



WIC...

**Healthy Habits,
Healthy Families**

Greens

Greens are a good source of vitamin A, vitamin C, calcium and folate. Enjoy greens in soups, salads and stews.

Look for North Carolina greens when the weather is cooler.

Buying fresh greens...

- Select fresh tender leaves that are a deep-green color and not wilted. Avoid bunches with thick, coarse-veined leaves or that are a yellowish color.

Storing fresh greens...

- Store greens in a plastic bag in the coolest part of the refrigerator.
- Use greens within 3 to 5 days.

Enjoying fresh greens...

- Before using greens, remove any wilted or yellow leaves. Wash in lukewarm water a few times and drain.
- Mild-flavored greens (kale, spinach, chard) can be steamed for 5 to 7 minutes.
- Stronger-flavored greens (collards, turnip greens, mustard greens) need to be cooked in a seasoned broth for 20 to 30 minutes.

**Fruits &
Vegetables**



Eat more fruits and vegetables.

Increase fiber.

Soulful Greens

www.fruitsandveggiesmatter.gov

This recipe uses two WIC foods: 100% orange juice and vegetables you can buy with your cash-value vouchers.

Makes
4
servings

Ingredients...

- ½ cup reduced-sodium chicken broth
- ¾ cup water
- 2 pounds collard greens, washed, stems removed and chopped
- 1½ cups red onions, sliced
- 1 clove garlic, minced
- ¼ cup orange juice
- ½ teaspoon dried red pepper flakes

Directions...

1. Put chicken broth and water in a large pot. Bring to a boil. Add collards. Cook uncovered at medium-high for 15 minutes. Drain the collards.
2. Sauté garlic and onions for 5 minutes in a large nonstick skillet. Add orange juice and wilted greens.
3. Stir until well coated. Simmer uncovered at medium-low for 10 to 15 minutes.
4. Sprinkle with red pepper flakes and serve.

Nutrition information...

Calories 100, Fat 1g, Carbohydrate 19g, Protein 7g, Fiber 9g, Sodium 120mg, Cholesterol 0mg.

Seasoned Broth for Greens

- Use chicken, beef or vegetable broth or bouillon cubes to season your greens. Add a couple teaspoons of vegetable oil instead of fatback or ham hocks which are high in fat.

Family Goals

- My family and I will try fresh collards.
- My family and I will try a lower fat greens recipe.
- My family and I will try greens in a stew.
- My family and I will try steamed spinach.
- Other _____



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