Holiday Greens

When the sweet holiday treats need a little balancing, here are a few simple ways to prepare and enjoy some healthy greens such as kale, collards and Swiss chard. Greens can be a great source of the carotenes, calcium, vitamin K, iron and folic acid. Each of the methods of preparation is simple and has unique texture and flavors. Greens are a great accompaniment to a beans and rice dish, poultry, fish, or pork.

Steamed Greens with Balsamic Vinegar
6 cups coarsely chopped kale, collard or Swiss chard greens
Water
Freshly ground pepper
Balsamic vinegar to taste

Wash and remove tough stems from leaves. Coarsely chop into approximately 2 inch square pieces. Place in a 2 quart pan.

Add about an inch of water to the bottom of the pan. Place lid on pan and steam greens for about 5 minutes to desired tenderness. Drain water, give greens a couple of grinds of pepper and a splash of balsamic vinegar to taste. Enjoy!

Nutrition Analysis: 51 calories, 3 grams protein, 2 grams fiber, 135 mg calcium, 300% Vitamin A, 200% Vitamin C

Sauteed Greens with Olive Oil and Garlic
6 cups coarsely chopped kale, collard, or Swiss chard greens
2 tablespoons olive oil
2 cloves garlic

Wash and remove tough stems from leaves. Coarsely chop into approximately 2 inch square pieces. Mince garlic cloves. Add olive oil to medium sized sauté pan. Heat over medium high heat. Add garlic and stir briefly in olive oil, do not brown. Add chopped greens and sauté until desired tenderness, about three minutes. Season with fresh ground pepper and serve immediately.

Nutrition Analysis: 115 calories, 8 grams fat, 1 gram saturated fat, 2 grams fiber, 135 mg. calcium, 300% Vitamin A, 200% Vitamin C

Here is a greens recipe from a colleague, Sike Pan, a UA Nutrition Sciences graduate.

Roasted Kale with Sea Salt
4 cups firmly-packed kale
1 tablespoon extra-virgin olive oil
½ teaspoon good-quality sea salt, such as Maldon or Cyprus Flake

Preheat oven to 375 degrees F. Wash and trim the kale. Peel off the tough stems by folding the kale leaves in half like a book and stripping the stems off. Toss with extra virgin olive oil. Roast for 5 minutes. Turn kale over. Roast another 7 to 10 minutes until kale turns brown and becomes paper thin and brittle. Remove from oven and sprinkle with sea salt. Serve immediately.
Makes 2 servings.

Nutrition Analysis: 130 calories, 8 grams fat, 2 grams saturated fat, 3 grams fiber, 4 grams protein, 412% Vitamin A, 268% Vitamin C, 180 mg calcium, 13% iron.