



Garlic Sautéed Greens

4 Servings • 1 Serving = ½ Cup

INGREDIENTS

- 1 Tablespoon extra virgin olive oil
- 3 cloves garlic, minced
- 8 cups raw greens, chopped
- 1 teaspoon lemon juice
- ½ teaspoon tamari or less sodium soy sauce

DIRECTIONS

1. Heat oil in a 10" skillet. Add garlic and sauté for about 1 minute. Add greens and keep them moving in the skillet, turning frequently so that all the greens reach the same heat.
2. When all greens have turned bright green and begun to wilt, remove from heat. Add lemon juice and tamari or soy sauce over the top.
3. Toss gently before serving.

Nutrition Facts	
4 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	50
	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 60mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 204mg	15%
Iron 1mg	6%
Potassium 290mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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