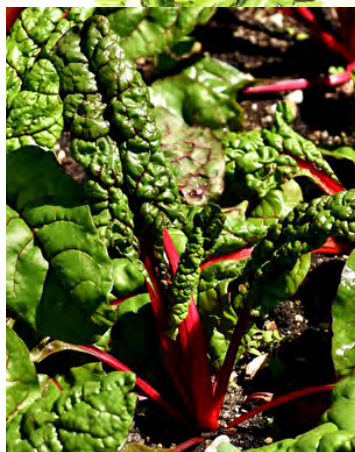


COOKING GREENS



WHAT ARE THEY?

Kale, collard greens, Swiss chard, beet greens, mustard greens, and many more!

HOW DO THEY TASTE?

Some cooking greens are mild and earthy, while others can be slightly bitter or even spicy.

HOW DO I PICK THEM?

Choose leafy greens that are fresh, full and have a vibrant dark green color. Cooking greens are available all year round at the grocery store. Local availability varies, but most cooking greens are plentiful locally from June through at least October.

HOW DO I STORE THEM?

Store greens in a plastic bag with the air removed. Keep in the coldest part of the refrigerator.

HOW DO I PREPARE THEM?

- Rinse under cold water to remove any dirt.
- Fold the leaf in half, lay on the cutting board, and cut along stem to separate the stem from the leaf.
- Stack a few leaves on top of each other and then slice.
- The stems of chard and beets are tender and tasty. Slice them up and cook slightly longer than the leaves.

Add chopped leaves or stems into **soup** for more flavor and nutrients, use some raw pieces for the base of a **salad**, add to a **smoothie**, cook in a pan for a delicious **side dish**...and so much more! All these greens can be substituted for **spinach** in ANY recipe.

CURLY KALE SLAW

Ingredients:

- 8 large kale leaves, washed
- 2 tablespoons lemon juice (or juice from half of a lemon)
- 1 garlic clove, peeled and minced
- 2 tablespoons olive oil
- 1/4 teaspoon salt
- 1/2 medium onion, chopped
- 2 tablespoons grated parmesan cheese
- 1/2 cup chopped walnuts (optional)

Directions:

1. Hold each kale stem with one hand. With your other hand, gently pull down along the kale stem and remove the kale leaves. Discard stems.
2. Stack and gather the leaves on a cutting board. Slice the kale into small strips.
3. Mix the lemon, garlic, olive oil, and salt in a large bowl. Add kale and onions, and toss.
4. Sprinkle with parmesan cheese and walnuts, if using. Enjoy!

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KITCHEN TIP!

To freeze greens, first wash them and remove the stems. Then chop up the leaves, store in a sealed bag, and store in the freezer.