



Summer Greens

COOKBOOK



Summer Fun with Greens



There's nothing quite like the feeling you get when summer arrives. You know how it is, you've been cooped up indoors all winter and part of the spring and you are just itching to get out and be active, be healthy and enjoy life! And with kids out of school and days being longer, we are given the gift of extra quality time with our loved ones. We have put together some of our favorite Nature's Greens® summer time recipes that we think you'll enjoy. Not only are they delicious but they are good for you too!

Our greens are so versatile that you can enjoy them at any time of day. Just take a look at what you'll find inside.

Start your morning off right with a **Kale Smoothie**. Filled with nutrients and flavor, you will notice how much energy it will give you for a day at the beach or lake or simply to get your daily tasks done. We love these so much we have given you three different options—banana, berries and pineapple.

Want to have a quick healthy snack for your family to munch on while playing outside or as a break from pool time? They will keep coming back for more of our **Fresh Collard Dip**.

Need a healthy alternative to potato chips when your kids have friends over this summer? If you haven't tried **Kale Chips** before now is the time. You'll be wowed by their crunchiness –they are so easy to make!

Salads are such a great introduction to a wonderful home-cooked meal. Our **Kale with Cranberries and Mandarin Oranges** has a sweet and tangy taste that is sure to impress. And if you are looking for something with a kick, look no further than our **Spicy Kale Salad**.

Looking for a healthy dinner? Our **Chicken and Mustard Greens Stir-Fry** tastes great and is so filling too—a great alternative to ordering take out on those lazy summer days.

Happy cooking!



4-6
servings

Kale Banana Smoothie

- 3-4 cups Nature's Greens® Kale
- 2 cups water
- 2 pears, unpeeled and chopped
- 1 banana
- ½ cup white grape juice

DIRECTIONS

Cut kale into small pieces. Fill the blender with 2 cups of water and blend the kale until smooth. Add the pears, banana and grape juice and blend again until smooth. Enjoy!

**For a sweeter smoothie, add extra honey to taste*





4
servings

Kale Berry Smoothie

- 1 cup Nature's Greens® Kale
- 1 cup vanilla-flavored almond milk
- 1 cup Greek-style low fat yogurt
- 2 cups strawberries cut into pieces
- ½ cup blueberries
- 1 tablespoon honey

DIRECTIONS

Cut kale into small pieces. Fill the blender with the almond milk and kale and blend until smooth. Add the yogurt, strawberries, blueberries and honey and blend again until smooth. Enjoy!

**For a sweeter smoothie, add extra honey to taste.*



2
servings

Kale Pineapple Smoothie

- 1 cup Nature's Greens® Kale
- 1 cup vanilla-flavored almond milk
- ½ cup Greek-style low fat yogurt
- ½ cup pineapple, cut into small pieces
- 2 teaspoons honey

DIRECTIONS

Cut kale into small pieces. Fill the blender with almond milk and blend the kale until smooth. Add the yogurt, cut pineapple and honey and blend again until smooth. Enjoy!





8

servings

Fresh Collard Dip

- 1 (1 lb) bag Nature's Greens® Collards
- 1 (1.4 ounce) pkg. Knorr Vegetable Recipe Mix
- 1 (16 ounce) container sour cream
- 1 cup mayonnaise
- 1 (5 ounce) Versatile Veggies® Diced Green Onions
- 2 dashes Worcestershire Sauce

DIRECTIONS

Pour collards into a pot. Fill pot with enough water to cover the collards. Bring water and collards to a full rolling boil. Lower heat to medium-high and cook for at least 20 minutes or until collards are of desired texture. Strain well and cool thoroughly. Place cooled collards in the refrigerator overnight. The next day, cut the cold collards into fine pieces. In a medium bowl, combine the cut collards with remaining ingredients. Cover and chill at least 2 hours to blend flavors.

Serve with corn scoops or blue chips made with organic blue corn.



8
servings

Tasty Kale Chips

- 1/3 (1 lb) bag Nature's Greens® Kale
- 2 tablespoons extra light olive oil
- 1 teaspoon fine sea salt

DIRECTIONS

Place kale in a large bowl and add 2 tablespoons oil. Massage kale with olive oil, making sure to cover each leaf with oil. Place kale onto 2 baking sheets with leaves not overlapping. Sprinkle kale on each baking sheet with 1/2 teaspoon sea salt. Bake in a 350° oven for 7 minutes then switch baking sheets from the top rack to the bottom rack. Continue baking for an additional 7 minutes. Cool and enjoy!

For extra flavor, sprinkle with a little finely grated Parmesan cheese before they are baked.



10-12
servings

Kale with Cranberries and Mandarins

- 1 (1 lb) bag Nature's Greens® Kale
- ½ (8 ounce) container Versatile Veggies® Diced Red Onions
- 1 (11 ounce) can mandarin oranges, drained
- 1 ½ cup sweetened dried cranberries
- 1 cup honey-roasted pecans
- 1 cup crumbled fat free feta cheese
- 1 cup fat free balsamic vinaigrette salad dressing

DIRECTIONS

Place servings of kale onto salad plates. Top with red onions, mandarin oranges, cranberries, pecans and feta. Spoon dressing over each salad.



6-8
servings

Spicy Kale Salad

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| 1 (1 lb) bag Nature's Greens® Kale | ½ cup mayonnaise |
| ½ cup of diced red onions | ¼ cup sour cream |
| 1 cup cherry tomatoes | ½ teaspoon curry powder |
| ¼ cup dried cranberries or golden raisins | ¼ teaspoon salt |
| 1 tablespoon dry sherry | ⅛ teaspoon pepper |
| 1 teaspoon dry mustard | 1 (4.3 ounce) package crumbled bacon |

DIRECTIONS

Tear kale into small pieces. In a large bowl, combine kale with the other vegetables and dried cranberries or golden raisins. In a small bowl combine sherry and mustard. Add mayonnaise, sour cream and curry powder. Whisk together with salt and pepper and add to the kale mixture. Cover and refrigerate at least 1 hour before serving. Sprinkle with bacon just before serving. (This salad is even better if made the day before it's served!)

**For a quicker version, try it with Asian dressing.*



4

servings

Chicken and Stir Fried Mustard Greens Stir-Fry

1 (1 lb) bag Nature's Greens® Mustard Greens
1 cup water
1 (14.5 ounce) can low-sodium chicken broth
4 chicken thighs, boned

3 tablespoons extra virgin olive oil
3 tablespoons hot sauce
 $\frac{3}{4}$ cup chopped, toasted pecans

DIRECTIONS

Place greens, water, and chicken broth in a large pot. Bring greens to a full rolling boil and cook for a minimum of 15 minutes or until tenderness desired, drain. Cut chicken into small pieces. Heat oil in a large skillet and add chicken. Stir-fry chicken over medium heat, until done. Add greens and hot sauce to chicken. Toss until greens are heated through and coated with chicken juices. Just before serving, sprinkle toasted pecans over chicken and greens.