

Healthy Mixed Greens

- 6 cups chopped mustard greens
- 6 cups chopped Turnip greens
- 6 cups chopped collard greens
- 4 Tablespoons olive oil
- 2 medium onions small diced
- 6 cloves garlic chopped
- 4 cups vegetable or Chicken Stock broth for more flavors (fat free) or you can use water.
- 2 tsp. salt
- 2 tsp. pepper
- 1 smoked turkey leg or 4-6 slices turkey bacon(this recipe can be made totally vegetarian)

I prefer prewashed greens for convenience.

1. Heat Oil sauté onions, garlic, if you are using Turkey bacon, cook along with onions.
2. If you are using prewashed greens you can add to a large pot, cover with stock or water and simmer for 45 minutes.
3. Season with salt and pepper.
4. Serve as a side dish.

Greens are a staple in southern cooking. I have adjusted this recipe for a more nutritional dish. The nutrition you receive from dark leafy vegetables is great for Healthy eating.

Per serving: 100 calories, 6 g.protein,4 g. fat, 14 g. carbohydrates.