

Greens with Carrots

Try the sweet taste of carrots contrasted with kale in a yummy soy sauce marinade!

Makes: 8 Servings
 Prep Time: 20 minutes
 Cook Time: 15 minutes

Source: FoodHero.org

Ingredients

- 8 cups greens (try kale, bok choy, collard, mustard, or others)
- 2 teaspoons vegetable oil
- 2 large carrots, peeled and cut julienne (thin strips) or coarsely shredded
- 1 clove garlic, minced (or 1/4 teaspoon garlic powder)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1 teaspoon ground coriander (optional)
- 1 pinch cayenne pepper (optional)
- 1 Tablespoon vinegar
- 1 1/2 teaspoons low-sodium soy sauce

Directions

1. Wash greens and separate leaves from stems if needed. Slice stems crosswise, if using. Chop or slice leaves into thin strips.
2. Heat oil in large skillet over medium-high heat (350 degrees in an electric skillet).
3. Add carrots and stems if separated; cook for 2 minutes. Add garlic and cook for 1 minute.
4. Add greens, salt, pepper, coriander and cayenne, if desired. Stir often.
5. When greens have turned bright green and begun to wilt, remove from heat. Sprinkle vinegar and soy sauce over the top. Toss gently and serve.
6. Refrigerate leftovers within 2 hours.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	50
Total Fat:	2 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	100 mg
Total Carbohydrates:	8 g
Dietary Fiber:	2 g
Total Sugars:	1 g
Protein	3 g
Vitamins	% Daily Values
Vitamin A	190%
Calcium	10%
Iron	6%
Vitamin C	140%

Utensils Needed

- Cutting board
- Sharp knife
- Measuring cups
- Measuring spoons
- Large skillet or electric skillet
- Serving bowl
- Mixing spoon

SHOPPING LIST

Average total cost without oil and seasonings: \$5.35

Average cost/serving: \$0.67

Makes: 8 Servings (1/2 cup per serving)

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Whole Carrots, 1 lb



Add 1 to Cart
Low-Sodium Soy Sauce, 15 fl oz



Add 2 to Cart
Collard Greens, bunch



Add 1 to Cart
Garlic, bulb



Add 1 to Cart
Distilled White Vinegar, 32 fl oz

SAVE TIME, SAVE MONEY

Produce Tips

- With leftover carrots, chop and eat for snack or add them to a soup or stew later in the week.
- Choose greens that look crisp. Avoid wilted or yellowing leaves and browned stalks.
- Greens may be fresher and cost less when they are in season. Most are available spring through summer or fall. Kale, mustard greens, and collard greens are available during the winter months.

My Cooking Notes