

Good-for-You Greens

What You'll Need

3 cups water

1 packet of sodium-free
chicken bouillon or

1 vegetable bouillon cube

1 16-ounce package of chopped
and diced kale

1 tablespoon vinegar (optional)

Serves 4

Let's Cook!

- 1 In a medium saucepan, add water and bouillon; cover and bring to a boil.
- 2 Add greens and cook on low heat for about 30 minutes.
- 3 Sprinkle with vinegar.

Nutrition Facts

Serving Size (292g)	
Servings Per Container 4	
Amount Per Serving	
Calories 60	Calories from Fat 5
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	% Daily Value*
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 0g	
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Protein 4g	
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Vitamin A 350%	Vitamin C 230%
Calcium 15%	Iron 10%

