



DELICIOUS GREENS

 @Gleanersfan

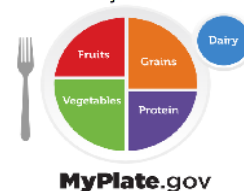


Ingredients:

3.5 cups collard or mustard greens, sliced
1 Tbsp olive oil
1 onion, diced

2 cups cabbage, shredded
2 Tbsp garlic, minced
1 Tbsp vinegar

Color your meal!



Directions:

1. Wash hands with soap and water.
2. Rinse greens, remove stems, and tear in small pieces.
3. In a large saucepan, boil 3 quarts of water.
4. Add mustard greens, return to a boil and cook 3 minutes. Add cabbage and cook 1 more minute. Drain in colander.
5. Heat a large non-stick skillet over medium high heat. Add oil and sauté garlic and onion until light brown, about 3 minutes.
6. Add greens and vinegar and cook briefly, about 3 minutes. Serve hot.

Find more recipes and resources online at: www.gcfb.org/recipes_resources

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Call the number below for assistance!

Mention Gleaners when speaking with your SNAP representative.

F.O.R.
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LÍNEA DE AYUDA



Para obtener ayuda para encontrar una despensa de alimentos, ayuda para presentar una solicitud de beneficios de SNAP o referencias a otros recursos, llame al

1-888-544-8773


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HELPLINE



For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773

F.O.R.
خط المساعدة



للحصول على المساعدة في العثور على مخزن طعام، أو المساعدة في التقدم بطلب للحصول على مخصصات SNAP، أو الإحالات إلى موارد أخرى، اتصل بالرقم

1-888-544-8773

 Operado por el Consejo del Banco de Alimentos de Michigan
Food Bank Council of Michigan
Financiado en parte por el Departamento de Salud y Servicios Humanos de Michigan
Michigan Department of Health and Human Services

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Text **HEALTHYEATS** to **833-956-1009** to get text alerts for classes, nutrition tips, recipes, and more!