



Mustard Greens

Mustard Greens are the most pungent of the cooking greens and add a peppery flavor to food.

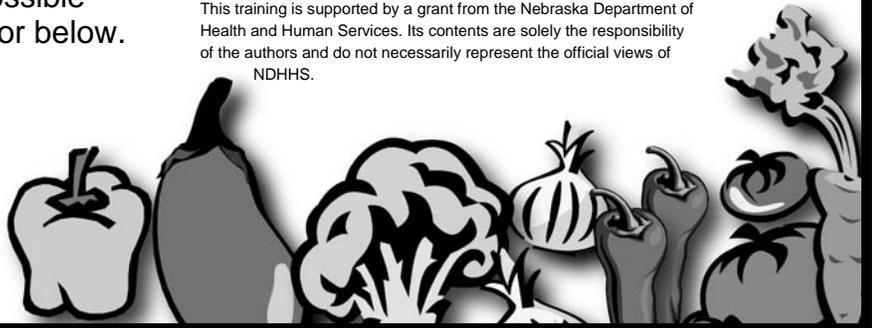
Store: Store unwashed greens in plastic bags in the crisper drawer of the refrigerator for up to 3 days. Wrap in moist paper towels for longer storage up to 5 days. Flavor may intensify during the longer 5 day storage. To freeze mustard greens: blanch by placing greens in boiling water for 3 minutes. Remove and place in ice water or under cold running water until cooled. Remove and drain. Place cold greens in zip-lock bags or freezer containers. Squeeze out as much air as possible and freeze for up to 1 year at 0 degrees F or below. Freezing is the best way to store.

Prepare: Wash greens, trim ends and cut into 1 inch pieces or leave whole.

Serve: Young leaves (4-5 inches long) are mild flavored and can be eaten raw in salads. Older leaves taste better when prepared as cooked greens. Avoid leaves that are yellow or have seeds or yellow flowers attached.



This training is supported by a grant from the Nebraska Department of Health and Human Services. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of NDHHS.



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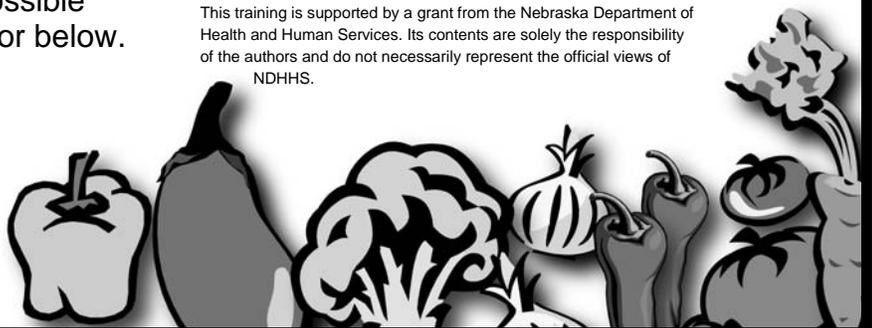
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Mustard Greens Recipe

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Ingredients:

½ cup thinly sliced onions
2 cloves garlic, minced
1 Tbsp olive oil
1 lb mustard greens, washed and torn into large pieces
2 to 3 Tbsp chicken broth or vegetable broth (vegetarian option)
¼ teaspoon salt
¼ teaspoon pepper
¼ teaspoon dark sesame oil

Serves 4

enjoy!

Source:
http://simplyrecipes.com/recipes/mustard_greens-print/

Directions:

In a large sauté pan, sauté onions in olive oil over medium heat until the onions begin to brown and caramelize, about 5 to 10 minutes.

Add the mustard greens and broth and cook until the mustard greens are just barely wilted. Toss with sesame oil. Season with salt and pepper.



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