



Waistline Wednesday
FRESH TURNIP & MUSTARD GREENS

- 4 cups vegetable broth
- ¼ cup vinegar
- 1 cup onion, finely chopped
- 1 tablespoon garlic, crushed
- ¼ cup olive oil
- 2 tablespoons sugar (optional)
- 1 pound turnip greens
- 1 pound mustard greens
- sea salt, to taste
- pepper, to taste

1. In a large pot, bring vegetable broth to a low boil. Stir in vinegar, onion, garlic, olive oil & sugar.
2. Wash greens completely, remove thick stems & chop into small pieces. Or, use cleaned & chopped greens available in the bag. Add greens to the vegetable broth & cook on low for 30 minutes. Season with salt & pepper to taste.

servings: 8 / prep time: 15 minutes / cook time: 40 minutes

