Mustard Greens

Makes 4 servings

Ingredients

1 tablespoon extra-virgin olive oil
½ cup chopped onion
4 cloves garlic, minced
1 ½ cups chopped mustard greens
3 tablespoons low-sodium vegetable broth

Directions

1. In a large saucepan, heat oil over medium-high heat. Add onions and sauté for 5 to 10 minutes, until lightly browned. Add garlic. Cook 1 minute.
2. Add mustard greens and broth. Stir. Cook until greens are just starting to wilt.
3. Serve warm.

Allina Health

SIDE DISH

TIP

Toss in ¼ teaspoon crushed red pepper to add some heat to this dish!

= heart smart = low sodium = gluten free

Visit allinahealth.org/recipes for more healthful recipe ideas.

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mrk-ak-57405 (7/14)

Nutrition Facts

Serving Size 1/2 cup (59g)
Servings Per Container 4

Amount Per Serving	
Calories 50	Calories from Fat 30
	% Daily Value*
Total Fat 3.0g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	

Vitamin A 15% • Vitamin C 30%
Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Carb choices per serving: 0