



Smothered Greens

Use a small amount of skinless smoked turkey breast instead of fatback to lower the fat content but keep the taste.

Ingredients:

- 3 cups water
- 1/4 lb smoked turkey breast, skinless
- 1 Tbsp hot pepper, freshly chopped
- 1/4 tsp cayenne pepper
- 1/4 tsp cloves, ground
- 2 cloves garlic, crushed
- 1/2 tsp thyme
- 1 stalk scallion, chopped
- 1 tsp ginger, ground
- 1/4 cup onion, chopped
- 2 lbs greens (mustard, turnip, collard, kale, or mixture)

Directions:

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

Nutritional Information: Makes 5 servings--Serving size: 1 cup
Calories 80 /Fat 2 g /Saturated fat less than 1 g /Cholesterol 16 mg
/Sodium 378 mg

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