



*FRESH ingredients
make FRESH recipes!*

BACK TO *Fresh*

MAKE YOUR
PLATE GREEN IN 2016

COOKBOOK PART III



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SOUTHWEST CHICKEN AND COLLARD GREENS STEW

WHAT YOU NEED

- 8 ounces Versatile Veggies® Diced Yellow Onion
- 4 cups low-sodium vegetable broth, divided
- 16 ounces Nature's Greens® Collard Greens, finely chopped
- 1 large red bell pepper, diced
- 8 teaspoons garlic, minced
- 1/2 cup fresh cilantro, chopped
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon black pepper
- 1/2 teaspoon sea salt
- 1 1/3 cup grape tomatoes, sliced in half
- 2 medium boneless, skinless chicken breasts, cooked and shredded
- 2 cups fresh or frozen corn, thawed
- 1 ripe Hass avocado, diced
- 1 lime, optional

WHAT YOU DO

In a small saucepan over medium heat, sauté onion in one quarter of the broth until translucent. Add remaining broth, collard greens, and bell pepper, and stir continuously for 8-10 minutes. Stir in garlic, cilantro, cayenne pepper, black pepper, sea salt, and tomatoes. Quickly bring to a boil, then reduce to a simmer and stir occasionally for 30 minutes. Stir in chicken breast and corn to heat through, and just before serving, garnish each bowl with one quarter of the avocado. If desired, add a lime wedge per serving for taste.

SERVES 4 | PREP TIME: 20 MINUTES | COOK TIME: 40 MINUTES

Recipe courtesy of New York Times best-selling author and registered dietitian, Cynthia Sass.



COOL VEGGIE POPS

WHAT YOU NEED

- 2 pounds seedless watermelon
- 1/2 pound halved, hulled strawberries
- 1 cup Nature's Greens® Kale
- 1/2 cup fresh blueberries
- 3 tablespoons fresh lime juice

WHAT YOU DO

Purée watermelon in blender. Strain through a fine-mesh sieve into a large bowl and discard solids. Purée strawberries and kale, add to watermelon liquid. Then add blueberries and lime juice, stirring well. Pour into ten (three ounce) Popsicle molds and insert sticks. Freeze pops until solid for three hours.

SERVES 10 | PREP TIME: 15 MINUTES



SALMON WITH GREENS AND CANNELLINI BEANS

WHAT YOU NEED

1 pound fresh or frozen skinless salmon fillets
(1-inch thick)

Cooking spray

1/4 teaspoon sea salt

1/4 teaspoon black pepper

2 tablespoons olive oil

1 tablespoon garlic, minced

4 ounces Versatile Veggies® Diced Yellow Onion

16 ounces Nature's Greens® Collards

1/2 cup low-sodium vegetable broth

14.5 ounces cannellini beans, drained

WHAT YOU DO

Thaw salmon if frozen. Cover a baking pan with foil and spray with cooking spray. Season salmon with salt and pepper. Bake, uncovered, for 15 – 18 minutes or until fish flakes easily when tested with a fork. In a large skillet, heat oil to medium. Add garlic and cook for two to three minutes, stirring constantly. Add onion and cook for five minutes or until translucent. Add collards, vegetable broth and cannellini beans. Cook for 20 – 30 minutes, stirring often or until desired consistency. Serve baked salmon over collards.

SERVES 4 | PREP TIME: 10 MINUTES | COOK TIME: 55 MINUTES



CURRIED KALE EGG WHITE SCRAMBLE

WHAT YOU NEED

1 medium yellow onion, minced

1/4 cup extra virgin coconut oil

8 ounces (half a bag) Nature's Greens® Kale

1 1/2 tablespoons fresh squeezed lemon juice

1 pint grape tomatoes, halved, or quartered if large

1 tablespoon garlic, minced

1 teaspoon ground cumin

1/4 teaspoon ground coriander

1/4 teaspoon turmeric

1/4 teaspoon ground cinnamon

1/4 teaspoon ground black pepper

2 cups egg whites (about 12 eggs)

WHAT YOU DO

In a skillet, sauté onion in coconut oil over low heat until translucent, about three to four minutes. Add kale and lemon juice, and stir until kale cooks down. Add tomatoes, garlic and spices, and stir for an additional three to four minutes. Pour in eggs and scramble by stirring slowly with a spatula until eggs are cooked through, about five minutes.

SERVES 4 | PREP TIME: 20 MINUTES | COOK TIME: 40 MINUTES

Recipe courtesy of New York Times best-selling author and registered dietitian, Cynthia Sass.

