

SMOTHERED GREENS

Makes 5 servings

- 3 cups of water
- ¼ lb smoked turkey breast, skinless
- 1 Tbsp hot pepper, freshly chopped
- ¼ cayenne pepper
- ¼ cloves, ground
- 2 cloves garlic, crushed
- ½ tsp thyme
- 1 stalk scallion, chopped
- 1 tsp ginger, ground
- ¼ cup onion, chopped
- 2 lbs greens (mustard, turnip, collard, kale, or mixture)

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. Cook 20 or 30 minutes until tender.

NUTRITION FACTS	
Serving Size: 1 cup	
Calories 80	
Fat	2g
Saturated Fat	less than 1g
Cholesterol	16mg
Sodium	378mg