



Classic Braising Greens

Ingredients:

- 1 Tbsp. coconut oil
- 2 cloves garlic, chopped fine or minced
- 1/4 medium yellow onion, diced
- 1 bunch Swiss chard
- 1 Tbsp. red wine vinegar
- Salt and pepper, to taste



Directions:

1. Wash greens, remove and reserve stems. Coarsely chop both leaves and stems, keeping them separate.
2. Heat oil in a large skillet over medium heat. Add garlic, onion, and chard stems. Sauté until onions are softened, but have not yet begun to brown.
3. Add chard leaves and toss to coat in oil. Add red wine vinegar and cover. Stir at least once and cook until desired tenderness, about 4 minutes. Serve. Salt and pepper to taste.

Serves 3

Serving size: 1/2 cup

Total time: 15 minutes

Watch a video showing how easy it is to make Classic Braising Greens!



Nutrition Facts

Serving Size 0.50 cup(s) (106g)

Amount Per Serving

Calories 70 **Calories from Fat** 48

% Daily Value

Total Fat 5.4g 8 %

Saturated Fat 3.9g 19 %

Trans Fat 0.0g

Cholesterol 0.0mg 0 %

Sodium 158.0mg 7 %

Total Carbohydrate 4.2g 1 %

Dietary Fiber 2.0g 8 %

Sugars 1.0g

Protein 1.9g

Vitamin A 107 % Calcium 5 %

Vitamin C 27 % Iron 11 %

Try some substitutions:

Instead of Swiss chard use:

- Collard greens
- Kale
- Mustard greens

Instead of coconut oil use:

- Olive oil
- Vegetable oil
- Butter

Instead of red wine vinegar use:

- Balsamic vinegar
- Apple cider vinegar
- Broth
- Lemon juice
- Wine

Add toppings:

- Toasted almonds or pine nuts
- Crushed red pepper
- Crumbled bacon
- Parmesan cheese



Massaged Kale Salad

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Ingredients:

- 1 bunch washed kale, stemmed and sliced into thin strips
- 2 Tablespoons olive oil
- 2 Tablespoons balsamic vinegar

Directions:

1. In a large bowl, combine all 3 ingredients. Using your hands, massage the oil and vinegar into the kale leaves until the leaves soften, about 2 to 3 minutes.
2. Sprinkle with your favorite seasonings and add-ons and serve.

Serves 4

Serving size: 3/4 cup

Total time: 10 min

Make it your own!

Although this recipe is just the basic version, the great thing about this salad are all the different variations you can make!

Try swapping out the balsamic for **lemon juice** or any type of **vinegar**.

Experiment with different oils like **coconut oil**, **sesame oil**, or even **avocado**.

Once your kale is massaged, the options for add-ons are endless:

- Toss in some **toasted sunflower seeds**, **sesame seeds**, **almonds**, **pepitas** or **other nuts**.
- Sweeten it up with **berries** and **other fruits**.
- Spice it up with your favorite seasonings.

Single-serving salad, to-go!

For a great on-the-go lunch option, consider making a single serving salad ahead of time.

Combine

- + 1/2 cup thinly sliced kale
- + 1 teaspoon olive oil
- + 1 teaspoon vinegar

...into a **sandwich baggie**.

Just wait to massage the kale in the baggie until just before you are ready to eat it so it stays fresh!

Nutrition Facts

Serving Size 0.75 cup(s) (57g)

Amount Per Serving

Calories 81 Calories from Fat 67

% Daily Value

Total Fat 7.4g 10 %

Saturated Fat 1.0g 5 %

Trans Fat 0.0g

Cholesterol 0.0mg 0 %

Sodium 20.2mg 1 %

Total Carbohydrate 1.4g 0 %

Dietary Fiber 0.0g 0 %

Sugars 1.7g

Protein 1.5g

Vitamin A 45 % Calcium 4 %

Vitamin C 52 % Iron 5 %



Microwaved Kale Chips

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The microwave can be an easy alternative to the oven for making perfectly crispy kale chips!

Ingredients:

- 1 bunch washed kale
- 1 Tablespoon olive oil
- 1 teaspoon salt (optional)

Directions:

1. Remove stems from freshly washed kale. Place leaves in a large glass mixing bowl and add olive oil and salt (optional). Toss until kale is evenly coated with oil.
2. Drape leaves evenly in a single layer around the edges and base of a glass bowl or plate. Try not to let them overlap, to allow even cooking.
3. Place dish in microwave, and microwave on high for 3 minutes. Carefully remove dish (use an oven mitt, since the dish will be hot!), and test the leaves for crispiness.
4. If the leaves are not crispy, microwave on high for another 3 minutes, then check again. Continue microwaving in 1 minute increments until the leaves are uniformly crispy (about 8-10 min total).
5. Sprinkle with your favorite seasonings and enjoy!

Serves 4

Serving size: 1 cups

Total time: 10 min

Try different flavors

Reduce the sodium by substituting different seasonings and spice blends to flavor your kale chips.

Here are some ideas to get you started:

- Turmeric
- Cajun seasoning
- Everything bagel spices: sesame, poppy seed, onion and garlic flakes, and sea salt

Nutrition Facts

Serving Size 1.00 cup(s) (62g)

Amount Per Serving

Calories 58 **Calories from Fat** 35

% Daily Value

Total Fat 3.9g 6 %

Saturated Fat 0.5g 3 %

Trans Fat 0.0g

Cholesterol 0.0mg 0 %

Sodium 603.0mg 25 %

Total Carbohydrate 5.0g 2 %

Dietary Fiber 2.0g 8 %

Sugars 1.3g

Protein 2.4g

Vitamin A 113 % Calcium 9 %

Vitamin C 113 % Iron 5 %



Stir-Fried Bok Choy

Ingredients:

- 1 Tbsp. olive oil
- 2 cloves garlic, minced
- 1 Tbsp. fresh ginger, finely chopped
- 8 cups bok choy
- 1.5 Tbsp. soy sauce
- 1 Tbsp. toasted or plain sesame seeds
- Pepper to taste



Nutrition Facts

Serving Size 1.00 cup(s) (311g)

| Amount Per Serving | | |
|--------------------|---------|----------------------|
| Calories | 136 | Calories from Fat 87 |
| % Daily Value | | |
| Total Fat | 9.7g | 15 % |
| Saturated Fat | 1.3g | 7 % |
| Trans Fat | 0.0g | |
| Cholesterol | 0.0mg | 0 % |
| Sodium | 925.1mg | 39 % |
| Total Carbohydrate | 9.3g | 3 % |
| Dietary Fiber | 3.6g | 14 % |
| Sugars | 3.5g | |
| Protein | 6.3g | |
| Vitamin A | 250 % | Calcium 35 % |
| Vitamin C | 212 % | Iron 18 % |

Directions:

1. Thoroughly wash bok choy under cold, running water. Roughly chop bok choy into large pieces.
2. Heat olive oil in deep saucepan on medium heat. Add ginger and garlic, and sauté until garlic starts to turn light brown.
3. Add bok choy and soy sauce. Cook about 5 minutes, stirring occasionally, until leaves of bok choy are wilted and stems begin to appear translucent but remain crisp.
4. Turn off heat and stir in sesame seeds and pepper, to taste. Serve hot!

Serves 2

Serving size: 1 cup, cooked

Total time: 15-20 minutes

Each serving contains 2 of your daily servings of vegetables!

Watch a video showing how easy it is to make Stir-Fried Bok Choy!

