

Garden Greens with Whole Grains & Meat/Fish

Serves: 3 Serving Size: 1 cup

INGREDIENTS

2 cups course chopped greens
1 cup cooked brown rice
¾ cup diced cooked meat/fish
¼ cup liquid/sauce

INSTRUCTIONS

- 1** Rinse & drain greens in steamer. If using microwave steamer, cook for 3 minutes.
- 2** Combine all ingredients into a microwave bowl or pot on stove. Stir and bring to desired heat.
- 3** Greens Sources: Beets, Bok Choy, Collards, Kale, Mustard, Spinach, Swiss Chard, Turnip
- 4** Whole Grains: Barley, Brown Rice, Lentils, Quinoa, Split Pea
- 5** Meat/Fish: Beef, Bison, Chevon, Chicken, Elk, Fish, Mutton, Pork, Turkey, Venison
- 6** Liquid/Sauce: Hot, Soy or Teriyaki Sauces, Vegetable Juice, Water
Add Corn Starch, Flour, or Instant Mashed Potato to thicken. (add a little at a time, you can always add more – you can't take it out!)
- 7** Ingredient Sources are listed in alphabetical order, not healthiest or other preference. Utilize & enjoy your creative choices!
- 8** This recipe nutrition analysis used ingredients of Brown Rice cooked with chicken bouillon for the grain, Beet top Greens cooked in microwave steamer for 3 minutes, and Chicken.
- 9** Young plant greens are more tender than mature plants. The later should have leafy parts striped from ribs. Also cooking times may require longer cooking time.

Nutrition Information Per Serving- 288 calories, 3 g fat, .7g saturated fat, 27 mg cholesterol, 117 mg sodium, 49 g carbohydrate, 2.5 g dietary fiber, 16 g protein. 41 mg calcium, 2 mg iron, 349 mg potassium