

Healthy Smothered Greens

Ingredients:

2 teaspoons olive oil
1 large onion OR 1 tbsp onion powder
1 ½ pounds frozen greens
1/3 cup lean ham or turkey sausage, chopped
2 cloves garlic, chopped OR 1 tsp garlic powder
2 cups water
½ teaspoon salt
½ teaspoon black pepper
1 teaspoon no-salt Creole Seasoning

Instructions:

1. Wash, rib, and chop greens.
2. Chop onion.
3. Heat oil over medium heat.
4. Sauté onion until clear.
5. Add fresh mustard greens.
6. Add meat, salt, black pepper, and water.
7. Reduce the heat, cover, and simmer for 20-30 minutes, stirring occasionally.

Source: LSU AgCenter



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Serves: 8

Prep Time: 5 minutes

Cook Time: 20-30 minutes

Nutrition Facts

8 servings per container

Serving size **about 3/4 cup**

Amount per serving

Calories 60

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 240mg **10%**

Total Carbohydrate 9g **3%**

Dietary Fiber 4g **14%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 4g

Vitamin D 0mcg **0%**

Calcium 209mg **15%**

Iron 1mg **6%**

Potassium 262mg **6%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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