



Greens Tips

- Choose greens with a dark green color, thick with leaves, and thin stems. The greens should not have a strong smell.
- Put greens in the refrigerator as soon as possible after you get them. Do not wash greens before storing them in the refrigerator. If they are wet, blot them dry with clean kitchen towels or paper towels. Store greens in a clean plastic bag in the produce (crisper) drawer for up to 5 days. Wash greens right before using.
- Greens that are prepackaged and labeled as “ready to eat,” “washed,” or “triple washed,” do not need to be washed before eating. Raw greens that are not prepackaged **SHOULD** be washed before eating.
- Greens are an excellent source of vitamins A, C and K, a good source of calcium, and are low in calories.



Green Smoothie

Yield: 1 Serving

Time: 5 Minutes

Ingredients

- 1 cup Greens such as spinach or kale
- ½ Banana
- 1 cup Apple chopped
or 1 cup Strawberries fresh or frozen
or 1 cup Berries fresh or frozen
- 1 cup Milk or milk substitute

Instructions

1. Place all ingredients in a blender in the order listed.
2. Blend until smooth and creamy. Add a little water if desired for a thinner smoothie.



Source: <https://eatfresh.org/recipe/snacks-breakfast-beverages-desserts/green-smoothie/>





Pea Pesto

Enjoy this gorgeous, bright green pesto on your favorite protein food or pasta.

Yield: 8 Serving

Time: 10 Minutes

Ingredients

- 1 cup frozen peas (can also use fresh or canned)
- ½ cup grated Parmesan cheese
- 1 cup basil leaves
- 1 cup spinach (fresh, frozen, or canned)
- ½ cup walnuts
- 2 cloves garlic
- ¼ cup extra virgin olive oil
- ¼ cup water
- ¼ teaspoon salt
- ¼ teaspoon black pepper

Instructions

1. Wash hands with soap and water.
2. For the pesto, add peas, Parmesan cheese, basil, spinach, walnuts and garlic into a food processor or blender.
3. Add in water, oil, salt and pepper. Blend until the ingredients are combined to form a thick sauce.
4. Place pesto in an airtight container. Refrigerate until needed.



Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/pea-pesto>



Collard Greens with Tomatoes & Garlic

Southern style collards with a little spicy heat.

Yield: 3 Servings

Time: 45 Minutes



Ingredients

- 1/8 cup extra-virgin olive oil
- 3 large garlic cloves, thinly sliced
- 1 small onion, cut into 1/2-inch dice
- 1/2 jalapeño, halved lengthwise
- 2 medium tomatoes, chopped
- 1 pounds collard greens, stems discarded and leaves finely shredded
- 1 bay leaf
- 1 thyme sprig
- Salt and freshly ground pepper

Instructions

1. In a large enameled, cast-iron casserole, heat the olive oil.
2. Add the garlic, onion and jalapeño and cook over moderately high heat, stirring occasionally, until softened, about 3 minutes.
3. Stir in the tomatoes, collards, bay leaves and thyme sprigs.
4. Cover and cook over moderately low heat, stirring occasionally, until the collards are tender, about 20 minutes.
5. Discard the jalapeño, bay leaves and thyme.
6. Season collards with salt and pepper and serve.

Source: <https://nesfp.nutrition.tufts.edu/world-peas-food-hub/world-peas-csa/produce-recipes/collard-greens-tomatoes-garlic>



Garden Waldorf Salad

Try a new twist on this Waldorf Salad. Broccoli, cauliflower, carrots, and peanuts make this a fresh variation of an old classic.

Yield: 4 Servings

Time: 10 Minutes

Ingredients

- 3 cups broccoli florets
- 1 cup carrot (grated)
- 1½ cups cauliflower (sliced)
- 1 cup apple (chopped)
- ½ cup green onion (chopped)
- 1 cup yogurt, non-fat vanilla
- ¼ cup unsalted dry roasted peanuts

Instructions

1. Wash hands with soap and water.
2. Toss all ingredients together in a large mixing bowl.
3. Refrigerate until ready to serve, up to 6 hours.
4. Serve chilled.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/garden-waldorf-salad>



Butternut Squash with Collard Greens



Yield: 4 Serving

Time: 20 Minutes

Instructions

Ingredients

- 1 tablespoon vegetable oil
- 1 chopped onion
- 1 chopped red bell pepper
- 3 cups peeled, seeded, and cubed butternut squash
- 3 cups chopped collard greens
- ¼ teaspoon salt
- Black pepper, to taste

1. Heat the oil in a large pot over medium-high heat. Stir in onion and bell pepper and cook until soft.
2. Add squash and cook covered for 5 minutes.
3. Add ½ cup of water, collard greens, salt and pepper. Cook until vegetables are soft, about 8 to 10 minutes.
4. Serve immediately.
5. Refrigerate leftovers.

Source: <https://jyfruitveggies.org/butternut-squash-with-collard-greens/>



Honey Glazed Turnips

Cook turnips and honey on the stove to create an easy and healthy side dish for dinner.



Yield: 4 Servings

Time: 30 Minutes

Instructions

Ingredients

- 3 turnips, medium, about 1½ pounds (sliced or cubed)
- 2 tablespoons honey
- 2 tablespoons canola oil
- ¼ cup water
- salt (¼ teaspoon, to taste)
- black pepper (¼ teaspoon, to taste)

1. Wash hands with soap and water.
2. Peel turnips.
3. Slice or cube turnips, ½ inch pieces.
4. In a medium saucepan, combine honey, canola oil and water and bring to a boil.
5. Add turnips, salt and black pepper, cover and bring to a boil.
6. Reduce to simmer and cook for about 10 minutes.
7. Uncover and continue to cook until turnips are golden and glazed, about 10 minutes.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/honey-glazed-turnips>



Cauliflower Shells with Cheese

Creamy cauliflower and low-fat cheese make a delicious sauce for this pasta dish.



Yield: 7 Servings

Time: 30 Minutes

Ingredients

- 1 pound whole wheat pasta shells
- 8 cups water
- 2 cups cauliflower (chopped)
- 1½ cups milk, non-fat
- 1 teaspoon garlic salt
- ¼ cup flour
- ¼ cup vegetable oil
- 1 cup cheese, low-fat



Instructions

1. Wash hands with soap and water.
2. Fill 1 pot with 6 cups of water and bring to a boil. Once the water is boiling, add pasta and cook for 8 minutes.
3. Drain pasta and fill the same pot with 2 cups of water, bring to a boil.
4. Place the chopped cauliflower in the boiling water and cook until the florets are soft (about 4 minutes). Drain cauliflower.
5. Place the cooked cauliflower, ½ cup milk, and garlic salt in a blender and blend smooth.
6. In a separate pot, heat oil. Add the flour and whisk until smooth. Add 1 cup of milk and cook until it bubbles and thickens. Add the cheese and cauliflower and mix.
7. Once the mixture is complete, remove from heat. Add the pasta into the sauce and serve.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/cauliflower-shells-cheese>



Turnip Pancakes

A great way to try turnips. Full of vegetables and packed with flavor, turnip pancakes will satisfy audiences of all ages.

Yield: 6 Servings

Time: 45 Minutes

Ingredients

Pancakes:

- 1 cup all-purpose flour
- ½ teaspoon black pepper
- 1 egg
- 2 cloves garlic, minced
- 1 tablespoon low-sodium soy sauce
- ¾ cup water
- 2 cups grated turnip
- 1 cup grated carrot
- ½ cup thinly sliced green onion
- 2 tablespoons vegetable oil (for cooking)

Dipping Sauce:

- 2 tablespoons low-sodium soy sauce
- 2 tablespoons rice vinegar
- 2 teaspoons packed brown sugar
- 2 tablespoons thinly sliced green onion

Instructions

1. Wash hands with soap and water.
2. In a large bowl, mix flour, pepper, egg, garlic, soy sauce, and water in a bowl until smooth.
3. Stir in the turnip, carrot and green onion
4. Heat half of oil in a large skillet over medium heat (350 degrees F in an electric skillet). Pour about ¼ cup of batter for each pancake into skillet. Flatten with a fork into a 3-inch circle.
5. Cook until edges look dry and bottom is golden, about 3 to 4 minutes. Turn once. Cook until bottom is golden and crispy. Repeat with remaining batter, adding remaining oil as needed. Pancakes will be moist in the center.
6. Combine dipping sauce ingredients in a small bowl. Serve with warm pancakes.



Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/turnip-pancakes>

Roasted Cauliflower Steaks

Cauliflower steaks are a fun way to get in some of your daily vegetables! This simple recipe spices up cauliflower using lemon juice and garlic powder.



Yield: 6 Servings

Time: 55 Minutes

Ingredients

- 1 head cauliflower, medium
- 1 tablespoon vegetable oil
- 2 tablespoons lemon juice
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon paprika (optional)
- ¼ cup grated parmesan cheese (optional)

Instructions

1. Wash hands with soap and water.
2. Preheat oven to 400 °F.
3. Lightly grease a large baking sheet.
4. Slice cauliflower from top to bottom through the core into 1 to 1½ inch thick steaks. Put steaks on the baking sheet along with end pieces, flat side down.
5. In a small bowl, mix the rest of the ingredients, except cheese.
6. Spoon on and spread or brush the cauliflower with half the mixture. Roast for 20 minutes.
7. Remove baking sheet from the oven, carefully turn the steaks and spread the rest of the mixture. Roast for 15 to 20 minutes or until the cauliflower is browned and tender.
8. Sprinkle with cheese, if desired, and serve.

Source: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/roasted-cauliflower-steaks>



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