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TURNIP GREENS WITH CAMELIZED ONIONS

WHAT YOU NEED:

- 2 tablespoons extra-virgin olive oil
- 1 large yellow or white onion, sliced
- ½ teaspoon pepper
- 16 ounces Nature's Greens® Turnip Greens
- ¼ cup vegetable broth
- ½ cup roasted red peppers
- ½ teaspoon crushed red pepper flakes



Serves 4-6



Prep Time N/A



Cook Time 15-20 min

WHAT YOU DO:

Over medium-high, heat olive oil and onions in a stockpot and sauté for 3-5 minutes. Add brown sugar and pepper. Cover and cook 7-10 minutes, stirring often. Add turnip greens and chicken stock, and toss with onions. Cook for 3-5 minutes uncovered. Add jarred roasted red peppers. Season with crushed red pepper flakes. Serve hot.



VEGAN COOKED COLLARD GREENS

WHAT YOU NEED:

- 2 tablespoons extra virgin olive oil
- ¼ cup finely chopped yellow onion
- ½ tablespoon minced garlic
- ½ cups low sodium vegetable broth, divided
- 2 cups Nature's Greens® Collard Greens
- 1 tablespoon raw apple cider vinegar
- 1 tablespoon honey
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper
- ¼ cup sliced almonds



Serves 2



Prep Time 5 min



Cook Time N/A

WHAT YOU DO:

Over medium heat combine olive oil, onion, and garlic in saucepan with ½ cup of vegetable broth. Stir continuously until onions are translucent. Add remaining ingredients, cover, bring to a quick boil, and then reduce to a simmer for 45 minutes. Using a slotted spoon transfer greens to two serving bowls. Garnish each with two tablespoons of sliced almonds and a drizzle of the remaining sauce from the pan.

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



CROCK-POT® STUFFED GRANNY SMITH APPLES

WHAT YOU NEED:

- 5 whole granny smith apples
- 2 tablespoons honey
- 2 tablespoons extra virgin coconut oil
- ½ teaspoon ground cinnamon
- 1 teaspoon fresh grated ginger
- ¼ cup raisins
- 1 cup Nature's Greens® Kale

WHAT YOU DO:

Core apples and set aside. In a small bowl stir together honey, coconut oil, cinnamon, and ginger. Stir in raisins and kale and massage until the kale looks wilted and mixture is uniform. Fill each apple evenly with kale mixture. Place apples in crockpot and add a half inch of water. Cook on low for four hours.



Serves 5



Prep Time 15 min



Cook Time 4 hours

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

WHITE BEAN AND VEGGIE CHILI

WHAT YOU NEED:

- 1 small yellow onion, minced
- ½ cup organic low-sodium vegetable broth, divided
- 1 medium zucchini, chopped
- 1 cup Nature's Greens® Collard Greens
- 1 green bell pepper, chopped
- 1 14.5 ounce can fire roasted diced tomatoes
- 2 tablespoons tomato paste
- 1 tablespoon minced garlic
- 1 tablespoon fresh lime juice
- ¼ cup fresh cilantro, divided
- 1 teaspoon sea salt
- ½ tablespoon chili powder
- 1 teaspoon cumin
- 1 16-ounce can great northern beans
- 1 ripe avocado, sliced

WHAT YOU DO:

In a medium saucepan over medium heat, sauté onion in half of broth until translucent. Add zucchini, collards, bell pepper, tomatoes, tomato paste, and remaining broth, and sauté for another 2-3 minutes. Add garlic, lime juice, three quarters of the cilantro, chopped (leave remaining leaves whole), salt, chili powder, and cumin. Quickly bring to a boil, then reduce to a simmer and stir occasionally for 15 minutes. Stir in beans to heat through. Just before serving garnish with cilantro and avocado.



Serves 4



Prep Time 15 min



Cook Time 20 min

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