

## FNP Newsletter

June/July 2017

### Summer Greens

Beautiful and nutritious greens such as; kale, collards, turnips and mustards are in season in the panhandle this month. You shouldn't have much difficulty finding these nutrition dynamos in local grocery stores and produce markets. Each of these greens is an excellent source of many vitamins and minerals. Each is also very low in calories, fat, cholesterol and sugar. Another big draw with these foods is their dietary fiber content. A partial listing of nutrients is found below.

#### 1 cup serving size with nothing added

*Kale – 36 Calories, 2.5g Protein, 2.6g Dietary Fiber, 1328% DV of Vitamin K, 89% DV Vitamin C, 354% DV Vitamin A and 27% DV Manganese*

*Turnip Greens – 29 Calories, 1.6g Protein, 5g Dietary Fiber, 662% DV of Vitamin K, 66% DV Vitamin C, 220% DV Vitamin A, 42% DV of Folate and 24% DV of Manganese*

*Collard Greens – 49 Calories, 4g Protein, 5.3g Dietary Fiber, 1045% DV Vitamin K, 58% DV Vitamin C, 308% DV Vitamin A, 44% DV Folate and 41% DV Manganese*

*Mustard Greens – 21 Calories, 3.2g Protein, 3g Dietary Fiber, 524% DV Vitamin K, 59% DV Vitamin C, 177% DV Vitamin A, 26% DV Folate and 19% DV Manganese*

When shopping for greens, look for leaves that are...you guessed it...green. Stay away from leaves that are wilted, browning or yellowed. Store greens in your refrigerator as soon as you get them home and use them within a few days of purchase or freeze them for future use after washing.

All greens should be thoroughly washed before using unless the package says they are pre-washed and ready to eat. Some greens, such as collards, are easy to clean because of their smooth, relatively thick leaves. Swish vigorously in a sink full of cold water until all sand/dirt is removed. This may take 2 or 3 washings. Mustard and turnip greens have thinner leaves with more texture so they may require more washings. Once your greens are clean, you can remove the stalky parts of the plants and chop the leaves into whatever size suits you. When chopping a large batch of greens, save time and effort by layering several leaves together and roll them into a cigar shape, cut down the middle of the roll then chop across for bite-size pieces.

## **Sautéed Collard Greens (*serves 4*)**

### **Ingredients**

**1 bunch collard greens – washed, trimmed and chopped**

**2 tsp. chopped garlic**

**1 Tbl. Olive oil**

**1 cup chicken stock**

**1 smoked turkey drumstick**

**Salt and black pepper to taste**

**½ tsp. crushed red pepper flakes (optional)**

### **Directions**

- **Heat olive oil in medium pot over medium heat**
- **Add garlic and sauté until light brown**
- **Add chicken stock and turkey leg and simmer for 30 minutes**
- **Add greens to the pot and turn heat up to med-high**
- **Let greens cook for about 45 minutes stirring occasionally**
- **Reduce heat to med., add salt & pepper, cook until greens are tender**

***Add pepper flakes if desired.***

***Serve with cornbread, fresh fruit and a glass of milk for a meal that meets MyPLate recommendations.***