

Stewed Greens

Serves 4

- 1 T butter
- 1 T garlic, chopped
- 2 t cider vinegar
- 2 t chipotle peppers canned in adobo sauce, minced
- 2 t spicy brown mustard
- 1 t soy sauce
- 1 T Worcestershire sauce
- 1/4 c water
- 8 c—slightly packed greens such as collards, mustard, or turnip greens rinsed, stemmed and chopped.



Heat butter in a pot and add garlic when melted. Sauté garlic until slightly brown. Add all remaining ingredients, cover and heat at medium for 5 minutes stirring every two minutes. Reduced heat to medium-low and continue to cook an additional 15 minutes. Serve.

Nutrition information per serving (about 1/2 cup): 45 calories, 3g fat, 1g protein, 3 g carbohydrate, 180mg sodium, 1g dietary fiber. Good source of vitamin A and C.



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