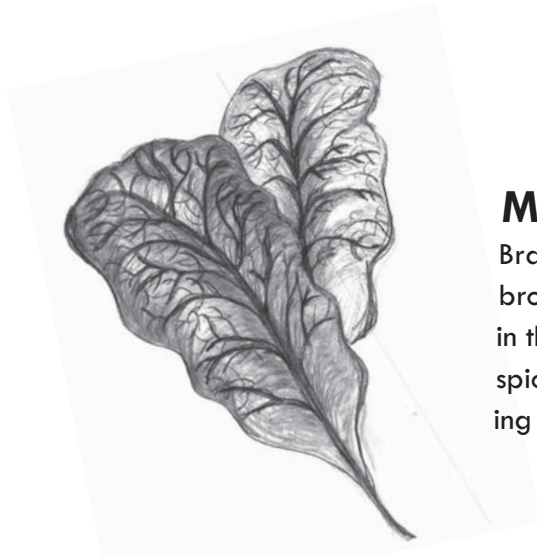


# MUSTARD GREENS



**MUSTARD GREENS** are a member of the Brassica vegetable family along with collards, broccoli and kale. They are especially popular in the Southern United States. Mustard greens taste similar to a spicy radish. In the Northeast, mustard greens are available during the warm weather season, from July to October.

## STORAGE

- ◆ Wash the leaves and discard any that are bruised or brown.
- ◆ The greens will last up to a week and a half if they are **wrapped in a damp paper towel** and stored in the refrigerator drawer.
- ◆ If using a paper towel, be sure to keep it damp by rewetting it every other day or so.

## PREPARATION

- ◆ The mustard greens can be eaten **raw or cooked**. Red and green mustard leaves give a great peppery flavor and add color to salads.
- ◆ If the leaves are small, they can be cut up or left whole. If the leaves are large, you may want to de-stem them by folding each leaf in half and cutting or ripping out the stem.
- ◆ If you are not used to the **spicy flavor**, you can combine the mustard with other, milder greens such as kale, collards or spinach. You can also boil the leaves in salted water for a minute or two to reduce their flavor.
- ◆ You can **use the stems in stir-fries, soups or other recipes** but they will take longer to cook so they should be added to the dish before the delicate leaf. The leaves will cook quickly, in about 1-2 minutes.
- ◆ Traditionally, mustard greens have been prepared by simmering them for one or more hours with salt pork, ham or bacon. This method destroys many of the greens' nutrients. Instead, try **stir-frying, steaming or sautéing** the greens (for one or two minutes) or adding them to a soup.

### **Nutritional Information**

1.5 cups of raw mustard greens will provide your body with almost all of the daily Vitamin A and all of the Vitamin C it needs. Vitamin A is important for vision, bone development and healthy skin. Vitamin C acts as an antioxidant and it may help to boost the immune system. Antioxidants help to prevent cell and tissue damage that may cause disease. Mustard Greens are also very high in vitamin K which is involved in blood clotting.

# Mustard Greens Recipes

## Greens with Garlic and Walnuts over Pasta

- 1 bunch braising greens (mustard, chard, beet greens etc) washed, bottoms trimmed and de-stemmed. Cut into 1 inch pieces.
- 1 pound pasta, any shape
- 4 Tablespoons olive oil
- 3 medium garlic cloves, finely chopped
- ½ cup walnuts, toasted and chopped
- Red pepper flakes, optional
- Parmesan cheese, grated
- Salt to taste



Bring a pot of water to boil. Stir in greens and 2 tsp. salt cook until wilted and tender, about 3 minutes. Meanwhile, in a large bowl, combine ice and cold water. When greens are done, drain and discard cooking water. Submerge greens in bowl with ice water to stop the cooking process. Drain again and squeeze to dry. Set aside. Bring a large pot of water to boil and cook pasta according to directions on the package. In a medium skillet, heat oil. Add reserved greens, stir to coat with oil. Add garlic and stir. Reduce heat to low let simmer about 3 minutes until greens brighten in color and garlic is cooked. Drain cooked pasta and mix with the greens. Top with toasted walnuts, optional red pepper flakes, and Parmesan cheese.

Recipe contributed by Marcella Friel, Happy Tummy Foods.

## Greens and Cheese Pizza

- Pizza dough for crust of large pizza
- 2 cups mustard greens, chopped into pieces
- 4 large tomatoes, chopped (or 1 cup homemade tomato sauce if no fresh tomatoes)
- 1 teaspoon crushed garlic
- 1 cup chopped onion or green pepper (or both)
- 2 Tablespoons basil or oregano
- 1/2 teaspoon black pepper or pinch of hot red pepper
- 1 cup shredded mozzarella cheese
- 2 Tablespoons parsley



Preheat oven to 425 degrees. Prepare pizza dough and place it on a large greased cookie sheet or pizza pan. In a large pot, bring water to a boil add greens cook about 3 minutes, then drain. In a frying pan, sauté tomatoes (or sauce), onions and/or peppers, garlic, herbs and black pepper for five minutes. Spread this mixture over pizza dough. Top with the wilted greens. Sprinkle cheese and parsley on top. Bake 15-20 minutes until crust turns golden brown.

Recipe adapted from [From the Farm to the Table](#), by Linda Drake, the UConn Cooperative Extension System EFNEP and the Hispanic Health Council, Inc., 1996.

## Braised Mustard Greens

- 2 Tablespoons olive oil
- 1 medium onion, chopped
- 2 shallots, minced
- 2 cloves garlic, minced
- 2 Tablespoons soup stock (or water)
- 2 pounds mustard greens, chopped and with the large stems removed
- 2 teaspoons lime juice
- Salt and pepper to taste



In a large pot, heat oil over medium heat. Sauté onion, shallots and garlic until golden (about 8 minutes). Add stock or water. Add chopped greens, cover and cook until greens are tender. Turn greens occasionally and cook for 20 minutes. Stir in lime juice, season with salt and pepper.

Recipe adapted from [FoodBook for a Sustainable Harvest](#), by Elizabeth Henderson and David Stern, copyright 1994 by Elizabeth Henderson and David Stern.