

## Smothered Greens

*(Makes five 1-cup servings)*

(V) – This recipe is a vegan option recipe!

### **Ingredients:**

- 3 cups water
- ¼ lb smoked turkey breast, skinless  
(for vegan option, omit turkey)
- 1 Tbsp fresh hot pepper, chopped
- ¼ teaspoon cayenne pepper
- ¼ teaspoon cloves, ground
- 2 cloves garlic, crushed
- ½ teaspoon thyme
- 1 stalk scallion, chopped
- 1 teaspoon ginger, ground
- ¼ cup onion, chopped
- 2 lb greens (mustard, turnip, collard, kale or mixture)



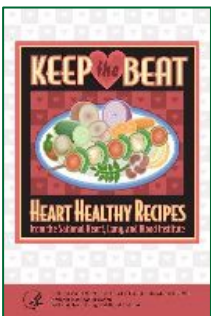
### **Directions:**

- 1) Place all ingredients except greens into large saucepan and bring to boil.
- 2) Prepare greens by washing thoroughly and removing stems.
- 3) Tear or slice leaves into bite-size pieces.
- 4) Add greens to turkey stock. Cook for 20-30 minutes until tender.

### **Nutritional Analysis:** *(per serving / 1 cup)*

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|----------------------|------------------|
| ▪ Calories: 80       | ▪ Protein: 9 g   |
| ▪ Fat: 2 g           | ▪ Fiber: 4 g     |
| ▪ Saturated Fat: 0 g | ▪ Sodium: 378 mg |
| ▪ Carbohydrates: 9 g | ▪ Sugars: 0 g    |

### **Source:**



[Keep the Beat - Heart Healthy Recipes](http://www.nhlbi.nih.gov)  
from the National Heart, Lung, and Blood Institute  
[www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)