



**MUSTARD GREENS** add a peppery, slightly bitter kick to dishes



MenuTrends Stage:

**ADOPTION**

**33%**  
of consumers  
HAVE TRIED IT

**20%**  
of consumers  
WANT TO TRY

**What it is:** The leaves of the mustard plant.

**Why it matters:** According to food writer Elizabeth Schneider, there are only a few world cuisines that utilize mustard greens: those in India, China, Africa, and the American South. And though not as widely used as other greens, according to MenuTrends data, mustard greens have increased 55% on restaurant menus from four years ago. Mustard greens are often lumped into the category of “greens” – along with the turnip and collards that are widely used in Southern cuisine. Because of their pungent, bitter mustard flavor, the greens are often added to soups or stews, or cooked down with bacon, onions, or garlic. Mustard greens are also known as gai choy or Indian mustard – pickled mustard is found at many Asian grocers and is often used as a salty, sour side dish. Young mustard greens are often included in mesclun salad mixes, but are now starring in standalone dishes.

## Find It At...

**Fusia** | New York, NY  
**HONEY GRILLED SHORT RIBS (\$18.95)**  
Served with lime fish sauce, pickled mustard.

**Pho Xe Tang** | Chicago, IL  
**MUSTARD GREEN SOUP (\$12.95)**  
Cooked with chopped shrimp chicken soup, onion, green onion, cilantro, and ginger.

**Walter’s Cafe** | Beverly Hills, CA  
**GNOCCI (\$10.00)**  
Ricotta gnocchi, mustard greens in an ouzo tomato cream.

**Area Four** | Cambridge, MA  
**SMOKED TROUT SALAD (\$14.00)**  
Cauliflower, mustard greens, roasted red onion, croutons, capers, and mustard vinaigrette.

**Cock of the Walk** | Nashville, TN  
**POT-OF-GREENS (\$1.95)**  
Mustard greens seasoned and simmered.

**Gato** | New York, NY  
**DUCK CONFIT (\$32.00)**  
Fregula sarda, delicata squash, mustard greens, pomegranates.