



Soul Food Makeover: Smothered Greens Recipe

3 cups	water
¼ pound	smoked turkey breast, skinless
1 tablespoon	hot pepper, chopped
¼ teaspoon	cayenne pepper
1 teaspoon	cloves, ground
2 cloves	garlic, crushed
½ teaspoon	thyme
1 stalk	scallion, chopped
1 teaspoon	ginger, chopped
¼ cup	onion, chopped
2 pounds	greens (collard, mustard, turnip, kale, or mixture)

1. Prepare greens by washing thoroughly and removing stems.
2. Tear or slice greens into bite-sized pieces.
3. Place all ingredients except greens into large saucepan and bring to a boil.
4. Add greens. Cook 20 to 30 minutes until tender.



Makes 5 servings

Serving size: 1 cup	Dietary Fiber: 4 g
Calories: 80	Protein: 9 g
Fat: 2 g	Total
Saturated fat: <1 g	Carbohydrates: 9 g
Cholesterol: 16 mg	Potassium: 472 mg
Sodium: 378 mg	