



A POPULAR SOUTHERN GREEN

mustard green

Mustard greens are the most pungent of the cooking greens and lend a peppery flavor to food. They are an excellent source of vitamins A, C, K, folate and manganese.

DID YOU KNOW?



- Mustard greens taste best when cooked within a day or two of harvest.
- 1 cup of cooked mustard greens contains only 15 calories!
- Mustard green leaves can have a crumpled or flat texture and toothed, scalloped, frilled or lacey edges.
- The mustard plant produces seeds that can be used in making Dijon mustard.

WELLNESS TIP

Find coworkers to walk with during lunch breaks. A regular exercise routine and the support of your coworkers may help you stick with the program.

SHOPPING, PREPARING AND STORING



- Look for mustard greens that have a green color and do not show any yellowing or withering.
- To store mustard greens, gently wrap unwashed greens in paper towels and store loosely in plastic bags. Keep in the lower part of the refrigerator for up to a few days.
- Mustard greens can be frozen after they are cooked for up to 6 months.

COOKING TIPS



- Add mustard greens to salads, sauté with walnuts or add chopped mustard greens to a pasta salad for a perfect side dish.
- Tough stems, veins and discolored leaves should be removed before cooking.

SMOTHERED GREENS

serves 5

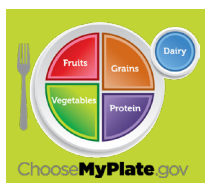


- 3 cups water
- 1/4 pound smoked, skinless turkey breast
- 1 tablespoon jalapeno pepper, finely chopped
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon ground cloves
- 2 garlic cloves, minced
- 1/2 teaspoon thyme
- 1 green onion, chopped
- 1 teaspoon ground ginger
- 1/4 cup onion, diced
- 2 pounds mustard greens, torn into bite-sized pieces

1. Place all ingredients except the greens into a large saucepan and bring to a boil.
2. Add the greens to the turkey stock mixture, reduce heat to low and cover.
3. Cook 20-30 minutes until tender. Serve warm.

Recipe adapted from What's Cooking? USDA Mixing Bowl, United States Department of Agriculture

Calories: 80; Total Fat: 0.5 g; Saturated Fat: 0 g; Total Carbohydrates: 11 g; Protein: 10 g; Sodium: 270 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.



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