

## Greens and Garlic

*Just Say Yes* to Fruits and Vegetables

*It ain't easy being green - unless you're talking about this delicious recipe!*



[jsyfruitveggies.org](http://jsyfruitveggies.org)

## Greens and Garlic

*Just Say Yes* to Fruits and Vegetables

*It ain't easy being green - unless you're talking about this delicious recipe!*



[jsyfruitveggies.org](http://jsyfruitveggies.org)

## Greens and Garlic

*Just Say Yes* to Fruits and Vegetables

*It ain't easy being green - unless you're talking about this delicious recipe!*



[jsyfruitveggies.org](http://jsyfruitveggies.org)

## Greens and Garlic

*Just Say Yes* to Fruits and Vegetables

*It ain't easy being green - unless you're talking about this delicious recipe!*



[jsyfruitveggies.org](http://jsyfruitveggies.org)

## Greens and Garlic

Serves 4 • Serving: ¾ cup



*Try different combinations of greens from your local farmers' market.*

### Ingredients:

- 1 teaspoon vegetable oil
- 2 finely chopped garlic cloves
- ¼ teaspoon crushed red pepper flakes (optional)
- 8 cups chopped braising greens (such as collards, kale or Swiss chard)
- ½ cup water
- Salt and pepper, to taste

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add the garlic and crushed red pepper to the oil and cook for 1 minute. Stir often.
3. Add the braising greens and water to the pot, cover, and cook until the greens wilt, about 4 minutes. Stir often.
4. Uncover the pot and cook until all the water is gone, about 5 minutes.
5. Add salt and pepper to taste and serve warm. Enjoy!
6. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

## Greens and Garlic

Serves 4 • Serving: ¾ cup



*Try different combinations of greens from your local farmers' market.*

### Ingredients:

- 1 teaspoon vegetable oil
- 2 finely chopped garlic cloves
- ¼ teaspoon crushed red pepper flakes (optional)
- 8 cups chopped braising greens (such as collards, kale or Swiss chard)
- ½ cup water
- Salt and pepper, to taste

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add the garlic and crushed red pepper to the oil and cook for 1 minute. Stir often.
3. Add the braising greens and water to the pot, cover, and cook until the greens wilt, about 4 minutes. Stir often.
4. Uncover the pot and cook until all the water is gone, about 5 minutes.
5. Add salt and pepper to taste and serve warm. Enjoy!
6. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

## Greens and Garlic

Serves 4 • Serving: ¾ cup



*Try different combinations of greens from your local farmers' market.*

### Ingredients:

- 1 teaspoon vegetable oil
- 2 finely chopped garlic cloves
- ¼ teaspoon crushed red pepper flakes (optional)
- 8 cups chopped braising greens (such as collards, kale or Swiss chard)
- ½ cup water
- Salt and pepper, to taste

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add the garlic and crushed red pepper to the oil and cook for 1 minute. Stir often.
3. Add the braising greens and water to the pot, cover, and cook until the greens wilt, about 4 minutes. Stir often.
4. Uncover the pot and cook until all the water is gone, about 5 minutes.
5. Add salt and pepper to taste and serve warm. Enjoy!
6. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

## Greens and Garlic

Serves 4 • Serving: ¾ cup



*Try different combinations of greens from your local farmers' market.*

### Ingredients:

- 1 teaspoon vegetable oil
- 2 finely chopped garlic cloves
- ¼ teaspoon crushed red pepper flakes (optional)
- 8 cups chopped braising greens (such as collards, kale or Swiss chard)
- ½ cup water
- Salt and pepper, to taste

### Directions:

1. Heat oil in a large pot over medium heat.
2. Add the garlic and crushed red pepper to the oil and cook for 1 minute. Stir often.
3. Add the braising greens and water to the pot, cover, and cook until the greens wilt, about 4 minutes. Stir often.
4. Uncover the pot and cook until all the water is gone, about 5 minutes.
5. Add salt and pepper to taste and serve warm. Enjoy!
6. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.