

leafy greens

Add chopped greens to a soup, pasta dish, salad, smoothie or taco. You will be adding more nutrition to your meals. Every little bit helps!

choose

Select fresh, crisp, dark green bunches of leafy greens. Avoid leafy greens that are yellow or brown.

1 pound = 6 cups raw leafy greens



mustard greens

spinach

collard greens

kale

swiss chard

store

Place unwashed greens in a plastic bag and store in your refrigerator. Use within 3 to 5 days.

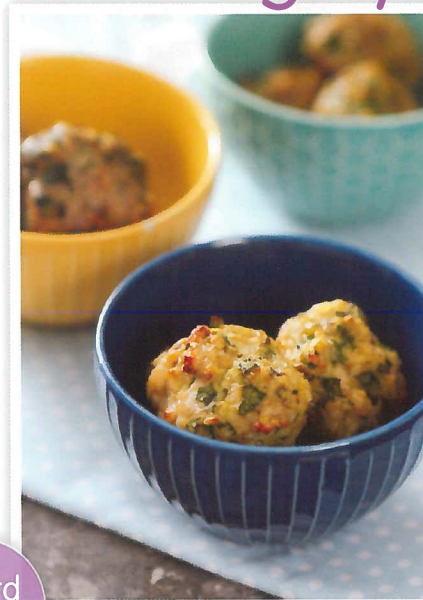
prepare

Rinse leafy greens before using.

6 cups raw spinach = 1 cup cooked spinach

6 cups raw leafy greens = 1 to 1½ cups cooked kale, collard greens or swiss chard

mighty meatballs



- ½ pound ground turkey or beef
- ½ cup fresh chopped spinach
- 1 egg
- ¼ cup bread crumbs
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ⅛ teaspoon black pepper
- ¼ cup grated Parmesan cheese

Step 1 Combine ingredients in a bowl. Shape into meatballs.

Step 2 Spray a metal baking sheet with a nonstick cooking spray. Place the meatballs on the baking sheet.

Step 3 Bake in a 425° oven for 16 to 18 minutes. Turn meatballs a couple times while baking so they brown evenly.

Makes 12 meatballs - One serving (3 meatballs) has 160 calories, 7.5 gm fat, 342 mg sodium and .5 gm fiber.



Cut out the inner stem

of large leaves and throw away.

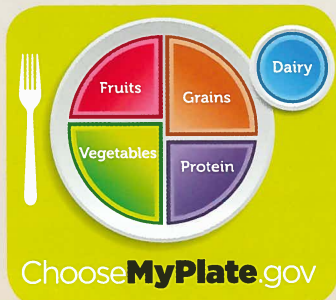
Baby Spinach and Baby Kale

Use these small tender leaves in sandwiches, salads and wraps.



Some of our most nutritious vegetables are dark green and leafy - kale, spinach, mustard greens, collard greens and swiss chard.

Kale is the highest in Vitamins A and C. However, all types of greens are rich in iron, folate, potassium, fiber and other nutrients.



1 cup raw kale	
Calories	33 (67g)
% Daily Value*	
Dietary Fiber (1g)	5% • Iron 6%
Vitamin A	206% • Vitamin C 134%
Potassium	9% • Folate 5%

1 cup raw spinach	
Calories	7 (30g)
% Daily Value*	
Dietary Fiber (1g)	3% • Iron 5%
Vitamin A	56% • Vitamin C 14%
Potassium	5% • Folate 15%

Make half your plate fruits and vegetables.

Eat dark green leafy veggies!

*Percent Daily Values (%DV) are for adults or children aged 4 or older, and are based on a 2000 calorie diet. Your daily values may be higher or lower based on your individual needs.



sauteed greens

- 1 bunch collard greens (3 cups raw)
- 1 teaspoon oil
- 1 minced garlic clove
- ¼ teaspoon salt
- 1 teaspoon red wine vinegar or lemon juice

Step 1 Rinse the greens with water, and remove the stems. Cut leaves into large pieces.

Step 2 Heat oil in a skillet. Add minced garlic and cook for 30 seconds over medium heat.

Step 3 Add the greens and 1 tablespoon water to the skillet. Cook for 2 to 3 minutes.

Step 4 Sprinkle with salt and vinegar.

Makes 3 servings - One serving (½ cup) has 45 calories, 1 gm fat, 223 mg sodium and 1 gm fiber.



kale chips

- 1 bunch kale (3 cups raw)
- 2 teaspoons oil
- ¼ teaspoon salt
- ¼ teaspoon garlic powder (optional)

Step 1 Rinse kale with water and dry. Remove the stems. Cut the leaves into large pieces.

Step 2 Toss kale with oil and salt in a bowl. Arrange kale in a single layer on a metal baking sheet. Bake in a 300° oven for 12 to 15 minutes. Cool before eating.

Makes 4 servings - One serving (½ cup) has 44 calories, 2 gm fat, 167 mg sodium and 1 gm fiber.

rustic potato soup

- 1 pound smoked ham
- 1 medium onion, chopped
- 2 teaspoons paprika
- 4 cups chopped red potatoes
- 1 bunch kale, chopped
- 1 (15 ounce) can northern beans, rinsed
- ¼ teaspoon black pepper

Step 1 Place ham and 7 cups water in a large pot. Cover and simmer for 1 to 2 hours, or until meat is very tender. Remove ham and cut into bite size pieces.

Step 2 Return the ham, onions, potatoes and paprika back into the broth. Simmer on top of the stove for 1 hour or in a crock pot for 4 hours on high.

Step 3 Add kale, beans and black pepper. Simmer for 30 minutes.

Makes 12 servings - One serving (1 cup) has 136 calories, 2 gm fat, 595 mg sodium and 3 gm fiber.



snack

- Add kale or spinach to a smoothie.

add more

- Add chopped kale or swiss chard to a stir fry.
- Make omelets or scrambled eggs with finely chopped kale or spinach.
- Add finely chopped leafy greens to spaghetti sauce, lasagna or meatballs.
- Add chopped spinach or kale to a chicken quesadilla before cooking.
- Stir chopped kale or spinach into a vegetable or bean soup, minestrone or beef barley soup.

freeze

How to freeze kale:

- Step 1** Remove any tough stems and chop into large pieces. Clean kale in a bowl of water.
- Step 2** Place the kale into a large pot of boiling water. Cover and cook for 2½ minutes.
- Step 3** Using a slotted spoon, transfer the kale into a large bowl of ice water. Let kale sit in ice for 2½ minutes.
- Step 4** Drain well and pack into freezer bags.
- Step 5** Store kale in a freezer at 0°F for 8 to 12 months.



Stir chopped spinach or kale into **cooked pasta or rice**. Cook 1 minute to soften. Add fresh spinach or kale to a **salad or sandwich**.