

Mustard Greens

Storage

Wrap loosely in paper towels and refrigerate for up to four days.



Preparation

Wash well in cold water, trim the stalks and central veins, then chop to desired size. Young mustard greens can be eaten raw in salad, and you can cook them by boiling, steaming, sauteing, or stir-frying. They can also be added to soups and stews.

Nutrition

Mustard greens are nutrient rich and are great sources for Vitamin K, E, C, and A. They can help lower cholesterol and boost overall cardiovascular health.

They also have anti-inflammatory, antioxidant, and anticarcinogen benefits that can improve the immune system and overall health.

