

Greens and Cornbread

Serves 8 - 1 slice or square each



Ingredients:

- Vegetable oil or vegetable oil cooking spray
- 1 14.5-ounce can mixed greens, non-seasoned, low sodium (drain and reserve 1/2 the juice)
- 1 package of cornbread mix

Directions:

1. Preheat oven according to cornbread package directions.
2. Wash your hands well with soap and warm water for at least 20 seconds.
3. Use vegetable oil or cooking spray to coat 10" cast iron skillet, oven-proof skillet, or baking dish.
4. Drain half the juice from the greens. Add the greens and remaining juice to the skillet or baking dish.
5. Follow package directions to mix cornbread. Add cornbread mixture to the skillet or baking dish and spoon on top of the mixed greens and place in the oven.
6. Bake for 20 to 25 minutes until the cornbread is golden brown.
7. Refrigerate leftovers within 2 hours.

Nutrition Facts

8 servings per container
Serving size 1 slice or square (74g)

Amount per serving	% Daily Value*
Calories 90	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 19g	7%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 4g Added Sugars	8%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 0mg	0%

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

Recipe courtesy of Mississippi State University Extension Service and the Office of Nutrition Education

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