

Greens with Carrots

This recipe contains more than one type of fruit or vegetable, rich in different nutrients. Try many colors and kinds.

Ingredients:

- 8 cups rough chopped greens*, washed
- 2 teaspoons vegetable oil
- 2 large carrots, peeled and cut julienne (see note)
- 1 garlic clove, minced
- 1 teaspoon ground coriander (optional)
- Salt and pepper to taste
- Pinch of cayenne pepper, if desired

Garnish:

- 1 tablespoon vinegar
- ½ tablespoon tamari (or soy sauce)

Directions:

1. Wash greens and remove tough stems. Kale: remove large stem running through center of each leaf. Bok choy: do not remove stem. Rough chop or cut leaves into thin strips.
2. Heat oil in large skillet. Add carrots and sauté 2 minutes. Add garlic and sauté 1 minute. Add greens, coriander, salt and pepper and cayenne – stir often to keep the greens moving.
3. When greens have turned bright green and begun to wilt, remove from heat. Sprinkle vinegar and tamari mixture over the top. Toss gently and serve.
4. Refrigerate leftovers within 2-3 hours.

Bright Ideas: *Try kale, bok choy, collard (may want to pre-cook 8-10 minutes), mustard, or a combination of greens. *Note: Julienne means to cut into very thin, matchstick strips. Coarsely grated carrots can also be used.*

Nutrition Facts	
Serving Size 1/2 cup (90g)	
Servings Per Container 8	
Amount Per Serving	
Calories 50	Calories from Fat 15
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	4%
Total Carbohydrate 9g	3%
Dietary Fiber 2g	8%
Sugars 1g	
Protein 3g	
Vitamin A 270%	Vitamin C 140%
Calcium 10%	Iron 6%
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

8 servings, 1/2 cup each



Source: Janice Gregg. OSU Extension, Linn and Benton Counties. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>