

## Farmers Market Fun Family Recipes



**Serving Size:** 1 cup

**Yield:** 6 servings

### Ingredients

- 1 ½ pounds kale or collard greens
- 2 Tablespoons vegetable oil
- 4 cloves garlic, chopped
- 1 cup water
- ¼ teaspoon salt
- 1 teaspoon black pepper
- 2 Tablespoons cider vinegar

### Instructions

1. Clean greens thoroughly and cut stems away.
2. Dry well and tear or cut into ½-inch pieces.
3. In a large skillet with cover, sauté garlic in oil.
4. Add greens and 1 cup water. Cover pan and steam for 4 minutes.
5. Uncover pan; continue to cook, stirring constantly until greens have wilted.

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## Nutrition information:

Calories: 100  
Carbohydrate: 12 gm  
Fiber: 2 gm  
Fat: 5 gm  
Protein: 4 gm  
Cholesterol: 0 mg  
Sodium: 150 mg

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WVU Extension office  
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6. Add salt and pepper and continue to stir and cook until mixture is thoroughly wet.
7. Sprinkle cider vinegar on mixture.
8. Cover. Turn off heat and let stand until ready to serve.

## Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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