



Mustard Greens With Balsamic Vinegar

Yield: 6 servings

Ingredients

- 2 tablespoons water
- 2 cloves garlic, thinly sliced
- 3 pounds mustard greens, well rinsed and tough stems removed, very coarsely chopped
- 2 tablespoons balsamic vinegar
- 1 teaspoon kosher salt
- 2 teaspoons black pepper, freshly ground

Instructions

1. In a very large pot, heat water over medium heat.
2. Add the garlic and cook, stirring, for 1 minute.
3. Add the mustard greens, stirring. Add greens as they wilt, so all fit into the pot.
4. Cook for 5 minutes, stirring occasionally.
5. Cover the pot and continue to cook until the greens are very tender, about 10 minutes more.
6. Remove from the heat, stir in the vinegar and season to taste with salt and pepper.
7. Serve straightaway.

Presented by
Culinary Medicine

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X22572 FY19.11.70.A-18 (with punch) © Spectrum Health 03.2019

Nutrition Information **Serving Size: 1 cup**

Calories: 70 | Total Fat: 1 g | Saturated Fat: 0 g | Sodium: 400 mg
Total Carbohydrate: 13 g | Dietary Fiber: 7 g | Sugars: 4 g | Protein: 7 g

Recipe inspired by Molly O'Neill at cooking.nytimes.com. Adapted and nutrition calculated by Werner Absenger, PhD, MS for MindBodyMed.