

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 $\frac{1}{4}$ teaspoon garlic powder
- $\frac{1}{4}$ teaspoon *each* **salt** and **pepper**
- 1 teaspoon ground **coriander** (optional)
- 1 pinch **cayenne pepper** (optional)
- 1 Tablespoon **vinegar**
- 1 $\frac{1}{2}$ 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