

Hojas Verdes Salteadas

Ingredientes:

- 1 cucharada de aceite de oliva o canola
- 3 ó 4 dientes de ajo picados
- 1 manojo de cebollitas (scallions) o 2 cebollas amarillas o rojas medianas picadas
- 2 libras de hojas de col rizada, enana, hojas de nabo y hojas de mostaza lavadas, sin tallos y cortadas en tiras
- 2 cucharadas de agua
- ¼ cucharadita de sal (al gusto)
- 1 pizca de chile en polvo o salsa picante (opcional)

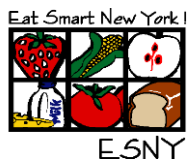
Instrucciones:

1. Caliente el aceite en una cacerola a fuego mediano.
2. Agregue el ajo y la cebolla para saltearlos por 1 o 2 minutos o hasta que estén ligeramente cocidos.
3. Agregue las hojas verdes, especias y el agua. Mezcle bien todos los ingredientes.
4. Tape la cacerola y cocine a fuego lento por 8 o 10 minutos o hasta que estén blandos. Muévelos de vez en cuando.

Rinde: 6 raciones (1 taza cada una)

Fuente: Cornell University Cooperative Extension in New York City

Nutrition Facts	
Serving Size	1 cup (144g)
Servings Per Recipe	6
Amount Per Serving	
Calories	70
Calories from Fat	20
% Daily Value *	
Total Fat	2g 3%
Saturated Fat	0g 0%
Trans Fat	0g
Cholesterol	0mg 0%
Sodium	110mg 5%
Total Carbohydrate	11g 4%
Dietary Fiber	4g 16%
Sugars	2g
Protein	3g
Vitamin A	250%
Vitamin C	140%
Calcium	15%
Iron	8%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Total Fat	Less than 2000
Saturated Fat	Less than 65g
Cholesterol	Less than 20g
Sodium	Less than 300mg
Total Carbohydrate	Less than 300mg
Dietary Fiber	Less than 2,400mg
	25g
	80g
	25g
	300mg
	300mg
	375g
	30g
29% calories from fat	



E.SNY

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

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