



Cornell University
Cooperative Extension
New York City



Quick Sautéed Greens

Yields 5 servings (½ cup each)

Ingredients

- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 bunch of scallions (or 2 onions) chopped
- 4 cups your favorite greens washed, stems removed, cut into shreds
(try combining kale, Swiss chard, collard greens, or others)
- 2 tablespoons water
- Dash of crushed red pepper or hot sauce, optional

Instructions

1. Heat oil in large skillet over medium heat until hot.
2. Add garlic and scallions or onions and cook until slightly wilted (about 1-2 minutes).
3. Add the greens, seasonings and water. Stir ingredients well.
4. Cover the pan, and cook the greens over low heat for 8 to 10 minutes. Stir occasionally.

Helpful Information

- Slice greens into bite-size shreds by rolling several leaves together. Cut them into ¼-inch strips with a sharp knife.
- Try sautéing with callaloo, dandelion greens, cabbage, or Chinese cabbage. Add carrots and beets. They are delicious!

Source: CUCE-NYC FMNP Recipe Collection 2015

To find farmers' market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

Nutrition Facts	
Servings Per Recipe	5 servings
Serving size	½ cup
Amount per serving	
Calories	50
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 33mg	2%
Iron 0mg	0%
Potassium 134mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

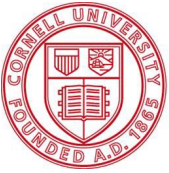
Label analysis based on ingredients listed.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA's Expanded Food and Nutrition Education Program.

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快速炒青菜

制作 5 份（每份 ½ 杯）

食材

- 1 汤匙橄榄油
- 3 瓣大蒜，切碎
- 1 束葱（或 2 个洋葱）切碎
- 4 杯你最喜欢的蔬菜，洗净，去掉茎，切成丝
（尝试结合羽衣甘蓝、瑞士甜菜，或其他）
- 2 汤匙水
- 少许碎红辣椒或辣酱，自选

指示

1. 在大平底锅中用中火加热油直至变热。
2. 加入大蒜和葱或洋葱，煮至略微金黄色
（大约 1-2 分钟）。
3. 加入蔬菜、调味料和水。充分搅拌配料。
4. 盖上锅盖，用小火煮青菜 8 至 10 分钟。不时搅拌。

有用的信息

- 将几片叶子卷在一起，将蔬菜切成一口大小的碎片。
用锋利的刀将它们切成 ¼ 英寸的条。
- 尝试与菠菜、蒲公英叶子、卷心菜或大白菜一起炒。加入胡萝卜和甜菜。
它们也很美味！

资料来源：CUCE-NYC FMNP 食谱集 2015

要查找农贸市场食谱，请访问：<http://nyc.cce.cornell.edu/farmers-market-recipes/>

要查找食谱视频，请访问我们的 YouTube 频道：Farmers Market Recipes CCE NYC

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