Ginger Greens and Rice

2 tablespoons unsalted butter*
2 tablespoons finely chopped onion
2 teaspoons grated fresh ginger
2 pounds collard greens or spinach, coarsely chopped
1 jalapeno pepper, seeded and finely chopped
1/2 teaspoon black pepper
1/2 teaspoon salt
3 cups hot cooked brown rice

1. Melt butter in Dutch oven over medium heat.
2. Add remaining ingredients and cook, stirring frequently, until onion and greens are tender. Add greens in bunches as they cook down and make room in the pot.
3. Serve greens and their juice over hot cooked brown rice.

Serves 6.

*Can substitute with 2 tablespoons extra virgin olive oil or 1 tablespoon each butter and extra virgin olive oil.

**Nutrition Facts**
Servings per recipe: 6

| Calories | 191 | Calories from fat 45%
| --- | --- | ---
| Total Fat | 5g | 8% % Daily Value
| Saturated Fat | 3g | 13% |
| Cholesterol | 10mg | 3% |
| Sodium | 210mg | 9% |
| Carbohydrate | 32g | 11% |
| Dietary Fiber | 7g | 29% |
| Protein | 6g | 12% |

Vitamin A: 119%  
Vitamin C: 91%  
Folacin: 64%  
Calcium: 23%  
Iron: 5%  
Potassium: 9%

Modified from original source: http://www.bettycrocker.com/Recipes
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