



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:

- Keep in the freezer for 10-12 months.
- Once cooked eat in 7 days (keep refrigerated).

When to throw out:

- 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

- 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.

Quick Vegetable Stir Fry

4 servings, about 1 1/2 cups each

Ingredients

- 1 cup brown rice (10 minute rice is a great option)
- 2 medium carrots (or 1 lb bag of frozen mixed vegetables)
- 1 cup kale
- 1 clove garlic, minced or 1 tsp garlic powder
- 1/2 cup low-sodium soy sauce
- 1 tablespoon brown sugar
- 2 tablespoons cornstarch
- 2 tablespoons canola oil
- 1/2 teaspoon ground ginger

Preparation

1. Cook rice following package directions. Cover to keep warm.
2. Peel and chop carrot. Peel and mince garlic (if using fresh).
3. In a small bowl, stir together soy sauce, brown sugar, and cornstarch.
4. In a medium skillet over medium-high heat, heat oil. Add ground ginger and garlic. Stir. Add chopped carrot OR frozen mixed vegetables. Stir frequently. Cook until tender. Stir in kale and cook until warm. About 5-7 minutes.
5. Add soy sauce mixture. Bring to a boil. Reduce heat. Simmer until sauce is slightly thickened, about 2 minutes.
6. Serve over warm brown rice.

Chef Notes:

- Add leftover grilled or baked chicken OR use canned chicken.
- For spice, add jalapeno or red pepper flakes to the soy sauce mixture.

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

