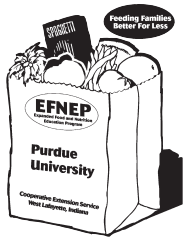
PURDUE EXTENSION

Family Nutrition Program



Seared Greens

Serving Size: 1 cup Yield: 6 servings

Ingredients

1½ pounds kale or collard greens
2 Tablespoons vegetable oil or olive oil
4 chopped garlic cloves
1 cup water
¼ teaspoon salt
1 teaspoon black pepper
2 Tablespoons cider vinegar

Instructions

1. Clean the greens thoroughly and cut stems away. Dry well and tear into salad pieces or slice across leaf into ½-inch pieces.
2. In a large deep pot or skillet with a cover, sauté garlic in oil. Add greens in pan with 1 cup water.
3. Cover pan and steam for 4 minutes.
4. Uncover, stir constantly until greens shrink. Add salt and pepper and continue to stir on high heat until mixture is thoroughly wet.
5. Sprinkle cider vinegar on mixture. Cover.
6. Turn off heat. Let stand until ready to serve.

Cost

Per Recipe: $2.21
Per Serving: $0.37

Adapted from Food Family Fun, USDA, Team Nutrition

Nutrition Facts

Serving Size: 1 cup (165g)
Servings Per Recipe: 6

Amount Per Serving	
Calories 100	Calories from Fat 45
	% Daily Value*
Total Fat 5g	8%
Saturated fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 0g	
Protein 4g	

Vitamin A 350% * Vitamin C 23 0%
Calcium 15% * Iron 10%

*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
Sat 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

The Family Nutrition Program operates through Purdue University Cooperative Extension Service in partnership with Indiana Family & Social Services Administration (FSSA) and the United States Department of Agriculture (USDA). Purdue University Cooperative Extension Service, FSSA and USDA are equal opportunity/equal access/affirmative action institutions.

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