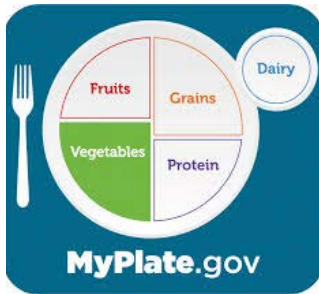


Dark Leafy Greens



**The average
person needs 3
cups of vegetables
each day.**

Fun Facts:

- Dark, leafy greens such as kale, collard greens, spinach and swiss chard can be a good source of nutrients such as vitamin A, vitamin C, potassium, and fiber.
- The darker the leaves, the more nutrient-rich they will be.

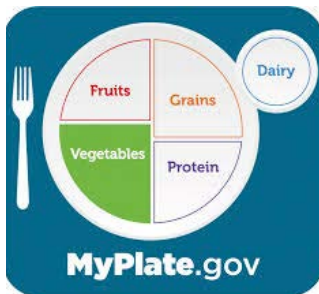
Ways to Use Greens:

- Sauté spinach or kale in olive oil and add flavorings such as garlic.
- Mix greens into a stir-fry or toss into a pasta.
- Stir raw or frozen greens into casseroles, soups, and stews.
- Blend fresh or frozen spinach or kale into smoothies.
- Add greens to omelettes or scrambled eggs.
- Add leafy greens to your favorite wrap, taco, sandwich, or burger.

Tip: Be sure to rinse fresh greens and pat them dry with a clean towel.



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Frittata Verde

Servings: 2

Serving size: 1/2 frittata



Ingredients

- 3 eggs
- 2 tablespoons shredded reduced fat cheddar cheese
- 1/4 teaspoon salt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1 teaspoon olive oil
- 1/2 cup sliced zucchini
- 2 tablespoons diced green pepper
- 1 tablespoon diced onion
- 1 cup fresh spinach or Swiss chard, torn into pieces

Directions

1. In a small bowl, beat the eggs. Add cheese, salt, garlic powder, and pepper. Mix well and set aside.
2. Put a medium-sized skillet over medium heat. Heat oil and add zucchini, green pepper, and onion. Cook, stirring often, for 4 minutes or until soft.
3. Add spinach or chard. Cook and stir until greens are wilted. Add egg mixture. As eggs cook, lift edges to allow uncooked portion to flow underneath.
4. Cut into wedges. Serve immediately.

Nutrition Facts

2 servings per container
Serving size 1/2 frittata

Amount per serving
Calories 160

% Daily Value*

Total Fat 11g 14%

Saturated Fat 3.5g 18%

Trans Fat 0g

Cholesterol 285mg 95%

Sodium 460mg 20%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 12g

Vitamin D 2mcg 10%

Calcium 129mg 10%

Iron 2mg 10%

Potassium 295mg 6%

Vitamin A 206mcg 25%

Vitamin C 17mg 20%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

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