



Lemony Greens

A quick saute in olive oil and a squeeze of lemon brings these good-for-you greens to the table in no time!

Makes 4 servings

Per serving: \$0.41

Prep Time: 5 minutes | Cook Time: 20 minutes

2 tbsp olive oil

1 medium onion, sliced

1 head greens (kale, collards, turnip, mustard, spinach)

½ tsp salt

½ tsp pepper

1 lemon, zest (optional) and juice

Heat olive oil in a large skillet over medium heat. Add sliced onion to pan and stir to coat with olive oil. Cook on medium-low heat for 15 minutes, until golden brown.

Meanwhile, wash greens. Remove leaves from stems and tear or chop into smaller pieces.

Once onions are golden brown, add salt, pepper, and lemon zest and stir to combine. Add washed greens and lemon juice. Place cover on pan and allow greens to cook for about 4-5 minutes. Uncover, stir, and eat as is or continue cooking to your desired level of doneness.

Nutrition Facts	
Serving Size 181 g	
Amount Per Serving	
Calories 141	Calories from Fat 68
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	13%
Sugars 1g	
Protein 5g	
Vitamin A 412%	• Vitamin C 280%
Calcium 19%	• Iron 14%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
NutritionData.com	