



Food and Health Communications, Inc., Cooking Demo II. (n.d.). Delicious Greens. MyPlate Kitchen.

Greens

Makes 8 servings
Prep Time: 15 minutes
Cook Time: 10 minutes

Ingredients

7 cups mustard or collard greens (about 1 pound, rinsed, stems removed and coarsely shredded)
4 cups cabbage (shredded)
2 tablespoon olive oil
4 tablespoons garlic (minced)

1 onion (chopped)
2 tablespoon vinegar

Directions

- Rinse greens, remove stems, and tear in small pieces.
- In a large saucepan, boil 12 cups of water.
- Add mustard greens, return to a boil and cook 3 minutes. Add cabbage and cook 1 more minute. Drain in colander.
- Heat a large non-stick skillet over medium high heat. Add oil and sauté garlic and onion until light brown, about 3 minutes.
- Add greens and vinegar and cook briefly, about 3 minutes. Serve hot.



Scan this QR code to watch a video of how to make it.

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