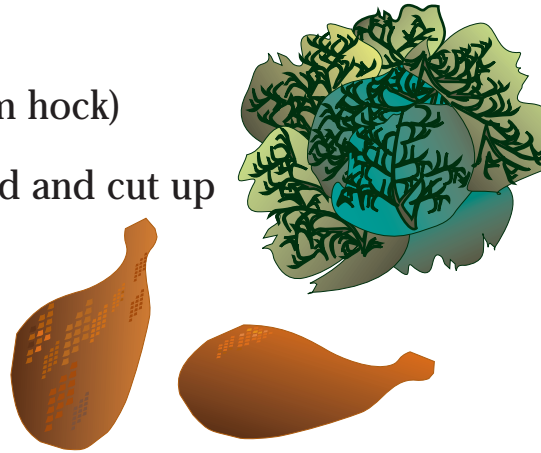


Old Fashioned Collard Greens

Ingredients:

- 1 smoked turkey leg (or 1 ham hock)
- 8 cups water
- 1 large bunch collards, cleaned and cut up



Preparation:

1. In a large pot, boil turkey leg (or ham hock) in water on medium heat until tender.
2. Add collards to pot and cook for 30 minutes.
3. Remove collards from pot, drain, and chop.

Makes ten 1 cup servings

Special note: Use collard greens after they have been hit by frost to get more tender collards.

Amount Per Serving	
Calories	120
Calories from Fat	100
% Daily Values*	
Total Fat	11g 16%
Saturated Fat	3g 15%
Cholesterol	10mg 4%
Sodium	60mg 2%
Total Carbohydrate	4g 1%
Dietary Fiber	3g 10%
Sugars	1g
Protein	2g
Vitamin A	60%
Vitamin C	30%
Calcium	10%
Iron	2%
*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



This is an official 5 A Day recipe: one serving is equal to one serving of fruits and/or vegetables.