



Leafy Greens

Collard and Mustard Greens



Selecting Fresh Greens:

- Look for greens that have firm, perky, unwilted leaves that are vivid and deep green in color.
- Avoid greens with signs of yellowing or browning.
- Leaves that are smaller in size will be more tender and have a milder flavor.
- Greens should be kept in the refrigerator vegetable drawer to prevent them from wilting and becoming bitter.
- Smaller leaves may need little to no cooking and their flavors will be milder and more delicate.
- Larger, thicker-leaved greens require a little more cooking but will have more robust flavors.

Measuring Fresh Greens:

1 pound = 6-7 cups of leaves = 1½ cups cooked

Handling, Ripening and Storing:

- Store unwashed greens wrapped in a damp paper towel in a perforated plastic bag in the fridge.
- They should be stored in the refrigerator vegetable drawer where they will keep for 3-5 days.
- The sooner greens are eaten, the less bitter they will be.

Preparation and Serving:

- Greens should be washed very well since the leaves and stems tend to collect sand and soil.
- Before washing, trim off the roots and separate the leaves. Place the greens in a large bowl of tepid water and swish them around with your hands, allowing the sand to become dislodged. Repeat this process until no dirt remains in the water (usually two or three times).
- If your recipe calls for leaves only or if the stems are too thick, cut the leaves from the stems.
- Enjoy greens mixed into pasta dishes and casseroles or pair them with beans for a hearty meal.
- Greens can also be steamed or sautéed and served as a side dish; season with garlic, onion, and any of your favorite spices.

Nutrition Facts: One serving = 1 cup cooked greens: Calories 21, Protein 3 grams, Carbohydrates 3 grams, Fiber 3 grams. Greens are also an excellent source of folic acid, Vitamins A and C and a good source of calcium and fiber.

References: http://www.fruitsandveggiesmorematters.org/?page_id=5265,
<http://www.whfoods.com/genpage.php?tname=foodspice&dbid=138#purchasequalities>,
<http://www.fitnessandfreebies.com/food/greens.html>, http://www.ehow.com/how_3098_cook-greens.html

Greens and Radishes with Pasta \$\$

Serves 4

Ingredients

- 1/2 cup uncooked short pasta (macaroni, penne or shells)
- 4 cups firmly packed fresh mustard or collard greens
- 1 cup thinly sliced (about 10-12 whole) radishes
- 1/2 medium onion
- 2 teaspoons salad oil
- dash of salt
- 1/4 teaspoon ground black pepper
- 3 tablespoons grated Parmesan cheese



Cook pasta as directed on package, but do not add salt. When done, drain and set aside. Separate radishes from green tops. Rinse radishes and tops and/or other greens thoroughly to remove dirt. Discard any decayed greens. Trim radishes and slice thinly. Chop greens coarsely. Set aside.

Chop onion. Set aside. Heat oil in a large skillet over medium-high heat. Add

chopped onion and cook until it begins to soften. Reduce heat to low and add radish slices. Cover and let cook 3 minutes. Add greens and cook 2 minutes, or until greens wilt and radishes look almost translucent. Remove from heat. Add salt, pepper, and drained pasta. Mix gently.

Sprinkle ~2 teaspoons of cheese over each serving, serve hot and enjoy!

Nutritional analysis per serving: Calories 90, Protein 4g, Fat 4g, Calories From Fat 6%, Cholesterol 5mg, Carbohydrates 11g, Fiber 2g, Sodium 135mg.

Approximate Pricing Scale

\$ = \$10-\$15 \$\$ = \$15-\$20 \$\$\$ = \$20-\$25