

HARVEST OF THE MONTH:

Cooked Greens



Nutrition Facts

Serving Size: ½ cup cooked bok choy (85g)

Calories 10

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 29mg 1%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 3%

Sugars 1g

Protein 1g

Vitamin A 72%

Calcium 8%

Vitamin C 37%

Iron 5%

Other nutrients: Vitamin K (36%)

HEALTHY BENEFITS OF EATING COOKED GREENS

- Bok choy, kale, collard greens, and Swiss chard all provide an excellent source of vitamins A and C.
- They are good sources of fiber, iron and calcium.
- Cooked greens are some of the most nutrient-dense foods available on the planet.

HOW TO PICK AND STORE COOKED GREENS

- Look for bright colored, perky looking greens.
- These green vegetables are alive! They are respiring, which means they need moisture and air to stay fresh.
- The best way to store greens is to keep them slightly wet in an open or perforated plastic bag in the refrigerator.
- They should keep about 3 days.

SERVING SUGGESTIONS FOR GREENS

- Cook collards, bok choy and spinach for a mild, sweeter flavor.
- Cook arugula and kale for a peppery flavor.
- Saute collard greens with garlic, onions, tomatoes, and olive oil.
- Simmer greens in low-sodium chicken broth.
- Stir-fry bok choy with carrots, corn and red peppers for a colorful side dish.
- Use cooked greens in vegetable lasagna, or add to spaghetti sauce.
- Add wilted chard on top of homemade pizza with olives and feta cheese.
- Top tacos, burritos and fajitas with cooked greens.
- Celebrate St. Patrick's Day by making green mac and cheese. Lots of recipes for this dish are online.
- Try different types of greens to find out which kinds your family likes the most.

Cooked Greens Recipes

SIMMERED GREENS

INGREDIENTS

- 1 ½ pounds young kale, stems and leaves coarsely chopped
- 3 tablespoons olive oil
- 2 cloves garlic, finely sliced
- ½ cup vegetable stock or water
- Salt and pepper

DIRECTIONS

Heat olive oil in a large saucepan. Add the garlic and cook until soft. Raise heat to high, add the stock and kale. Cover and cook for 5 minutes. Remove cover and continue to cook, stirring until all the liquid has evaporated. Season with salt and pepper to taste.

SWISS CHARD SALSA

INGREDIENTS

- 1 bunch fresh swiss chard, stems removed and coarsely chopped
- 1 jalapeno, coarsely chopped
- 2 cloves garlic
- ½ cup olive oil
- ½ lime, juice

DIRECTIONS

Puree everything in a food processor. Serve as a side with whole grain chips.

COLLARD GREEN FRITTERS

INGREDIENTS

- 1 (16 oz) package frozen chopped collards
- 1 medium onion, finely chopped (6 oz)
- 1 tablespoon minced garlic
- 3 large eggs
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- ¼ cup grated parmesan cheese
- 2 tablespoons olive oil for frying

DIRECTIONS

Place collards in a saucepan with ¼ cup water. Bring to a boil, cook 3-5 minutes, until thawed. Drain the collards well by placing the collards inside a clean kitchen towel, and squeezing. In a small bowl, whisk the eggs with the salt and pepper. Add the Parmesan and collards mixture. Heat the olive oil in skillet. Scoop out the batter onto the skillet and cook 3-4 minutes on each side, until well-browned and crisp. Briefly drain on paper towels, serve.

BOK CHOY COLESLAW

INGREDIENTS

- 1 head bok choy, fresh, finely chopped
- 1-2 apples, grated
- 1 bag carrot, grated
- ½ C vanilla yogurt
- ½ C mayo
- 1 T cider vinegar

DIRECTIONS

Rinse the bok choy, apple and carrot. Cut the green leaves from the bok choy and discard the white stem bottoms, or use for another recipe (e.g. soup stock). Finely chop the bok choy leaves. Using a food processor, or grater, grate the apple and carrot. Combine all ingredients and mix well. Serve as a side to burgers or brats, or make a quick snack by putting on cucumber slices or whole wheat crackers.

