



Give Them More  
of the  
Good Stuff!

# Leafy Greens Basics

Beet Greens



Collard Greens



Mustard Greens



Leafy greens are low in calories and sodium, but high in other minerals, vitamins and fiber.

Spinach



Bok Choy

Kale



Chard

Turnip Greens



## Shop and Save

- Choose greens that look crisp. Avoid wilted or yellowing leaves and browned stalks.
- Greens may be fresher and cost less when they are in season. Most are available spring through summer or fall. Kale, mustard greens and collard greens are available during the winter months.
- Try farm stands or farmers markets for local greens in season.
- Frozen spinach is a good value but other frozen greens often cost more than fresh.

## Store Well Waste Less

- Wrap greens in a damp paper towel and refrigerate in an open plastic bag or container. Use most greens within 5 to 7 days for best quality.
  - Wash greens just before using to reduce spoilage.
- Swish leaves in a large bowl of cool water.
  - Let rest briefly to allow dirt to settle.



- Lift leaves from the water.
- Repeat until there is no grit on the bottom of the bowl.
- Pat leaves dry if needed.
- Freeze for longer storage. Blanch (cook briefly) before freezing for best quality. Use within 10 to 12 months.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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# Enjoy Greens

## Greens with Carrots

### Ingredients:

- 8 cups **greens** (try kale, bok choy, chard, collard, mustard or others)
- 2 teaspoons **vegetable oil**
- 2 large **carrots**, peeled and cut in thin strips or coarsely shredded
- 1 clove **garlic**, minced or 1/4 teaspoon **garlic powder**
- 1/4 teaspoon **salt**
- 1/4 teaspoon **pepper**
- 1 teaspoon **ground coriander** (optional)
- 1 pinch **cayenne pepper** (optional)
- 1 Tablespoon **vinegar**
- 1 1/4 teaspoons low sodium **soy sauce**

### Directions:

1. Wash greens and separate leaves from stems if needed. Slice stems crosswise, if using. Chop or slice leaves into thin strips.
2. Heat oil in large skillet over medium-high heat.
3. Add carrots and stems if separated; cook for 2 minutes. Add garlic and cook for 1 minute.
4. Add greens, salt, pepper, coriander and cayenne, if desired. Stir often.
5. When greens have turned bright green and begun to wilt, remove from heat. Sprinkle vinegar and soy sauce over the top. Toss gently and serve.
6. Refrigerate leftovers within 2 hours.

**Makes** 4 cups

**Prep time:** 20 minutes

**Cook time:** 15 minutes

Visit [FoodHero.org](http://FoodHero.org) for easy, tasty recipes for greens.

## Pasta with Greens and Beans

### Ingredients:

- 8 ounces **pasta** (try penne)
- 1 Tablespoon **vegetable oil**
- 3 cloves minced **garlic** or 3/4 teaspoon **garlic powder**
- 10 ounces **frozen spinach** or 1 1/2 pounds **fresh spinach**
- 1 3/4 cups (1 can/15 ounces) diced **tomatoes** with juice, canned, fresh or frozen
- 1 3/4 cups (1 can/15 ounces) **white beans**, drained and rinsed
- 1/2 teaspoon **salt**
- 1/2 teaspoon **pepper**
- 1/2 cup grated **parmesan cheese**

### Directions:

1. Cook pasta according to package directions. Remove from heat when done.
2. Meanwhile, heat oil in large skillet. Add garlic and cook on low until soft.
3. Add spinach, tomatoes with juice, drained beans, salt, and pepper. Once the mixture bubbles, cook uncovered on low heat for 5 minutes.
4. Drain pasta. Add pasta and parmesan to spinach mixture. Toss well and serve.
5. Refrigerate leftovers within 2 hours.

**Note:** Try chard, kale or other greens in place of spinach. Add chopped stems with the garlic.

**Makes** 8 cups

**Prep time:** 10 minutes

**Cook time:** 30 minutes

## Greens Math

*1 pound fresh greens =  
1 to 3 cups cooked  
(thinner leaves and stems  
cook down more)*

**Kids Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ✿ swish greens in a bowl of water to remove dirt.
- ✿ tear or cut leaves away from thick or tough stems