Greens with Smoked Turkey

These greens are especially wonderful in the cooler months when they are easily found in your garden.

Makes: 5 servings

Ingredients

- 3 cups water
- ¼ pound smoked turkey breast, skinless
- ½ hot pepper, freshly chopped
- ¼ teaspoon cayenne pepper
- ¼ teaspoon ground cloves
- 2 cloves garlic, crushed
- ½ teaspoon dried thyme
- 1 scallion, chopped
- 1 teaspoon ground ginger
- 1 small onion, chopped
- 2 pounds leafy greens, stems removed, chopped (collard greens, kale, mustard greens, Swiss chard, or mixture)

Directions

1. Place all ingredients except greens into a large pot and bring to a boil.
2. Add greens to the pot and reduce heat. Simmer 20-30 minutes until tender.
3. Remove turkey breast, shred, and return to the pot.
4. Serve greens and smoked turkey in a bowl with a small amount of the nutrient-rich cooking liquid.

Recipe from: *Heart Healthy Home Cooking: African American Style*, U.S. Department of Health and Human Services, National Heart, Lung, and Blood Institute, adapted by the USDA Food and Nutrition Administration.

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