

Mustard Greens

Mustard greens are the spicy leafy greens that grow from the mustard plant. The leaves are full of nutrients and can be prepared in a variety of ways!

SIMILAR TO

Greens are similar to kale, collard greens, and cabbage. When cooked, the greens taste like spinach.

HOW TO USE

Remove dirt from leaves of mustard greens by washing them before cooking.

Mustard greens can be cooked using steam (steamed), pan-fried in oil or butter, or thrown in a soup! Combine raw mustard greens and lettuce for a salad with a spicy kick.

A RECIPE TO TRY:

Sautéed Mustard Greens

Recipe from foodnetwork.com

Takes 10 minutes of prep time, 15 minutes of cooking time. Serves 6.

INGREDIENTS

- 2 tablespoons of cooking oil
- 2 cloves of garlic, minced
- 2 bunches of mustard greens with the stems cut off and the leaves chopped
- Salt (to taste)
- Pepper (to taste)
- 1/4 cup of chicken or vegetable stock
- 1 tablespoon of mustard

1. Put large pan on medium heat and add oil. Once the oil is hot, add garlic.
2. Once the garlic is salt, add the mustard greens. Let the mustard greens cook until they are wilted; add stock and stir. Sprinkle salt and pepper for taste.
3. Raise heat to a simmer, then lower, and cook for 5 minutes.
4. Stir in mustard.



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