

Winter Greens

Key Points

- For best buy, look for greens that are moist and crisp, with rich green leaves.
- To prepare fresh greens, wash leaves well and trim leaves from stem.
- To store fresh greens, wrap unwashed greens in a damp paper towel, place in a plastic bag and keep in the refrigerator for 3 to 5 days.
- Winter greens contain vitamin A, which is good for healthy eyes and skin.

Warm Kale and Potato Salad

Ingredients:

1 tablespoon vegetable oil
1 cup chopped onion
3 garlic cloves, minced
3 potatoes, sliced
1 bunch kale (about 1 pound)
trimmed from stems and
chopped
1 cup low sodium chicken broth
1 tablespoon lemon juice
salt and pepper to taste

Directions:

1. In a large pot, heat oil over medium heat.
2. Add the onions and garlic, cook until soft.
3. Add potatoes, kale and broth. Cover pot and cook for about 15 minutes or until potatoes are soft.
4. Add lemon juice, salt and pepper to taste. Enjoy!
5. Refrigerate leftovers.

Makes 4 servings.



Swiss Chard and Pasta

Ingredients:

2 teaspoons vegetable oil
2 onions, sliced
3 bunches Swiss chard, trimmed
from stems and chopped
3 garlic cloves, minced
1 1/2 cups chopped tomatoes
1/4 teaspoon crushed red pepper
flakes (optional)
8 ounces pasta, cooked
1/4 cup grated Parmesan cheese
salt and pepper to taste

Directions:

1. In a large frying pan, heat oil over medium heat. Add onions and cook until soft, stirring often.
2. Add the Swiss chard and garlic to the pan and cook until the Swiss chard wilts.
3. Stir in tomatoes and red pepper flakes. Cover and cook until the Swiss chard becomes very soft, about 5 minutes.
4. Add pasta to the Swiss chard mixture and toss to mix. Sprinkle with the grated cheese. Add salt and pepper to taste. Enjoy!
5. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- Add kale, collard greens, mustard greens or Swiss chard to soups and stews.
- Cook winter greens with oil and garlic for a quick side dish.
- Greens can be seasoned with vinegar, ginger, lemon juice or hot pepper flakes!
- Remember to rinse all fruits and vegetables before using.

The Nutrition Facts Label—What does it tell us?

Recipe name: Warm Kale and Potato Salad

Nutrition Facts

Serving Size: 1/4 of recipe (337g)

Servings Per Recipe: 4

Amount/Serving

<u>Calories</u>	200	<u>Calories from Fat</u>	40
<u>% Daily Value*</u>			
<u>Total Fat</u>	4.5g	<u>7%</u>	
<u>Saturated Fat</u>	0.5g	<u>3%</u>	
<u>Trans Fat</u>	0g		
<u>Cholesterol</u>	0mg	<u>0%</u>	
<u>Sodium</u>	220mg	<u>9%</u>	
<u>Total Carbohydrate</u>	37g	<u>12%</u>	
<u>Dietary Fiber</u>	5g	<u>22%</u>	
<u>Sugars</u>	5g		
<u>Protein</u>	8g		

Vitamin A 350% Vitamin C 270%
Calcium 20% Iron 15%

*Percent (%) Daily Values are based on
a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

The Nutrition Facts Label—What does it tell us?

Recipe name: Swiss Chard and Pasta

Nutrition Facts

Serving Size: 1/4 of recipe (261g)

Servings Per Recipe: 4

Amount/Serving

<u>Calories</u>	310	<u>Calories from Fat</u>	50
<u>% Daily Value*</u>			
<u>Total Fat</u>	6g	<u>9%</u>	
<u>Saturated Fat</u>	1.5g	<u>7%</u>	
<u>Trans Fat</u>	0g		
<u>Cholesterol</u>	less than 5mg	<u>1%</u>	
<u>Sodium</u>	260mg	<u>11%</u>	
<u>Total Carbohydrate</u>	56g	<u>19%</u>	
<u>Dietary Fiber</u>	4g	<u>16%</u>	
<u>Sugars</u> 7g			
<u>Protein</u>	12g		

Vitamin A	110%	Vitamin C	70%
Calcium	6%	Iron	20%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

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- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:

5% or less is LOW

20% or more is HIGH