

Renetta's Southern-Style Greens

Yield: 6 servings

Serving size: 1 1/2 cups

Total Prep/Cook Time: 2 hours, 15 minutes



Ingredients

- ✓ 12 slices turkey bacon, chopped
- ✓ 2 medium-sized sweet onions, chopped
- ✓ 6 garlic cloves, minced or 6 teaspoons jarred minced garlic in water
- ✓ 1 32-oz container low sodium chicken broth
- ✓ 3 (1-lb) packages fresh greens, washed and trimmed
- ✓ 3/4 teaspoon pepper

Directions:

1. Cook bacon in a 10-qt. stockpot over medium heat about 10 minutes or until almost crisp.
2. Add onion & garlic and sauté 8 minutes. Stir in broth and remaining ingredients.
3. Cook 2 hours or to desired degree of tenderness and enjoy!

Nutrition Facts:

Lifestyle Tips:

Traditional Southern-Style Greens are typically cooked with smoked meat and added salt, making your Plate of Life not so great.

Renetta's recipe uses turkey bacon instead of smoked meat and low sodium chicken broth instead of added salt.

Give this dish a more intense flavor by seasoning with garlic, onions, onion powder, black pepper, or any salt-free seasonings of your choice. For an added kick, add in crushed red pepper.

Nutrition Facts	
Serving Size (521g)	
Servings Per Container	
Amount Per Serving	
Calories 200	Calories from Fat 70
%	
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 440mg	18%
Total Carbohydrate 23g	8%
Dietary Fiber 9g	36%
Sugars 7g	
Protein 12g	
Vitamin A 300% • Vitamin C 140%	
Calcium 35% • 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:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Nutrition Facts	
Serving Size (495g)	
Servings Per Container	
Amount Per Serving	
Calories 380	Calories from Fat 160
%	
% Daily Value*	
Total Fat 17g	26%
Saturated Fat 5g	25%
Trans Fat 0g	
Cholesterol 135mg	45%
Sodium 2420mg	101%
Total Carbohydrate 22g	7%
Dietary Fiber 9g	36%
Sugars 7g	
Protein 35g	
Vitamin A 300% • Vitamin C 140%	
Calcium 40% • Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
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