



# From the Food Bank Kitchen

## Guide to Greens

*Leafy greens come in all different shapes, textures, sizes, flavors, and colors. While they may look different, all of them are packed with vitamins and minerals like vitamins A, B, C, and K, calcium, iron, and fiber. They also contain a lot of heart-healthy potassium. Greens are considered 'superfoods' and have been shown in research studies to help prevent cancer. Eating more leafy greens has also been linked with lower risk of heart disease and type 2 diabetes. The most common types are kale, spinach, cabbage, collard greens, and chard, although there are many other varieties like arugula, bok choy, and escarole. Try them in all in fresh, frozen, or canned form.*

**Kale:** Kale has quickly become the most popular of the leafy greens. It can be added to soups, smoothies, salads, or baked into crisp chips. Kale is full of nutrients and in a per-calorie comparison has more iron than beef, and more calcium than milk.

**Collards:** are a member of the Brassica family of vegetables along with broccoli, kale and cabbage. While broccoli, kale and cabbage can be incorporated raw into dishes, collards have a tougher leaf and need to be cooked until tender. They can be boiled or sautéed and added to any savory dish. To cook, cut into thin strips and boil in lightly salted water for about 25 minutes. Some favorites include soups, stews, or as fillings for stuffed dishes like baked stuffed chicken.

**Chard:** Chard can be found in different varieties like rainbow or Swiss. Rainbow chard has beautiful colors like yellow and orange; whatever the color, the stems are packed with nutrients. Swiss chard can be added to slow cooker dishes and soups. It is often used in Mediterranean cooking and paired with red peppers in stir fries, or baked into cheesy lasagnas.

**Spinach:** Spinach is a popular green that can be a delicious addition to many dishes. Raw in salad or sandwiches, or cooked, spinach can be sautéed, added to pasta, or mixed with artichokes and cheese as a dip. It is versatile for many uses and is a great source of vitamin A. Frozen spinach can be easily thawed and mixed into lasagna, soups, and quesadillas.

**Cabbage:** Cabbage varieties include Savoy, Red, Napa, and Bok Choy. It is a vegetable that is used all over the world in any type of cuisine. Napa cabbage is fermented into kimchi in Korea; bok choy is stir-fried into dishes across Asia; red cabbage is often used in German meat dishes, and Savoy is often used in soups or cole slaw in American style cooking.

\*Note: If you are on a prescription blood thinner (anticoagulant) like Coumadin, Warfarin sodium, or Jantoven, talk to your doctor before changing your diet. Dark green leafy vegetables are high in vitamin K, which is involved with blood clotting and can interact with your medication. Taking these meds, one needs to consume a consistent level of vitamin K day to day.

*See reverse for recipes: Southern Collards with Tomatoes, Black-Eyed Pea Soup with Collards, Carolina Kale, and Kale Salad*

### STUFFED PEPPERS WITH SWISS CHARD

4 servings

Source: Jamie Bronner

2 c brown rice, cooked (white rice can be used)  
1 lb Swiss chard, stems removed, sliced  
1 (8 oz) can diced tomatoes, unsalted  
1 Tbsp olive oil  
1 Tbsp lime juice  
1 red onion, chopped  
2 cloves garlic, minced

4 peppers, seeds removed and tops sliced off and saved  
2 tsp Adobo seasoning, or for lower sodium use Sazón

*Nutrition Facts: Calories 180, Fat 2 gm, Saturated Fat 0 gm, Sodium 700 mg, Carbohydrate 39 gm, Fiber 7 gm, Protein 7 gm*

**Directions:** Preheat the oven to 400°F. Add the olive oil to a sauté pan on the stove over a medium heat, add the onion and cook until slightly softened (about 2 minutes). Add the garlic and cook for an additional minute. Add Swiss chard and cook until it releases most of its liquid. Add the Adobo or Sazón seasoning, cooked rice, and tomato. Cook until most of the liquid has evaporated. Remove from heat and mix in the lime juice. Stuff the rice mixture into the peppers and put the tops back on the peppers. Put the peppers into a baking dish standing up tightly, and add about 1/2 inch of water to the baking dish. Wrap the dish tightly in aluminum foil and bake in the oven for about an hour until the peppers are tender.

*Note: If desired, remove the foil and tops of the peppers with about 5 minutes of cooking time left, and sprinkle cheese over the tops and cook until the cheese is melted.*

## SOUTHERN STYLE COLLARDS WITH TOMATOES

Serves 4

Adapted from Food Network

1½ Tbsp olive oil  
1 Tbsp butter  
1 red onion, chopped  
2 cloves garlic, minced  
1 lb collard greens, stems removed, sliced

2 ½ cups chicken stock, low-sodium  
½ tsp smoked or regular paprika  
¼ tsp cayenne pepper (optional; leave out for less spice)  
1 (8 oz) can diced tomatoes, no salt added

**Directions:** Add butter and olive oil to a medium sized pot and melt the butter over a medium heat. Add onions and cook for 2 minutes and add garlic, cayenne, and paprika. Cook for an additional minute. Add the collard greens and cook for 2 minutes before adding the tomatoes and chicken stock. Bring the collards to a simmer, cover and reduce heat to medium-low and simmer about 40-45 minutes until tender. When done, season to taste with salt and pepper.

**Nutrition Facts:** Calories 170, Fat 11 gm, Saturated Fat 3 gm, Sodium 240 mg, Carbohydrate 17 gm, Fiber 6 gm, Protein 8 gm

## BLACK-EYED PEA SOUP WITH COLLARD GREENS

Serves 10

Adapted from Food & Wine

2 Tbsp olive oil  
1 medium onion, chopped  
3 cloves garlic, minced  
4 c collards, stems removed, sliced in strips  
4 c frozen black-eyed peas\*

6 c chicken stock, low-sodium  
1 (8 oz) can diced tomatoes  
½ tsp cayenne pepper (optional; leave out for less spice)  
½ tsp smoked or regular paprika

**Directions:** Add olive oil to a large stock pot over medium heat, add onion and cook until slightly softened, about 2 minutes. Add garlic and cook an additional minute. Add the collard greens, cayenne, and paprika and cook for 5 minutes. Add the stock, black-eyed peas, and tomatoes. Bring to a boil and reduce to a simmer. Cook partially covered for 30 minutes until the peas are tender. Remove from heat and season with salt and pepper to taste.

**Nutrition Facts:** Calories 170, Fat 5 gm, Saturated Fat 1 gm, Sodium 230 mg, Carbohydrate 21 gm, Fiber 4 gm, Protein 9 gm

\* Note: You can use dried black-eyed peas in place of frozen. Just prepare them by soaking overnight and cook per package instructions. CANNED black-eyed peas can be used as well. Drain and rinse, then add for the **final 5 minutes** of cooking time.

## CAROLINA KALE

Serves 4

Source: [www.leafy-greens.org](http://www.leafy-greens.org)

1 Tbsp olive oil  
1½ lb kale, stems removed, leaves chopped (medium bunch)  
2 c chopped fresh tomatoes (or 1 can canned)  
1 c onion, minced (1 medium onion)

2 cloves garlic, minced  
1½ tsp ground cumin  
1 tsp hot sauce (optional; leave out for less spice)  
¼ tsp crushed red pepper (optional; leave out for less spice)

**Directions:** Heat olive oil over a medium heat in a medium sized stock pot or large sauté pan, add onion and cook until softened (about 2 minutes). Add garlic and cook for an additional minute before adding tomatoes, cumin, hot sauce and crushed red pepper. Cook for 1 minute before adding kale. Cover and simmer for 20 minutes until kale is tender. Season with salt and pepper to taste.

**Nutrition Facts:** Calories 170, Fat 5 gm, Saturated Fat 1 gm, Sodium 400 mg, Carbohydrate 25 gm, Fiber 5 gm, Protein 9 gm

## MASSAGED RAW KALE SALAD

6 servings

Source: Dr. Weil, from [cheapcooking.com](http://cheapcooking.com)

1 medium bunch kale (about 1 lb)  
¼ c grated fresh Parmesan cheese  
¼ c olive oil  
2 Tbsp lemon juice (Optional: also add grated rind of 1 lemon)

1 large clove garlic, minced  
1 pinch of red pepper flakes  
¼ tsp salt  
Optional: croutons or Panko bread crumbs for topping

**Directions:** Strip kale leaves from the stems and discard stems. Rinse and pat dry the leaves. Tear or cut into small pieces and place in large bowl. In a salad bowl, whisk together oil, lemon juice (and zest, if using), garlic, red pepper flakes, and salt. Add the kale to the bowl and toss together. With clean hands, firmly massage and crush the greens for a few minutes. Stop when the volume of greens is reduced by half and the greens are darker and somewhat shiny. Toss in the cheese and serve.

**Nutrition Facts:** Calories 140, Fat 11 gm, Sodium 210 mg, Carbohydrate 7 gm, Fiber 2 gm, Protein 5 gm, Potassium 379 mg