



Kickin' Greens

2 tablespoons olive oil	2 pounds fresh greens (collards, turnip or mustard)	½ teaspoon black pepper
8 slices turkey bacon, cut into bite-sized pieces	3 cups low sodium chicken broth	¼ teaspoon red pepper flakes, or to taste
1 large onion, chopped		
6 cloves garlic, minced		

Heat olive oil in a large stockpot over medium high heat. **Cook** turkey bacon in hot oil until crisp. **Add** onion and garlic. **Cook** until onion is tender, **stirring** occasionally. **Add** greens and **stir** until greens start to wilt. **Add** chicken broth, black pepper and red pepper flakes. **Cover**, reduce heat to

low and **simmer** 25-30 minutes, or until greens are tender.

Yield: 8, 1 cup servings

Nutritional Analysis: 110 calories, 6 g fat, 1 g saturated fat, 0 g trans fat, 10 mg cholesterol, 9 g carbohydrate, 5 g fiber, 2 g sugars, 7 g protein.

Kentucky Greens

SEASON: May through June and September through November

NUTRITION FACTS: Greens are a source of vitamins A and C. A half-cup serving contains 20 percent of calcium needed daily. Greens are low in calories, with 20 to 30 calories per half-cup serving.

SELECTION: Look for bright green leaves that are fresh, young, moist and tender.

STORAGE: Store greens in the coldest part of the refrigerator for no more than 2 to 3 days.

PREPARATION: Wash greens well in warm water. Remove roots, rough ribs, and center stalks if they are large or fibrous.

To cook: Add washed greens to a medium-size saucepan with ¼ inch water. Bring water to a boil. Cover and cook until tender. Leafy greens cook in 1 to 3 minutes. Crisp and tender greens may require 5 to 10 minutes. Seasonings and herbs will enhance the flavor without adding salt. Try allspice, lemon, onion, nutmeg or vinegar.

To freeze: Wash young, tender green leaves thoroughly and cut off woody stems. Blanch greens for 2 to 3 minutes, cool, drain and package. Leave ½ inch headspace, seal, label and freeze. Greens can be stored for up to 1 year in the freezer.

KENTUCKY GREENS

Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Dietetics and Human Nutrition students

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Source: www.fruitsandveggiesmatter.gov

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers market, or roadside stand.

<http://plateitup.ca.uky.edu>



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