to taste to the pot. Stir. Enjoy!
5. Refrigerate leftovers.

**Makes 6 servings.**

## Greens and Garlic

### Ingredients:

8 cups chopped braising greens  
1 teaspoon vegetable oil  
2 garlic cloves, minced  
1/4 teaspoon crushed red pepper flakes (optional)  
Salt and pepper to taste

### Directions:

1. In a large pot, bring 1 cup water to a boil over medium heat.
2. Add the braising greens to the pot. Cover and cook until the greens wilt, about for 4 minutes. Stir often.
3. Uncover the pot and cook until all of the water is gone, about 5 minutes. Remove the pot from the heat.
4. In a large frying pan, heat the oil over medium heat.
5. Add the garlic and crushed red pepper to the oil and cook for 1 minute, stirring often.
6. Add the cooked greens to the frying pan. Cook for 3 minutes, stirring often. Add salt and pepper to taste. Enjoy!
7. Refrigerate leftovers.

**Makes 4 servings.**

## Quick Tips

- Braising greens are a mix of dark greens. The mix of greens can include: collards, kale, Swiss chard, mustard greens, turnip greens and beet greens.
- Braising greens can be added to soups a few minutes before serving.
- 1 pound of greens is about 8 cups chopped greens.
- Remember to rinse all fruits and vegetables before using.

*Just Say Yes* to Fruits and Vegetables

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: [myBenefits.ny.gov](http://myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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# The Nutrition Facts Label — What does it tell us?

## Recipe Name: Southern Style Braising Greens

## Recipe Name: Greens and Garlic

Nutrition Facts			
Serving Size (239g)			
Servings Per Container			
Amount Per Serving			
Calories 70		Calories from Fat 25	
		% Daily Value*	
Total Fat 2.5g		4%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 150mg		6%	
Total Carbohydrate 10g		3%	
Dietary Fiber 3g		12%	
Sugars 4g			
Protein 5g			
Vitamin A 50%		• Vitamin C 40%	
Calcium 15%		• Iron 8%	
*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			

1. Start with the serving size.

2. Check calories.

3. Limit these:  
- Total fat  
- Saturated fat  
- Trans fat  
- Cholesterol  
- Sodium

4. Get enough of these:  
- Fiber  
- Vitamins A and C  
- Iron  
- Calcium

Nutrition Facts			
Serving Size (75g)			
Servings Per Container			
Amount Per Serving			
Calories 35		Calories from Fat 15	
		% Daily Value*	
Total Fat 1.5g		2%	
Saturated Fat 0g		0%	
Trans Fat 0g			
Cholesterol 0mg		0%	
Sodium 160mg		7%	
Total Carbohydrate 5g		2%	
Dietary Fiber 3g		12%	
Sugars 0g			
Protein 2g			
Vitamin A 70%		• Vitamin C 45%	
Calcium 15%		• 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			

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**