



DOWN-HOME GREENS

November 24, 2009

Serves 4; ¾ cup per serving

INGREDIENTS

- 14-ounces can low-fat low-sodium chicken broth
- 16 ounces frozen chopped turnip, collard, or mustard greens
- 1 teaspoon dried thyme, crumbled
- ½ teaspoon sugar
- ¼ teaspoon crushed red pepper flakes
- ⅛ teaspoon red hot-pepper sauce, or to taste

METHOD

1. In a Dutch oven, bring the broth to a boil over high heat.
2. Stir in the remaining ingredients except the hot-pepper sauce. Return to a boil. Reduce the heat and simmer, covered, for 20 minutes, or until tender.
3. Serve with the hot-pepper sauce.

Nutrition Facts

1 Vegetable

Calories 43, Calories from Fat 9, Total Fat 1 g, Saturated Fat 0.2 g, Polyunsaturated Fat 0.3 g, Monounsaturated Fat 0.2 g, Cholesterol 2 mg, Sodium 60 mg, Total Carbohydrate 6 g, Dietary Fiber 4 g, Sugars 1 g, Protein 4 g



CHRONIC DISEASE HEALTH PROMOTION AND EDUCATION PROGRAM

Providing guidance and support to make the “healthy choice the easy choice.”

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