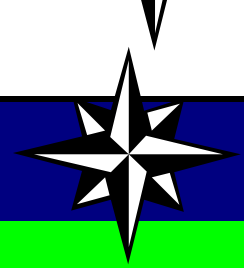


GREENS



To Look for: Choose leaves that are crisp and fresh and have a deep green color, with no yellow tinge.



At Home: To keep greens fresh, refrigerate in dry plastic bags for up to three days. Or cook the greens and then freeze sealed in plastic bags. They will last up to three months when frozen.



Your Health: Greens are a “powerhouse” vegetable:

- Very Good Source of Vitamin C
- Very Good Source of Vitamin A
- Good Source of beta-carotene
- Good Source of Fiber
- Good Source of Calcium, Very Good Source of Folate, also includes iron



Benefits: Eating more vegetables, especially high fiber, Vitamin A and C rich vegetables, reduces risk of cancer, heart disease and strokes.

- Vitamin C helps your body absorb iron and helps your immune system
- Vitamin A helps maintain vision and keeps your immune system healthy
- Fiber aids digestion and gives a feeling of fullness when eating
- Calcium prevents bone loss, iron prevents anemia, potassium keeps up muscle function, and folate helps prevent birth defects.

Nutrition Facts

Serving Size ½ cup (95g)
(Collards)

Amount Per Serving

Calories	Calories from
25	Fat 0

% Daily Value*

Total Fat 0g	0%
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Saturated Fat 0g	0%
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Cholesterol 0mg	0%
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Sodium 15mg	1%
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Total Carbohydrate 5g	2%
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Dietary Fiber 3g	11%
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Sugars 0g

Protein 2g

Vitamin A	-	Vitamin C
154%		29%

Calcium 13%	-	Iron 6%
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Additional Nutrition Information

Potassium 110mg **3%**
Folate 88mg **22%**



Tips to Eat More Greens: A serving of greens is 1 cup raw or ½ cup cooked.

- Soak collard greens overnight to shorten cooking time.
- Use a packet of Lipton Soup mix to season greens instead of animal fat.
- Try boiling greens until just tender, instead of very tender, to help preserve their nutrients.
- Try sautéing greens in 1-2 tablespoons of olive oil and just the water left from rinsing them; add your favorite seasoning to taste.
- Cooked greens can add great color and nutrition to many rice dishes.

- Experiment with not-so-commonly eaten greens like Swiss chard or beet greens.
- When you can't buy fresh, frozen greens are an acceptable substitute!
- If you like greens flavored with pork fats, try flavoring greens with smoked turkey and/or turkey bacon instead.
- Remember that greens cook down considerably. One pound of spinach or mustard greens will yield a cup or two of cooked greens, so buy plenty!
- Greens taste best with strong accompaniments, such as vinegar, lemon juice, garlic, leeks, raisins, or olives; or crunchy, such as nuts or sesame seeds; or at least colorful, such as beets, radicchio or carrots.
- Kale, collards, and mustard greens possess a strong, spicy, or appealing bitter flavor, while chard and beet greens are more mellow. To create a balanced dish with wider appeal, mix greens from these two camps.



Quick Recipe Ideas:

- Drop greens into your favorite soup or stew just before the end of cooking time.

- **Wiley Greens:**

leftovers, freeze this dish within a day or two, and enjoy the rest another time.

Ingredients:

2 lbs. turnip Greens
1 package Wiley Seasoning
Water

Try this recipe with your family or have your kids help you make it—This greens recipe is easy and kid friendly!

Wash greens in cold water. Place in large pot and add water, cover and bring to boil. Add 1 packet seasoning per 2 lbs of greens. Simmer on low heat until tender.

Serves 4.

Per serving: 60 calories, 0.5 g. fat, 7 g. fiber, 345% Vitamin A, 28% Vitamin C, 43% Calcium.

Source: Wiley's Greens Seasoning Package



For One: To serve one, follow the same recipe, using: 1 lb. turnip greens and ½ package Wiley seasoning.

Modifications: You can use any kind of greens you prefer. Just remember that some greens like collards, take longer to cook than others, like kale. You can also add a small amount of smoked turkey or turkey bacon for added flavoring.

Storage and Freezing: Greens are best eaten within a day or two of making. But if you have