



Greens

Kale, Collards, Arugula,
Swiss Chard, Mustard, Spinach



Why eat greens:

- Excellent source of Vitamins K and A, folate, and calcium.
- Rich in antioxidants which may help prevent cancer.
- Rich in dietary fiber that helps control bad cholesterol, protects against hemorrhoids, constipation, and colon cancer.

How to store and when to throw out:

- Keep in the freezer for 10-12 months.
- Once cooked eat in 7 days (keep refrigerated).
- When greens are molded or have an off odor.

Simple Ways to Use Greens

1. Enjoy sautéed as a side dish. Toss into a hot skillet with a little oil and garlic (fresh or powdered). Cook until warm and finish with a little salt and pepper.
2. Stir raw or frozen into a soup, chili, or stew.
3. Toss into your favorite pasta dish just before you finish cooking.
4. Blend mild greens—spinach and kale—into a smoothie. If a green smoothie makes you nervous, add berries to the smoothies—the dark colors will hide the green.
5. Stir into scrambled eggs or fold into an omelet.
6. Find your favorite cheese pizza and top with raw or thawed frozen greens.
7. Add to fried rice or any other rice dish.
8. Make a fancy grilled cheese with greens, sautéed onions, and your cheese of choice.
9. Layer into lasagna or chicken parmesan.

Quick Tips:

Collards

- High in calcium. Eat collards several days a week if you don't drink milk.
- Use vinegar, broth, and chili pepper to cut bitterness.

Chard & Mustard Greens

- Can have a strong flavor. Prepare with lemon juice and oil to make it less bitter.

Spinach

- High in water so make sure to cook or thaw and wring out well before adding to recipes.

Bok Choy

- Mainly used in Asian dishes but can replace cabbage in any recipe and is a great addition to soups, sautéed vegetables, and salads.
- Can be slightly bitter so always cook or pair with a vinegar-based dressing.

Pasta with Beans and Greens

12 servings, about 1 1/2 cups each

Ingredients

- 1 (16 ounce) package whole wheat pasta
- 2 medium onions
- 1 medium carrots
- 2 pounds (1 large bunch) kale or any green
- 2 (15 1/2 ounce) cans great northern beans, drained and rinsed
- 2 teaspoon garlic powder
- 2 tablespoons canola oil
- 1 teaspoon dried oregano
- 1 teaspoon dried red peppers flakes
- 1/2 teaspoon salt and pepper

Preparation

1. Cook pasta following package directions. Drain, reserving 1 cup pasta water. Set aside.
2. While pasta is cooking, rinse, peel, and dice onions and carrot.
3. Rinse greens, more than once if needed to remove all grit. Remove tough stems. Chop coarsely.
4. In a large skillet over medium-low heat, heat oil. Add garlic, carrot, onion, and greens. Cook until onions are soft.
5. Add 1/2 cup reserved pasta water and seasonings. Cook until greens are tender.
6. Add beans to greens. If needed, add a little more reserved pasta water to make a sauce.
7. Add cooked pasta to beans and greens. Toss to combine. Cook with until pasta is heated through, about 5 minutes.

Chef Notes:

- Top with parmesan cheese or hot sauce.

Buying Guide:

- **Fresh** fruits and vegetables are most nutritious and cheapest when they are *in season*. Find them at a farmers market or in the front of the produce section at the grocery store.
- **Frozen** fruits and vegetables, *without added sauces or syrups*, are available year round, ready to use and easy to prepare. Find coupons or look in the store advertisement to get the best deal.
- **Canned** fruits and vegetables are best when canned in *100% juice or no-salt-added*. Make sure to drain and rinse them to get rid of added sugar or sodium.

How much should I eat?

The recommendation is to eat 2 1/2 cups of vegetables and 2 cups of fruit per day. One cup of fruit or vegetables looks like a baseball and a half of a cup is the size of a light bulb.

Daily servings:

VEGETABLES 2 1/2 cups



FRUITS 2 cups

