

TURN A NEW LEAF IN THE NEW YEAR

LEAFY GREENS: NUTRIENT POWERHOUSES AND CULINARY SUPERSTARS



SPINACH

Spinach is packed with nutrients, chock full of Vitamin A, magnesium, potassium and calcium. Enjoy raw, in a smoothie, quickly sauteed or wilted into a hot, whole grain dish or soup.



KALE

Kale is a fibrous green that is as versatile as it is delicious. If eating raw, wash and discard the stems. If cooking, the stems will become tender. Soups, roasted, sauteed, chopped fresh...it all works!



SWISS CHARD

The nutrition in chard is similar to that of spinach, with a totally different flavor. It can be a bit bitter. Try sauteeing it with strong flavors like garlic, lemon, onion, and even vinegar.



ARUGULA

This delicate green has a peppery, slightly spicy and bright flavor. Try adding it to salads, wraps and sandwiches, pairing it with Greek flavors like hummus, feta and cucumber, or with fruit like melon and berries.



COLLARD GREENS

To quickly prepare collard greens, wash and chop them, then soak them in salted water for 30 minutes. Rinse and cook! Try a healthy saute with olive oil, garlic and lemon.



GREEN LEAF

Delicate greens, like green leaf, boston or bibb lettuce are best enjoyed raw. Try lettuce wraps, layering the leaves in a hearty wrap or chopping the lettuce thin and tossing with a vinaigrette and nuts.

Turn a New Leaf...With Greens!

Choose greens that are fresh and crisp. Pass on limp, browned, flaking or greens with spots already going bad. Be sure to check the area around the twist-tie, if the greens are bundled and peek at the underside of greens in plastic containers.

At home, wash and completely dry your greens, ideally with a salad spinner to remove all moisture. Place in a container with a lid, or wrap in a towel, to keep fresh. Washed spinach and kale can be frozen for easy use in smoothies.

Think outside the box with leafy greens. Salads are familiar, but changing the way the greens are chopped, or the toppings, can bring a fresh approach. Consider how greens can be added to dishes, wilted, sauteed, roasted, and even grilled.

Experiment with various flavor profiles. From sweet to savory, greens can wear many culinary hats.

