

Eat Smart • Move More

Col Silvestre y Col

Tiempo de Preparación: 5 minutos

Tiempo Total: 15 minutos



Ingredientes

- ½ libra de col rizada, lavada, tallo removido y en tiras
- 2 tazas de col, en tiras
- 1 cucharada de aceite de oliva
- 1 cebolla, picada
- 1 cucharada de ajo en polvo
- 1 cucharada de vinagre

Nutrition Facts

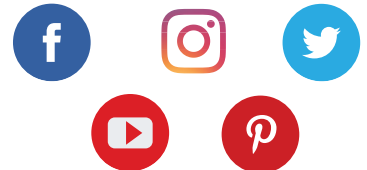
4 servings per container		
Serving size		1 serving
		(193.67g)
Amount per serving		
Calories		90
		% Daily Value*
Total Fat	3.5g	4%
Saturated Fat	0.5g	3%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	30mg	1%
Total Carbohydrate	13g	5%
Dietary Fiber	4g	14%
Total Sugars	6g	
Includes g of Added Sugars		
Protein	2g	
Vitamin D	0mcg	0%
Calcium	114mg	8%
Iron	1mg	6%
Potassium	314mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a serving contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Consejos Rápidos

- ▶ Puede sustituir 2-3 dientes de ajo picado por el ajo en polvo.
- ▶ El vinagre de manzana es el más comúnmente utilizado para cocinar vegetales de hoja verde, pero puede utilizar cualquier tipo para lograr diferentes sabores.

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Preparación

- Llenar una olla grande por la mitad con agua. Dejar hervir.
- Agregar la col rizada, dejar hervir el agua y cocinar durante 3 minutos. Agregar col y cocinar 1 minuto más. Escurrir bien.
- En una sartén grande, calentar el aceite sobre fuego medio. Agregar la cebolla y saltear sobre el fuego hasta que se dore, aproximadamente 5 minutos.
- Agregar los verdes, el ajo en polvo y el vinagre a la sartén y revolver bien. Cocinar hasta que la mayor parte de la humedad se evapore, aproximadamente 1 minuto.

(Receta adaptada de <https://whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/deliciousgreens>)

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