



COOKING WITH MUSTARD GREENS

SAUTEED

INGREDIENTS:

2 bunches of mustard greens, 3 cloves of garlic, 2 tablespoons of olive oil, ¼ teaspoon of red pepper flakes, ½ teaspoon of salt, ¼ teaspoon of black pepper, and 1 tablespoon balsamic vinegar.

INSTRUCTIONS:

1. Trim the thick bottom stems from the mustard greens and discard. Coarsely chop the greens with the thin stems attached. Rinse in a colander but do not dry.
2. Thinly slice garlic cloves. Heat 2 tablespoons of olive oil in a large, and high sided pan over medium heat. Add the garlic and red pepper flakes if desired. Cook and stir for about a minute. Do not let the garlic brown.
3. Add in the mustard greens a few handfuls at a time, stirring after each addition so that they start to wilt. Stir in salt and pepper. Continue until all of the greens are added.
4. Cover and cook, stirring occasionally until the mustard greens are tender, for about 10-15 minutes. Remove from heat and stir in balsamic vinegar then serve.

WHAT ARE MUSTARD GREENS?

Mustard greens are the leaves of the mustard plant, and are related to cabbage and kale. They have a pepper taste and can be enjoyed raw in salads or cooked in various dishes. Mustard greens have many nutritional benefits and are rich in vitamin A, vitamin C, vitamin E, vitamin K, and folate. They are also rich in antioxidants and other minerals like potassium and calcium.

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