



FEDERAL OCCUPATIONAL HEALTH

Improving the health, safety, and productivity of our Federal employees.



Curried Mustard Greens & Garbanzo Beans with Sweet Potatoes*

Recipe Summary:

Preparation Time: 30 minutes
Number of Servings: 4
Cups of Fruits and Vegetables Per Person: 1.00

Ingredients:

- 2 medium sweet potatoes peeled and sliced thin
- 1 medium onion cut in half and sliced thin
- 2 medium cloves garlic, sliced
- 1/2 cup + 1 Tbsp low-sodium chicken or low-sodium vegetable broth
- 1/2 tsp curry powder
- 1/4 tsp turmeric
- 2 cups chopped and rinsed mustard greens
- 1 15 oz can sodium free diced tomatoes
- 1 15 oz can garbanzo beans, drained
- 2 Tbsp extra virgin olive oil
- salt and white pepper to taste

Directions:

Steam peeled and sliced sweet potatoes for approximately 5 – 8 minutes. While steaming potatoes, slice onion and garlic. Heat 1 Tbsp broth in 12 inch skillet. Sauté onion in broth over medium heat for about 4-5 minutes stirring frequently, until translucent. Add garlic, curry powder, turmeric, and mustard greens. Cook, stirring occasionally until mustard greens are wilted, about 5 minutes. Add garbanzo beans, diced tomatoes, salt and pepper. Cook for another 5 minutes. Mash sweet potatoes with olive oil, salt and pepper. If you need to thin potatoes, add a little more broth. Serve mustard greens with mashed sweet potatoes.

Nutrition Facts	
Curried Mustard Greens & Garbanzo Beans with Sweet Potatoes	
Serving Size 1/4 of recipe	
Amount Per Serving	
Calories 300	Calories from Fat 70
% Daily Value (DV)*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 600mg	25%
Total Carbohydrate 50g	17%
Dietary Fiber 9g	36%
Sugars 8g	
Protein 8g	
Vitamin A	260%
Vitamin C	50%
Calcium	8%
Iron	15%
* Percent Daily Values are based on a 2,000 calorie diet.	

Diabetic Exchange**

Fruit: 0
Vegetables: 1
Meat: 0
Milk: 0
Fat: 1
Carbs: 2
Other: 0

** Diabetic exchanges are calculated based on the American Diabetes Association Exchange System. This site rounds exchanges up or down to equal whole numbers. Therefore, partial exchanges are not included

* From the government's Fruits and Veggies More Matters campaign Web site (<http://www.fruitsandveggiesmatter.gov/>)