

TASTE

# Add a **POP** to your plate

Putting greens in every meal makes it easier to reach the weekly recommended amount

**I**t's the time of year when we are starting to transition from our wonderful summer fruits and vegetables to the abundance of fall produce. I am looking forward to the many apples, pears, carrots and greens that are grown locally. Greens are easily grown in our area at this time of year and there are so many different varieties to choose from. Despite the fact we can grow and eat greens pretty much year-round, most people don't consume enough of these nutrient-packed vegetables.

According to the dietary patterns for Americans most adults should eat between 1 1/2 to 2 cups of dark green vegetables each week. The size varies some depending on which type of greens you're eating, so if you're consuming collard greens cooked then shoot for 1 1/2 to 2 cups per week. However, if you prefer a raw spinach or romaine lettuce salad, you will need to aim for 2 to 4 cups of these lovely dark green vegetables. Spinach and leafy green lettuce all lose a lot of size when they are cooked, so you have to double the amount when eating those vegetables uncooked. Even though the number of dark green vegetables we all should be eating in a week isn't really that large of a number, most people don't even come close to eating the recommended amounts.

Greens consist of kale, romaine lettuce, spinach, collard greens, bok choy and beet greens. They are low in calories but full of nutrients like vitamins and minerals.



**Mandy Hatfield**  
Guest Column

Dark greens provide vitamin A, vitamin C, fiber, and folate to your diet. Kale, collard greens and mustard greens can be found during the winter months. When in season, you can usually buy them at a better price. To get your kids more interested in trying these green vegetables have them help by washing the leaves and treating them to prepare them for your meal. Kids also enjoy coming up with fun names to call their food to encourage them to try some super hero powered lettuce. Spinach freezes great to use in smoothies. Throw it in the freezer fresh and then have the kids smash it up in the bag once frozen. Let them decide how much to add to your smoothie. Unless you add a lot of spinach it will not affect the taste of your favorite smoothie.

Try giving greens a try this fall and winter when they can be found in season locally. They can add so many nutrients and color to your meal. Greens can be added to many different meals, not just salads. Try adding greens to your favorite pasta dish or soup to add a pop of green and a lot of nutrients. If you need more ideas on how to use greens try foodhero.org to find even more great recipes.



Greens with carrots

### GREENS WITH CARROTS

**Ingredients**  
8 cups greens (try kale, bok choy, chard, collard, mustard or others)  
2 teaspoons vegetable oil  
2 large carrots (sliced 1/2" or in thin strips or coarsely shredded)  
1 clove garlic, minced or 1/4 teaspoon garlic powder  
1/4 teaspoon salt  
1/4 teaspoon pepper

**Directions**  
1. In a sauce pan over medium-high heat, sauté onion and garlic in butter or margarine until soft.  
2. Add broth, white beans, and tomatoes; stir to combine.  
3. Bring to a boil, reduce heat, cover, and simmer for about 5 minutes.  
4. Add the kale and Italian seasonings. Simmer until kale has softened, 3 to 5 minutes. Serve warm.  
5. Refrigerate leftovers within 2 hours.

**Directions**  
1. In a large skillet over medium-high heat (350 degrees in an electric skillet), add carrots and stems if separated and cook for 2 minutes. Add garlic and cook for 1 minute.  
Add greens, salt, pepper, collander and cayenne, if desired. Stir often.  
When greens have turned bright green and begun to wilt, remove from heat. Sprinkle vinegar and soy sauce over the top. Toss gently and serve.  
Refrigerate leftovers within 2 hours.

### PASTA WITH GREENS AND BEANS

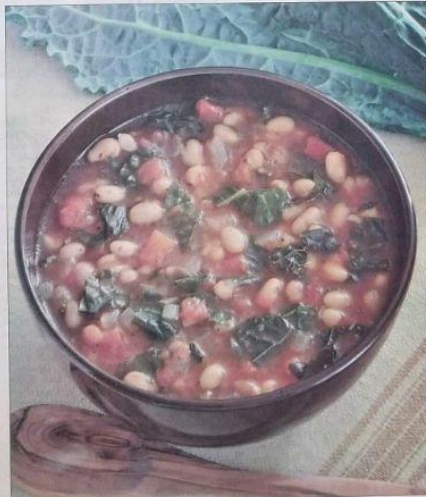
**Ingredients**  
8 ounces pasta (try penne)  
1 Tablespoon vegetable oil  
3 cloves minced garlic or 3/4 teaspoon garlic powder  
10 ounces frozen spinach  
1 can (15-ounce) diced tomatoes with juice  
1 can (15-ounce) white beans, drained and rinsed  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1/2 cup grated parmesan cheese

**Directions**  
Cook pasta according to package directions. Set aside.  
Meanwhile, heat oil in large skillet. Add garlic and cook on low (250 degrees in an electric skillet) until soft.  
Add spinach, tomatoes with juice, drained beans, salt, and pepper. Once the mixture bubbles, cook uncovered on low heat for 5 minutes.  
Add drained pasta and parmesan to spinach mixture. Toss well and serve.  
Refrigerate leftovers within 2 hours.

**Notes**  
Substitute cleaned and chopped fresh spinach (about 6 cups).  
Try other greens, such as Swiss chard or kale instead of spinach. Be sure to clean greens well and cook them until soft.  
Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 3/4 cups drained beans.



Pasta with greens and beans



Kale and white bean soup

### KALE AND WHITE BEAN SOUP

**Ingredients**  
1 cup onion, chopped (1 medium onion)  
4 cloves garlic, minced or 1 teaspoon garlic powder  
1 Tablespoon butter or margarine  
2 cups broth (chicken or vegetable)  
1 1/2 cups cooked white beans (1 can — 15.5 ounces, drained and rinsed)  
1 3/4 cups diced tomatoes (1 can — 14.5 ounces with juice)  
1 Tablespoon Italian seasoning  
3 cups kale, chopped (fresh or frozen)

**Directions**  
1. In a sauce pan over medium-high heat, sauté onion and garlic in butter or margarine until soft.  
2. Add broth, white beans, and tomatoes; stir to combine.  
3. Bring to a boil, reduce heat, cover, and simmer for about 5 minutes.  
4. Add the kale and Italian seasonings. Simmer until kale has softened, 3 to 5 minutes. Serve warm.  
5. Refrigerate leftovers within 2 hours.

**Notes**  
1 bunch fresh kale (about 6 cups, chopped)