

**Nutrition Facts** (Serving size ½ cup): Calories–40; Protein–2g; Carbohydrate–6g; Total Fat–1.5g; Saturated Fat–0g; Cholesterol–0mg; Fiber–2g; Sodium–110mg; Vitamin C–80%; Vitamin A–180%; Iron–4%; Calcium–8%

*Adapted and reprinted with permission from Oregon State University Extension Service.*

1. Wash greens and remove tough stems. Rough chop or cut leaves into thin strips.
2. Heat oil in a large skillet. Add carrots and stir fry for 2 minutes. Add garlic and cook for 1 minute. Add greens, and dry seasonings as desired. Stir often to prevent greens from sticking.
3. When greens have turned bright green and begun to wilt, remove from heat. Sprinkle vinegar and soy sauce over the top. Toss gently and serve.



**Directions**

Prep time: 10 minutes | Cooking time: 15 minutes | Number of servings: 8

**Greens with Carrots**

- 8 cups mixed greens (see chart on back)
- 2 teaspoons vegetable oil
- 2 large carrots, peeled and cut into thin strips or coarsely shredded
- 1 clove garlic, minced
- Salt and pepper to taste
- 1 tablespoon vinegar
- 1½ teaspoons soy sauce
- Optional** 1 teaspoon ground coriander, pinch of cayenne pepper

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Seasonings	Strong-flavored Greens	Tender Greens
<p>Add seasonings after cooking and draining.</p> <ul style="list-style-type: none"> <li>• Use one or more:</li> <li>• Dash of nutmeg</li> <li>• 1 clove of minced garlic or ½ teaspoon garlic powder</li> <li>• ¼ teaspoon crushed red pepper flakes</li> <li>• 1 tablespoon each of oil and vinegar</li> <li>• ¼ cup lean chopped ham</li> </ul>	<ul style="list-style-type: none"> <li>• For one 'bunch' of greens bring 2 quarts of water to boil in a medium to large saucepan or pot.</li> <li>• Add the greens, reduce heat to medium-high. Boil for 5 to 10 minutes or until tender. Boiling helps reduce bitterness.</li> <li>• Drain in a colander. Put back in pan and add seasonings.</li> </ul>	<ul style="list-style-type: none"> <li>• Cook one bunch of greens in 2 to 3 teaspoons of oil over medium heat until just wilted.</li> <li>• Add ¼ cup water.</li> <li>• Cover and cook 3 to 5 minutes, until tender.</li> <li>• Add desired seasonings.</li> </ul>

**Food Sense Tips**

- Try a mix of tender or strong flavored greens—see chart.
- Spinach and young greens can be eaten raw. Add to tossed salads for extra color, nutrition, and flavor.

**How to Prepare Greens:**

Greens are usually sold in 'bunches' that make 2 to 4 servings when cooked.

Wash all greens thoroughly in several changes of water. Trim off the stems. Stems can be chopped and cooked with the greens. Cut greens crosswise in 1" to 2" strips. Small leaves can be left whole.

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**Food Sense Tips**

- Try a mix of tender or strong flavored greens—see chart.
- Spinach and young greens can be eaten raw. Add to tossed salads for extra color, nutrition, and flavor.

Tender Greens	Strong-flavored Greens	Seasonings
<p>Bok Choy, Beet Greens, Chard, Spinach</p> <ul style="list-style-type: none"> <li>• Cook one bunch of greens in 2 to 3 teaspoons of oil over medium heat until just wilted.</li> <li>• Add ¼ cup water.</li> <li>• Cover and cook 3 to 5 minutes, until tender.</li> <li>• Add desired seasonings.</li> </ul>	<p>Collards, Kale, Mustard Greens, Turnip Greens</p> <ul style="list-style-type: none"> <li>• For one 'bunch' of greens bring 2 quarts of water to boil in a medium to large saucepan or pot.</li> <li>• Add the greens, reduce heat to medium-high. Boil for 5 to 10 minutes or until tender. Boiling helps reduce bitterness.</li> <li>• Drain in a colander. Put back in pan and add seasonings.</li> </ul>	<p>Add seasonings after cooking and draining.</p> <p>Use one or more:</p> <ul style="list-style-type: none"> <li>• Dash of nutmeg</li> <li>• 1 clove of minced garlic or ½ teaspoon garlic powder</li> <li>• ¼ teaspoon crushed red pepper flakes</li> <li>• 1 tablespoon each of oil and vinegar</li> <li>• ¼ cup lean chopped ham</li> </ul>