African Heritage and Greens



Name _____

Three friends are preparing some collard greens for a delicious Greens with Carrots recipe. Start at the beginning of the puzzle and draw a line to the end of the maze. Then color in the drawing. You can take this recipe home and have someone help you make it for a meal.

Greens with Carrots

Ingredients

8 cups **greens** (try kale, bok choy, chard, collard, mustard or others)

2 teaspoons **vegetable oil**

2 large **carrots**, peeled and cut in thin strips or coarsely shredded

1 clove **garlic**, minced or ¼ teaspoon garlic powder

½ teaspoon each salt and pepper

1 teaspoon ground **coriander** (optional)

1 pinch **cayenne pepper** (optional)

1 Tablespoon vinegar

1½ teaspoons low-sodium **soy sauce**

Directions

- 1. Wash hands with soap and water.
- **2.** Wash greens and separate leaves from stems if needed. Slice stems crosswise, if using. Chop or slice leaves into thin strips.
- **3.** Heat oil in large skillet over medium-high heat (350 degrees F in an electric skillet).
- **4.** Add carrots and stems, if desired; cook for 2 minutes. Add garlic and cook for 1 minute.
- **5.** Add greens, salt, pepper, coriander and cayenne, if desired. Stir often.
- **6.** When greens have turned bright green and begun to wilt, remove from heat. Sprinkle vinegar and soy sauce over the top. Toss gently and serve.
- 7. Refrigerate leftovers within 2 hours.

Prep time: 20 minutes **Cook time:** 15 minutes

Makes: 4 cups



