

GREENS

Greens are nutritional powerhouses. In addition to being delicious, colorful and naturally low in fat and sodium, they are an excellent source of vitamins, minerals, fiber and phytochemicals. Most greens are a good source of the vitamin A precursor, beta-carotene. But they also provide an abundance of vitamin C, the B-vitamins, folate, vitamin-K, fiber and minerals such as potassium, calcium and iron. Some greens like kale, spinach, Brussels sprouts, cabbage and collard greens contain appreciable amounts of omega-3 fatty acids. So listen to your mother when she tells you to "Always eat your GREENS"!

Photograph of arrangement of
greens

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Nutritional Importance

<i>Vitamins A & C</i>	Powerful antioxidants that help prevent and/or lessen the effects of cancer. Also aids in vision and immune system status.
<i>B-vitamins</i>	Important for formation of energy-rich compounds within the body.
<i>Folate</i>	Important for the prevention of heart disease and neural tube defects.
<i>Vitamin K</i>	Important for blood clotting and proper bone development and maintenance.
<i>Calcium</i>	Important for proper bone development and prevention of osteoporosis
<i>Iron</i>	Aids in the transportation of oxygen throughout the body and the formation of energy-rich compounds.
<i>Omega-3 fatty acid</i>	Aids in preventing and/or lessening the effects of many chronic diseases, especially, coronary heart disease, stroke, Chron's disease and cancers of the breast, colon and prostate.
<i>Phytochemicals</i>	Plant chemicals (antioxidants for example) known to help in fighting disease.

Knowing Your Greens...

The level of nutrients in leafy green vegetables seems to be associated with the presence of chlorophyll (the green pigment produced by photosynthesis). Therefore, the darker the leaves, the more nutrients they contain. Click on the greens below for more detailed information regarding preparation methods and nutrient content.

Presenting the Dark Green Leafies!
Arugula
Beet Greens
Bok Choy
Broccoli
Broccoli Rabe
Brussel Sprouts
Cabbage
Chicory
Collard Greens
Dandelion Greens
Kale
Mustard Greens
Spinach
Swiss Chard
Turnip Greens
Watercress

Arugula

Arugula provides vitamins A, C, & K as well as folate and calcium. Commonly found in pre-washed salad mixes, such as mesclun.

Preparation:

Often sandy. Wash well in cold water. Pat dry with paper towels. Wrap in damp paper towels and refrigerate in a plastic bag. Highly perishable, use within 2 days. Use fresh as an accent to other salad greens; stir-fry or sauté, add to soups and pasta sauces.

Nutrient Content <i>Preparation: 1.5 cups raw</i>	
Calories	8
Fat (g)	.2
Fiber (g)	.5
Soluble Fiber (g)	.1
Vitamin A (mcg)	173.0
Vitamin C (mg)	4.5
Vitamin K (mcg)	9.3
Folate (mcg)	29.0
Calcium (mg)	48.0
Iron (mg)	.4
Potassium (mg)	111.0
Omega-3 fatty acid (g)	.05

Beet Greens

Beet Greens are an excellent source of vitamin K. They are also a good source of vitamins A & C and potassium. They also provide folate, iron and some calcium.

Preparation:

After buying whole beets, cut off the tops. Wash greens well with cold water. Pat dry with paper towels. Place in a plastic bag lined with paper towels; refrigerate up to 3 days. Good in soups or stir fry recipes or steamed and served as a side dish.

Nutrient Content <i>Preparation: .5 cups cooked</i>	
Calories	19.0
Fat (g)	.1
Fiber (g)	2.1
Soluble Fiber (g)	0.9
Vitamin A (mcg)	307.0
Vitamin C (mg)	17.9
Vitamin K (mcg)	250.6
Folate (mcg)	10.0
Calcium (mg)	82.0 *
Iron (mg)	1.4
Potassium (mg)	654.0
Omega-3 fatty acid (g)	.01
* This source not well absorbed	

Bok Choy

Bok Choy is an excellent source vitamin K and a good source of vitamins A & C. It also provides folate, calcium, iron and potassium.

Preparation:

Wash in cold water. Pat dry with paper towels and refrigerate in a plastic bag up to 5 days. Normally cooked as stir fry or added to soups.

Nutrient Content <i>Preparation: .5 cups cooked</i>	
Calories	10.0
Fat (g)	.1
Fiber (g)	1.4
Soluble Fiber (g)	.5
Vitamin A (mcg)	296.0
Vitamin C (mg)	22.1
Vitamin K (mcg)	83.3
Folate (mcg)	35.0
Calcium (mg)	79.0
Iron (mg)	.9
Potassium (mg)	315.0
Omega-3 fatty acid (g)	.03

Broccoli

Broccoli is an excellent source of vitamins C & K, and a good source of folate. It also provides vitamin A, calcium and potassium.

Preparation:

Store in refrigerator for up to 3 to 4 days. Wash well in cold water. Remove the tough ends of the stems. Cut into desired length. Boil or steam for approximately 10 minutes.

Nutrient Content <i>Preparation: .5 cups cooked</i>	
Calories	22.0
Fat (g)	.1
Fiber (g)	2.3
Soluble Fiber (g)	1.2
Vitamin A (mcg)	133.0
Vitamin C (mg)	31.3
Vitamin K (mcg)	88.1
Folate (mcg)	44.0
Calcium (mg)	40.0
Iron (mg)	.5
Potassium (mg)	140.0
Omega-3 fatty acid (g)	.03

Broccoli Rabe

Broccoli Rabe is also known as broccoli rape or Chinese flowering cabbage. It is an excellent source of vitamin A, and a good source of vitamin C and potassium. Its strong taste is mellowed when cooked.

Preparation:

Florets should be closed and green with as few yellow flowers as possible. Select thin stalks. Store in a loosely closed plastic bag in the refrigerator for up to 4 days. Boil, steam, or stir-fry until crisp-tender.

Nutrient Content <i>Preparation: .5 cups cooked</i>	
Calories	
Fat (g)	
Fiber (g)	
Soluble Fiber (g)	
Vitamin A (mcg)	
Vitamin C (mg)	
Vitamin K (mcg)	
Folate (mcg)	
Calcium (mg)	
Iron (mg)	
Potassium (mg)	
Omega-3 fatty acid (g)	

Brussel Sprouts

Brussel Sprouts are an excellent source of vitamins C & K, and a good source of folate. They also provide vitamin A, potassium, and omega-3 fatty acids.

Preparation:

Drop sprouts into basin of warm water for 10 minutes. Rinse, cut off tough end and then cut and "X" in the base of each sprout. Cook until just tender. Steam, boil or microwave.

Nutrient Content <i>Preparation: .5 cups cooked</i>	
Calories	33.0
Fat (g)	.3
Fiber (g)	3.2
Soluble Fiber (g)	2.0
Vitamin A (mcg)	56.0
Vitamin C (mg)	35.7
Vitamin K (mcg)	225.4
Folate (mcg)	79.0
Calcium (mg)	19.0
Iron (mg)	.6
Potassium (mg)	254.0
Omega-3 fatty acid (g)	.1

Cabbage

Cabbage is an excellent source of vitamin K and a good source of vitamin C. It also provides cabbage and omega-3 fatty acids.

Preparation:

Slice or shred cabbage to boil or steam, or grate for use in coleslaw. Goes well with many other foods, including pineapple, raisins, carrots, kidney beans, grapes or on its own with mustard, dill or garlic.

Nutrient Content <i>Preparation: .5 cups cooked</i>	
Calories	17.0
Fat (g)	.3
Fiber (g)	1.7
Soluble Fiber (g)	.8
Vitamin A (mcg)	11.0
Vitamin C (mg)	15.0
Vitamin K (mcg)	73.5
Folate (mcg)	15.0
Calcium (mg)	23.0
Iron (mg)	.1
Potassium (mg)	73.0
Omega-3 fatty acid (g)	.08

Chicory

Chicory is also known as escarole or curly endive. It is an excellent source of vitamin K and a good source of folate. It also provides vitamin A and potassium.

Preparation:

Wash well in cold water to remove dirt. Pat dry with paper towels. Wrap in damp paper towels and refrigerate in a plastic bag up to 2 days. Combine with milder-tasting lettuces in fresh salads, serve warm in wilted salads, or cook in soups or pasta sauces.

Nutrient Content <i>Preparation: 1.5 cups raw</i>	
Calories	7.0
Fat (g)	.1
Fiber (g)	1.3
Soluble Fiber (g)	.4
Vitamin A (mcg)	67.0
Vitamin C (mg)	2.7
Vitamin K (mcg)	97.0
Folate (mcg)	60.0
Calcium (mg)	22.0
Iron (mg)	.4
Potassium (mg)	132.0
Omega-3 fatty acid (g)	0

Collard Greens

Collard Greens are an excellent source of vitamins A & K, and a good source of vitamin C. They also provide calcium, potassium and omega-3 fatty acids.

Preparation:

Wash in cold water. Pat dry with paper towels. Wrap in damp paper towels and refrigerate in a plastic bag up to 5 days. Best if blanched first to reduce bitterness. Typically braised, added to soups or stir-fry recipes.

Nutrient Content <i>Preparation: .5 cups cooked</i>	
Calories	25.0
Fat (g)	.3
Fiber (g)	2.7
Soluble Fiber (g)	1.6
Vitamin A (mcg)	733.0
Vitamin C (mg)	17.3
Vitamin K (mcg)	418.0
Folate (mcg)	88.0
Calcium (mg)	113.0
Iron (mg)	.4
Potassium (mg)	247.0
Omega-3 fatty acid (g)	.09

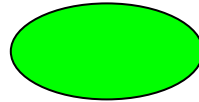
Dandelion Greens

Dandelion Greens are an excellent source of vitamin K. They also provide vitamins A & C as well as calcium and potassium. They can be picked in your yard while still young (small) and tender. When picking wild dandelion leaves, be certain to avoid areas treated to chemicals or exposed to exhaust pollutants.

Preparation:

Usually very sandy when picked. Wash well in cold water. Pat dry with paper towels. Store in a plastic bag up to 2 days. Use young, tender leaves raw in salads. Steam or sauté older leaves.

Click here for great Dandelion Green recipes! →



Dandelion Greens

Nutrient Content <i>Preparation: .5 cups cooked</i>	
Calories	14.0
Fat (g)	.2
Fiber (g)	1.5
Soluble Fiber (g)	.9
Vitamin A (mcg)	405.0
Vitamin C (mg)	9.5
Vitamin K (mcg)	231.0
Folate (mcg)	7.0
Calcium (mg)	62.0
Iron (mg)	.2
Potassium (mg)	137.0
Omega-3 fatty acid (g)	.05

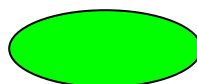
Kale

Kale is an excellent source of vitamins A & K and calcium, and a good source of vitamin C and omega-3 fatty acids. It also provides calcium and potassium. Kale resembles collards, but has stronger flavor and coarser texture.

Preparation:

Wash well in cold water. Pat dry with paper towels. Wrap in damp paper towels and refrigerate in a plastic bag up to 3 days. Becomes bitter if stored too long. Good in soup, stir fry, sauces, and stews. May also be used as a garnish.

Click here for great Kale recipes! →



Kale Recipes

Nutrient Content <i>Preparation: .5 cups cooked</i>	
Calories	20.0
Fat (g)	.3
Fiber (g)	1.3
Soluble Fiber (g)	.7
Vitamin A (mcg)	672.0
Vitamin C (mg)	16.4
Vitamin K (mcg)	324.4
Folate (mcg)	9.0
Calcium (mg)	90.0
Iron (mg)	.6
Potassium (mg)	209.0
Omega-3 fatty acid (g)	.08

Mustard Greens

Mustard Greens are an excellent source of vitamins A & K and a good source of vitamin C and folate. They also provide calcium and potassium. The leaves are more delicate than kale, but have a stronger bite!

Preparation:

Wash in cold water. Pat dry with paper towels. Wrap in damp paper towels and refrigerate in a plastic bag up to 5 days. Use young, tender greens raw to add a "zip" to salads. Good for stir-fry recipes and soups.

Nutrient Content <i>Preparation: .5 cups cooked</i>	
Calories	14.0
Fat (g)	.2
Fiber (g)	2.5
Soluble Fiber (g)	1.1
Vitamin A (mcg)	534.0
Vitamin C (mg)	19.2
Vitamin K (mcg)	133.8
Folate (mcg)	83.0
Calcium (mg)	96.0
Iron (mg)	.6
Potassium (mg)	142.0
Omega-3 fatty acid (g)	.04

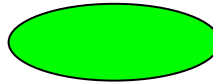
Spinach

Spinach is an excellent source of vitamins A & K, and a good source of folate. It also provides vitamin C, iron and omega-3 fatty acids.omega-3 fatty acids.

Preparation:

Wash spinach well in cold water. Pat dry with paper towels. Store in a plastic bag up to 2 days. Use young, tender leaves raw in salads. Steam or sauté older leaves.

Click here for great spinach recipes! ➔



Spinach Recipes

Nutrient Content <i>Preparation: .5 cups cooked</i>	
Calories	25.0
Fat (g)	.2
Fiber (g)	2.7
Soluble Fiber (g)	2.5
Vitamin A (mcg)	780.0
Vitamin C (mg)	11.1
Vitamin K (mcg)	324.0
Folate (mcg)	97.0
Calcium (mg)	131.0 *
Iron (mg)	1.4
Potassium (mg)	268.0
Omega-3 fatty acid (g)	.06
* This source not well absorbed	

Swiss Chard

Swiss Chard is a good source of vitamins A & K and a good source of vitamin C. It also provides iron and potassium. Swiss Chard has a distinctive flavor and full-bodied texture similar to spinach.

Preparation:

Wash in cold water. Pat dry with paper towels and refrigerate in a plastic bag up to 3 days. Use leaves raw in salads. Sliced stems can be added to soups and stews. Both leaves & stems can be used in stir fry recipes or cooked as a side dish.

Nutrient Content <i>Preparation: .5 cups cooked</i>	
Calories	18.0
Fat (g)	.1
Fiber (g)	1.9
Soluble Fiber (g)	.3
Vitamin A (mcg)	581.0
Vitamin C (mg)	15.8
Vitamin K (mcg)	727.2
Folate (mcg)	8.0
Calcium (mg)	51.0 *
Iron (mg)	2.0
Potassium (mg)	480.0
Omega-3 fatty acid (g)	0
* This source not well absorbed	

Turnip Greens

Turnip Greens are an excellent source of vitamins A & K and a good source of vitamin C and folate. They also provide calcium and potassium. Turnip Greens have a strong, sharp flavor.

Preparation:

Wash in cold water. Pat dry with paper towels. Wrap in damp paper towels and refrigerate in a plastic bag up to 4 days. Good added to soups and stews.

Nutrient Content <i>Preparation: .5 cups cooked</i>	
Calories	14.0
Fat (g)	.2
Fiber (g)	2.5
Soluble Fiber (g)	1.1
Vitamin A (mcg)	549.0
Vitamin C (mg)	19.7
Vitamin K (mcg)	137.6
Folate (mcg)	85.0
Calcium (mg)	99.9
Iron (mg)	.6
Potassium (mg)	146.0
Omega-3 fatty acid (g)	.04

Watercress

Watercress is an excellent source of vitamin K, and a good source of vitamin A. It also provides calcium and potassium. Watercress has a very delicate flavor.

Preparation:

Very perishable. Wrap in damp paper towels and refrigerate in a plastic bag for 1 to 2 days. Serve raw in salads, sandwiches, or as a garnish. Steam for a side dish; add to soups.

Nutrient Content <i>Preparation: 1.5 cups raw</i>	
Calories	6.0
Fat (g)	.1
Fiber (g)	.8
Soluble Fiber (g)	.4
Vitamin A (mcg)	453
Vitamin C (mg)	22.0
Vitamin K (mcg)	127.5
Folate (mcg)	5.0
Calcium (mg)	61.0
Iron (mg)	.1
Potassium (mg)	168.0
Omega-3 fatty acid (g)	.01

Cooking with Greens

Purchasing & Storage

- Choose smaller leaves for tenderness and mild flavor.
- Buy only the freshest and most perfect lettuces and greens available. The leaves should be firm and uniform in color. Avoid discolored or wilted leaves.
- Rinse all greens thoroughly in cold water.
- Wrap greens in damp towel and place in an open plastic bag in coldest section of refrigerator.
- Consume greens within a few days of purchasing.

General Serving/Cooking Tips

- Greens cook down considerably. In general, 1 pound of greens serves 2-3 people.
- Greens should retain most of their color during the cooking process if they are not overcooked (5-8 minutes is usually sufficient). Cooking uncovered and with a little added salt helps to maintain a more vibrant green color.
- Spinach, kale and chard are mild-flavored and should be steamed until just tender. Collards, and mustard and turnip greens have a stronger flavor and should be cooked a little longer.
- To steam, place washed greens in a pot with only enough additional water to prevent boiling dry. Cover and bring to a boil. Once boiling, reduce heat, remove cover and continue to simmer until leaves are wilted. Microwaving works well also.
- Sprinkle lemon juice or vinegar (rice or balsamic) on cooked greens to enhance their flavor.
- Greens add flare, color, and nutritional value to soups, salads, casseroles and pizzas.
- Add aromatic herbs to enhance flavor including chives, basil, thyme, marjoram, dill, parsley, tarragon, mint, cilantro and savory.
- Sautéed greens can be accompanied with olive oil, garlic, red pepper flakes, ginger and Italian cheese. The heavier greens (Collards and kale) can be lightly steamed before being sautéed.
- Don't cook greens in aluminum cookware because it will affect their appearance and taste.

Recipes

Greens and Apples (Wasserman & Mangels)

2 tsp. soft margarine (NO trans fatty acids ~ non-hydrogenated only)

2 medium-size Granny Smith apples, coarsely chopped

1/3 cup frozen apple juice concentrate

1 lb. Greens, rinsed and finely chopped (mustard greens or kale especially nice)

Salt and pepper to taste

In large saucepan, melt margarine over medium heat. Add apples and cook, stirring, until lightly browned. Add remaining ingredients. Cover and cook, stirring occasionally, until greens are tender. Serve immediately.

Portuguese Green Soup

(Potato & Kale Soup)

5-6 large potatoes, peeled and cut into chunks

9-10 cups vegetable broth or water

1 ½ tbsp. salt

1 large bunch kale, cut fine

1 large onion, chopped fine

2-3 tbsp. olive oil

2 cloves garlic, minced

1 tbsp. margarine

Freshly ground black pepper

In a large pot, cover potatoes with 5 cups of water or broth. Add salt and cook until potatoes are very soft. Meanwhile trim excess stalks from kale leaves. Layer kale about 6 leaves high, and roll into a tight cigar form. Slice kale very thin and set aside. Once potatoes are nearly cooked, add onions and cook until done. Mash with a potato masher, then whip with an electric beater until very creamy. Add olive oil and garlic, and heat on medium-low for about 5 min. Add additional 4-5 cups water or broth. Add kale, cover and continue to heat for another 10 minutes. Remove cover, and continue to cook until kale is tender. Add margarine and then freshly ground pepper to taste. Best if allowed to sit overnight.

Pasta and Greens

1 large bunch kale
2 large bunches spinach
1 small can of chick peas (10 oz), well drained and coarsely chopped
7-10 large cloves garlic, minced
1/3 C. olive oil
1/2-1 tsp. red pepper flakes
Salt

Immerse greens in sink of warm water. Swish them around to loosen any dirt particles. Remove stems. Without shaking off the excess water, place greens in a large pot. Sprinkle with salt. Add only enough additional water to prevent them from to a large, heavy saucepan and heat on low to med-low. Add garbanzo beans and heat for 5 minutes. Add garlic and red pepper flakes and heat for 5 additional minutes. Meanwhile, collect handfuls of boiling dry. Cover and bring to a boil. Once boiling, reduce heat and cook uncovered until greens are just wilted. Place leaves in a strainer and let cool. Add oil drained greens and thinly slice. Add to pan. Salt to taste and heat for another 10 min. Place on top of your favorite prepared pasta.

Spinach Pie

1 Spanish onion, chopped
1/4 cup olive oil
2 bunches fresh spinach, steamed, drained and chopped
1 lb. X-firm tofu, drained and crumbled
2 cups cooked rice
2 tsp. granulated garlic
4 tbs. nutritional yeast flakes
1 tsp. salt
3 tbs. lemon juice

Sauté onion in oil until soft. Stir in spinach and remove from heat. Add remaining ingredients and mix well. Place in partially baked pie shell and cover with unbaked crust. Prick top crust in several places with fork. Bake at 375 degrees for 45 minutes.

Steamed & Sautéed Greens

Bunch of kale and/or spinach
Garlic, minced (optional)
Olive oil
Balsamic vinegar

Wash greens in sink filled with warm water and swish them around to loosen any dirt particles. Remove heavy stalks. Place in large saucepan and add enough additional water to prevent them from boiling dry. Sprinkle with salt. Cover and bring to boil. Once boiling, reduce heat and continue to cook uncovered until greens are just wilted. Drizzle with olive oil and balsamic vinegar. Sprinkle with minced garlic if desired. Continue to sauté for another 5-10 minutes.

Tasty Greens Soup

1 medium yellow onion (chopped)

1 tsp. Sesame oil

1 clove garlic (chopped)

1 cup celery (chopped)

6 cups water

1/2 tsp. sea salt

1 Tbsp. Miso

1 bunch dandelion greens or any dark leafy greens (chopped)

Heat oil in soup pot. Sauté garlic for 30 seconds. Add onion. Sauté onion and garlic over medium heat until they begin to brown. Add celery and sauté for an additional 2-3 minutes. Add water and salt. Bring to a boil, reduce heat and simmer for 5-6 minutes. Pour soup into blender with miso and puree. Return to soup pot. Add greens to soup. Bring to a boil and serve.

Kale Recipes

Portuguese Green Soup

(Potato & Kale Soup)

5-6 large potatoes, peeled and cut into chunks

9-10 cups vegetable broth or water

1 ½ tbsp. salt

1 large bunch kale, cut fine

1 large onion, chopped fine

2-3 tbsp. olive oil

2 cloves garlic, minced

1 tbsp. margarine (NO trans fatty acids ~ non-hydrogenated only)

Freshly ground black pepper

In a large pot, cover potatoes with 5 cups of water or broth. Add salt and cook until potatoes are very soft. Meanwhile trim excess stalks from kale leaves. Layer kale about 6 leaves high, and roll into a tight cigar form. Slice kale very thin and set aside. Once potatoes are nearly cooked, add onions and cook until done. Mash with a potato masher, then whip with an electric beater until very creamy. Add olive oil and garlic, and heat on medium-low for about 5 min. Add additional 4-5 cups water or broth. Add kale, cover and continue to heat for another 10 minutes. Remove cover, and continue to cook until kale is tender. Add margarine and then freshly ground pepper to taste. Best if allowed to sit overnight.

Pasta and Greens

1 large bunch kale

2 large bunches spinach

1 small can of chick peas (10 oz), well drained and coarsely chopped

7-10 large cloves garlic, minced

1/3 C. olive oil

½-1 tsp. red pepper flakes

Salt

Immerse greens in sink of warm water. Swish them around to loosen any dirt particles. Remove stems. Without shaking off the excess water, place greens in a large pot. Sprinkle with salt. Add only enough additional water to prevent them from to a large, heavy saucepan and heat on low to med-low. Add garbanzo beans and heat for 5 minutes. Add garlic and red pepper flakes and heat for 5 additional minutes. Meanwhile, collect handfuls of boiling dry. Cover and bring to a boil. Once boiling, reduce heat and cook uncovered until greens are just wilted. Place leaves in a strainer and let cool. Add oil drained greens and thinly slice. Add to pan. Salt to taste and heat for another 10 min. Place on top of your favorite prepared pasta.

Steamed & Sautéed Greens

Bunch of kale and/or spinach

Garlic, minced (optional)
Olive oil
Balsamic vinegar

Wash greens in sink filled with warm water and swish them around to loosen any dirt particles. Remove heavy stalks. Place in large saucepan and add enough additional water to prevent them from boiling dry. Sprinkle with salt. Cover and bring to boil. Once boiling, reduce heat and continue to cook uncovered until greens are just wilted. Drizzle with olive oil and balsamic vinegar. Sprinkle with minced garlic if desired. Continue to sauté for another 5-10 minutes.

Tasty Greens Soup

1 medium yellow onion (chopped)
1 tsp. Sesame oil
1 clove garlic (chopped)
1 cup celery (chopped)
6 cups water
1/2 tsp. sea salt
1 Tbsp. Miso
1 bunch dandelion greens or any dark leafy greens (chopped)

Heat oil in soup pot. Sauté garlic for 30 seconds. Add onion. Sauté onion and garlic over medium heat until they begin to brown. Add celery and sauté for an additional 2-3 minutes. Add water and salt. Bring to a boil, reduce heat and simmer for 5-6 minutes. Pour soup into blender with miso and puree. Return to soup pot. Add greens to soup. Bring to a boil and serve.

Spinach Recipes

Pasta and Greens

1 large bunch kale
2 large bunches spinach
1 small can of chick peas (10 oz), well drained and coarsely chopped
7-10 large cloves garlic, minced
1/3 C. olive oil
1/2-1 tsp. red pepper flakes
Salt

Immerse greens in sink of warm water. Swish them around to loosen any dirt particles. Remove stems. Without shaking off the excess water, place greens in a large pot. Sprinkle with salt. Add only enough additional water to prevent them from to a large, heavy saucepan and heat on low to med-low. Add garbanzo beans and heat for 5 minutes. Add garlic and red pepper flakes and heat for 5 additional minutes. Meanwhile, collect handfuls of boiling dry. Cover and bring to a boil. Once boiling, reduce heat and cook uncovered until greens are just wilted. Place leaves in a strainer and let cool. Add oil drained greens and thinly slice. Add to pan. Salt to taste and heat for another 10 min. Place on top of your favorite prepared pasta.

Spinach Pie

1 Spanish onion, chopped
1/4 cup olive oil
2 bunches fresh spinach, steamed, drained and chopped
1 lb. X-firm tofu, drained and crumbled
2 cups cooked rice
2 tsp. granulated garlic
4 tbsp. nutritional yeast flakes
1 tsp. salt
3 tbsp. lemon juice

Sauté onion in oil until soft. Stir in spinach and remove from heat. Add remaining ingredients and mix well. Place in partially baked pie shell and cover with unbaked crust. Prick top crust in several places with fork. Bake at 375 degrees for 45 minutes.

Steamed & Sautéed Greens

Bunch of kale and/or spinach
Garlic, minced (optional)
Olive oil
Balsamic vinegar

Wash greens in sink filled with warm water and swish them around to loosen any dirt particles. Remove heavy stalks. Place in large saucepan and add enough additional water to prevent them from boiling dry. Sprinkle with salt. Cover and bring to boil.

Once boiling, reduce heat and continue to cook uncovered until greens are just wilted. Drizzle with olive oil and balsamic vinegar. Sprinkle with minced garlic if desired. Continue to sauté for another 5-10 minutes.

Tasty Greens Soup

1 medium yellow onion (chopped)

1 tsp. Sesame oil

1 clove garlic (chopped)

1 cup celery (chopped)

6 cups water

1/2 tsp. sea salt

1 Tbsp. Miso

1 bunch dandelion greens or any dark leafy greens (chopped)

Heat oil in soup pot. Sauté garlic for 30 seconds. Add onion. Sauté onion and garlic over medium heat until they begin to brown. Add celery and sauté for an additional 2-3 minutes. Add water and salt. Bring to a boil, reduce heat and simmer for 5-6 minutes. Pour soup into blender with miso and puree. Return to soup pot. Add greens to soup. Bring to a boil and serve.

(DGRec.HTM)

Dandelion Green Recipies

Tasty Greens Soup

1 medium yellow onion (chopped)

1 tsp. Sesame oil

1 clove garlic (chopped)

1 cup celery (chopped)

6 cups water

1/2 tsp. sea salt

1 Tbsp. Miso

1 bunch dandelion greens or any dark leafy greens (chopped)

Heat oil in soup pot. Sauté garlic for 30 seconds. Add onion. Sauté onion and garlic over medium heat until they begin to brown. Add celery and sauté for an additional 2-3 minutes. Add water and salt. Bring to a boil, reduce heat and simmer for 5-6 minutes. Pour soup into blender with miso and puree. Return to soup pot. Add greens to soup. Bring to a boil and serve.

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