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# Mustard Greens

*Brassica juncea*

The Howdy Farm

## Nutritional Facts

Mustard greens (*Brassica juncea*), fresh, raw, Nutrition value per 100 g (Source: USDA National Nutrient data base)

Principle	Nutrient Value	Percentage of RDA
Energy	26 Kcal	1%
Carbohydrates	4.9 g	4%
Protein	2.70 g	5%
Total Fat	0.20 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	3.30 g	9%
<b>Vitamins</b>		
Folates	187 µg	47%
Niacin	0.800 mg	5%
Pantothenic acid	0.210 mg	5%
Pyridoxine	0.180 mg	14%
Riboflavin	0.110 mg	8%
Thiamin	0.080 mg	7%
Vitamin A	10500 IU	350%
Vitamin C	70 mg	117%
Vitamin E	2.01 mg	13%
Vitamin K	497.3 µg	414%
<b>Electrolytes</b>		
Sodium	25 mg	2%
Potassium	354 mg	7.5%
<b>Minerals</b>		
Calcium	103 mg	10%
Copper	0.147 mg	16%
Iron	1.46 mg	18%
Magnesium	32 mg	8%
Manganese	0.480 mg	21%
Selenium	0.9 µg	1.5%
Zinc	0.20 mg	2%
<b>Phyto-nutrients</b>		
Carotene-β	6300 µg	--
Crypto-xanthin-β	0 µg	--
Lutein-zeaxanthin	9900 µg	--



## Fun & Interesting Facts

Also known as the Indian mustard, Chinese mustard, or leaf mustard, this plant is part of the mustard family. The leaves, stems, and seeds of this plant are all edible! This plant provides a variety of uses and flavors for a multitude of dishes worldwide; such as Africa, India, Japan, Korea, Italy, China, and the Southern United States.

Mustard greens are closely related to cabbage, kale, and collared greens and are frequently seen combined in dishes, which are commonly referred to as "mixed greens." Mustard greens get their name solely for the fact that they actually taste like mustard! They provide a spicy, pungent flavor to any recipe or dish that may need some spicing up.



There are numerous health benefits that mustard greens can provide to any diet. For one, steamed mustard greens have a high-cholesterol lowering ability because they can bind to bile acid (which is composed of cholesterol) in the stomach, making it easier for your body to excrete unused bile acid.

Second to brussel sprouts, mustard greens contain the highest glucosinolate content of any other vegetable. This chemical provides our bodies with unique health benefits and is also a cancer-preventative chemical.

Other benefits include high antioxidant nutrients, anti-inflammatory nutrients, and the ability to lower risk of a variety of cardiovascular risks.

# Chicken & Mustard Green Sandwich

**Ingredients** 5 tbs. mayonnaise  
1/4 c. mango chutney  
1 baguette, ends trimmed, halved lengthwise, then crosswise  
1 tbs. butter  
2 skinless boneless chicken breast halves  
1 bunch mustard greens

## Instructions

Preheat broiler. Mix mayonnaise and chutney in small bowl. Spread some of mixture on cut sides of bread. Broil, cut sides up, until golden, about 2 minutes. Place bread on work surface, broiled sides up. Melt butter in heavy large skillet over medium heat. Sprinkle chicken with salt and pepper. Add to skillet and sauté until cooked through, about 5 minutes per side. Transfer to plate. Add greens to same skillet; sprinkle with salt and pepper. Stir until wilted, about 1.5 minutes. Divide greens between bread bottoms. Thinly slice chicken and arrange over greens. Spread with remaining mayo mixture and top with bread.

# Frascatelli with Pecorino and Mustard Greens



## Ingredients

2 cups semolina flour (pasta flour)  
Kosher salt  
1/4 cup (1/2 stick) unsalted butter  
1 bunch mustard greens (6 ounces), center ribs and stems removed, leaves torn into pieces (about 6 cups)  
Freshly ground black pepper  
1/4 cup grated Pecorino or Parmesan

## Instructions

Spread semolina flour in an even layer in an 8x8x2-inch baking dish. Fill a small bowl with 1 cup water and set next to dish. Working in 4-5 batches, gather your fingertips and thumb of 1 hand together and, working quickly, dip into bowl of water, lift hand from bowl, and splatter water over semolina. Repeat several times until surface of semolina is dotted with ragged wet patches about the size of a nickel. Let stand until water is absorbed, forming individual dumplings, about 5 seconds. Using a fish spatula or slotted spoon, turn dumplings over to coat with semolina, then transfer to a sieve. Shake gently over same baking dish to remove excess semolina; transfer dumplings to a large rimmed baking sheet. Repeat with remaining semolina and water until all of the water or all of the semolina has been used (there may be some water or semolina left over).

Working in 3-4 batches, cook dumplings in a large pot of slowly boiling salted water (if the water is boiling too rapidly, it may break up the dumplings), gently swirling water once or twice to prevent sticking, until al dente, about 30 seconds. Using a slotted spoon, transfer frascatelli to another large rimmed baking sheet.

Heat butter in a large skillet over medium-high heat until butter is foamy and browned bits form on the bottom of pan, about 2 minutes. Add cooked frascatelli and toss gently to coat. Add mustard greens and fold gently just to coat and slightly wilt the greens. Season to taste with salt and pepper and divide among bowls. Top frascatelli with grated Pecorino.