

Winter Greens

Although harvested in the winter, greens are great any time of the year! Winter Greens are fresh kale, cooked with onions, garlic and red pepper flakes.

CACFP Home Childcare Crediting Information

½ cup (½ cup measuring cup or 4 oz spoodle) provides ½ cup vegetable (½ cup dark green vegetable).



Preparation Time: 8 minutes

Cooking Time: 5 minutes

Makes: 6 servings

Ingredients

- 1 ¾ tsp Canola oil or Sesame oil
- 1 lb or 1 gal Fresh kale, pre-chopped stems removed
- 2 Tbsp Dried onion flakes
- 2 tsp Sugar
- ½ oz or 1 Tbsp Garlic, minced
- 2 tsp Vegetable base, low sodium
- ¼ tsp Red pepper flakes
- ½ cup Water
- ½ Whole fresh jalapeño, diced (optional)

Directions

- 1 Heat oil in a large stock pot uncovered over high heat.
- 2 Add kale, onions, sugar, garlic, vegetable base and pepper flakes.
- 3 Cook over high heat for 3 minutes. Add water. Stir well.
- 4 Add the diced jalapeño (optional).
- 5 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
- 6 Pour kale into a small serving dish.
- 7 Critical Control Point: Hold at 140 °F or higher until served.
- 8 Serve ½ cup (portion with ½ cup measuring cup or 4 oz spoodle).

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 57, Protein 2 g, Carbohydrates 8 g, Dietary Fiber 2 g, Total Sugars 3 g, Total Fat 2 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 71 mg, Vitamin A 542 mcg RAE, Vitamin C 34 mg, Vitamin D 0 IU, Calcium 63 mg, Iron 1 mg, Potassium 214 mg

