

## Easy and Tasty Greens!

- ★ Dark green leaves are your best health ally. Aim to eat one serving each day.
- ★ Storage: They keep well in the refrigerator for 3-4 days. Just take out the tie as soon as you get home and make sure they are stored in a dry plastic bag, with the stalk facing the bottom of the bag (as if in the soil). The leaves might dry out on the edge if they get too dry.
- ★ Once cooked they will store another 2-3 days in the fridge. If you prefer, consider cooking once a week several batches and freezing them in serving size portions. They thaw super fast.
- ★ Cooking: They cook in a matter of minutes, cook until soft but not limp, avoid overcooking. They reduce a lot: a bunch of greens make about 1½ cups of cooked greens
- ★ Raw: I add leaves of greens to my salads (or soups) for added taste and nutrition.



### Collard Greens with garlic and olive oil:

*(peppery, earthy taste)*

- Tear away the leaf from the stalk; discard the stalk or use it in a soup. Use the whole bunch.
- Chop the leaf in ¼” strips (stack the leaves, make 2-3 cuts lengthwise, then cut across in thin strips, the thinner the tastier the dish)
- Mince 2 cloves of garlic
- Warm 2 Tbsp of olive oil in a large pan/pot, medium to high temperature (not super hot)
- Sautee the collard greens for 2-3 min stirring constantly. When they start softening add the garlic and saute another 2-3 minutes until soft.
- Salt and pepper to taste



### Celery salad

*(tastes better next day)*

- Slice celery as thin as you can in a large bowl. This salad can be made into a larger batch and eaten over 2-3 days
- Season with
  - Lemon juice - 2 tablespoons
  - Olive oil - ¼ cup
  - Garlic minced small - 1 teaspoon
  - Nutritional yeast (optional, adds to the taste)



### Swiss Chard with balsamic vinegar

*(Similar to spinach in texture and taste)*

- Wash and chop chard in medium pieces, stalk included
- Warm 2-3 Tbsp olive oil over medium/hot temperature (not super hot), saute the chard 2-3 min while stirring
- Add 1-2 tsp of balsamic vinegar, salt and pepper to taste, and saute another 2 min until soft but not soggy - avoid overcooking



## Black-eyed peas, collards and leeks

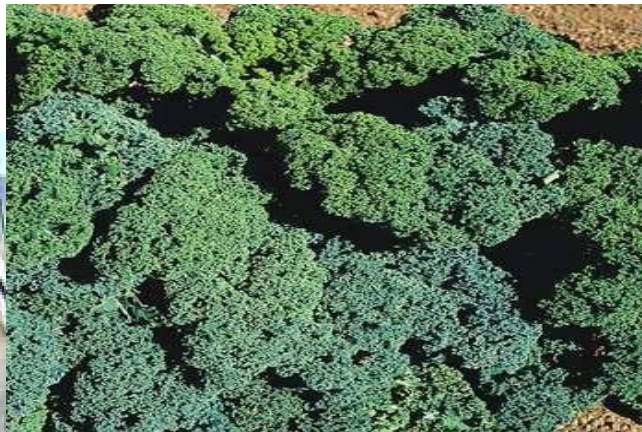
*(overall sweet and creamy taste and texture, very satisfying)*

- Cook 1 cup of peas in 2½ cups of water with NO SALT added: bring to boil, set to low fire and simmer for 30-40 min (adding salt will keep them from getting soft)
- In the meantime, chop the collards as indicated in the 1<sup>st</sup> recipe.
- Wash and cut the leeks in 1/2- to 1 inch thick rounds (see below for tip on washing leeks)
- When the peas are cooked, add the leeks and collards, salt and pepper to taste and stir, cover and turn off the fire and let cook for another 5-10 min



### How to wash leeks and avoid getting sand stuck in the stalk:

- Cut the leek lengthwise, without cutting all the way to the root
- While holding the leek upside down (roots up, leaves down) separate the leaves under water to wash sand away.
- Cut the leek across to cook



## Kale (there are various types) salad with garlic and lemon (ie kale tabouli)

- Tear the leaf off the stalk and mince the leaves. They need to be chopped very small, maybe use a food processor. Discard the stalk or use for soup/stock.
- Mince very finely 2-4 cloves of garlic
- Mix together in a deep dish and add:
  - Salt & pepper to taste
  - 2 Tbsp of fresh lemon or lime juice
  - ¼ to ½ cups of olive oil
  - 1 Tbsp nutritional yeast extract (optional, but makes a difference in taste)
- Mix and serve as a salad; some people add soaked cracked bulgur wheat to their tabouli, you can also chop and add cucumbers and tomatoes.
- The trick is in chopping the kale very fine. Keeps in the refrigerator for a couple of days