

FRESH
INGREDIENTS



MAKE FRESH
RECIPES!

farm fresh recipes

ADD SOME GREEN TO YOUR PLATE!



meet ONCE UPON A PUMPKIN

You want to eat right, create Pinterest worthy meals made up of trendy superfoods you see on Instagram, maintain your social life, workout as much as possible, and grow your side hustle without waiting for anything for any of it. Maggie's the same way. She said bye to corporate America so that she could help people like you who are struggling to balance it all.



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BLACKBERRY KALE FARRO SALAD

WHAT YOU NEED:

1 bag Nature's Greens® Tuscan Kale
1 cup cooked farro*
1 cub butternut squash, cooked
1/2 cup blackberries
1/4 cup pomegranate arils
1/4 cup crumbled feta cheese
1/4 cup pumpkin seeds
2 tablespoons walnut pieces (optional)
1 tablespoon + 2 teaspoons olive oil
Salt and Pepper to taste

INGREDIENTS FOR MAPLE TAHINI DRESSING:

1/4 cup tahini
1 1/2 tablespoon maple syrup
1 1/2 tablespoon lemon juice
2-3 tablespoons water to thin it out

WHAT YOU DO:

1. Preheat oven to 400° F. Peel and cut the butternut squash into 2-inch cubes. Toss with 1 tbsp and roast on a baking sheet for 35 minutes until crispy.
2. Meanwhile, cook the farro according to the package directions.
3. In a medium bowl add kale and olive oil. Use your hands to gently massage the 2 tsp. oil into the kale so that it feels smooth in your hands.
4. Make the dressing by combining the tahini, maple syrup, lemon juice and water in a ball jar. Cover and shake it up. Use a fork to stir it up if it still needs to be combined.
5. Add kale to a serving bowl and top with farro, cooked butternut squash, blackberries, pumpkin seeds, pomegranate arils, feta cheese, and walnut pieces if desired.
6. Using a fork, drizzle maple tahini generously over the salad and enjoy!

**Can substitute farro for a gluten-free option*

 SERVES
TWO

 PREP TIME:
40 MINS

 COOK TIME:
5 MINS



KALE CAULI POWER BREAKFAST BOWL

WHAT YOU NEED:

- 2 cups Nature's Greens® Kale
- 2 cups, quinoa, cooked
- 1 head cauliflower, cut into 1-in pieces*
- 2 tablespoons olive oil
- 1 tablespoon garlic powder
- Salt and pepper to taste
- 1/4 cup pumpkin seeds
- 1/4 cup Frank's Red Hot Sauce
- 1/4 cup brown rice flour
- 1 tablespoon water
- 2 eggs your favorite way for topping the bowls

WHAT YOU DO:

1. Preheat the oven to 415 degrees F.
2. In a small bowl remove any remaining stems from kale and add olive oil.
3. Massage oil into the kale with your hands. Then add the garlic powder and salt and pepper. Massage one more time and add to a small pan and saute for 2-3 minutes. Set aside.
4. Wash and cut the cauliflower into 1 inch pieces (it's ok if some a little bigger and some are a little smaller).
5. In small bowl combine the hot sauce, brown rice flour and water. Mix together and pour on top of cauliflower. Mixing until all the pieces are lightly coated.
6. Bake in the oven for 18 minutes.
7. While cauliflower is roasting, cook quinoa according to package instructions.

TO ASSEMBLE THE BOWLS:

1. Add about 1 cup of quinoa to the bottom of your bowl top with 1 cup of 1/2-1 cup of kale, 1/2 cup buffalo cauliflower and a sprinkle of pumpkin seeds.
2. Cook an egg your favorite way. I suggest either hard-boiled, soft-boiled or fried for this bowl!
3. Place the egg on top and add a pinch more of salt and pepper if desired.



SERVES
TWO



PREP TIME:
20 MINS



COOK TIME:
5 MINS

KALE VEGGIE BLACK BEAN TACOS

WHAT YOU NEED:

- 5 oz Nature's Greens® Tuscan Kale
- 1 package corn tortillas (sprouted if desired)
- 1 can black beans (no salt added)
- 1 red, orange or yellow bell pepper, sliced into strips
- 1 cup butternut squash, cubed
- Optional toppings:
 - avocado slices,
 - pumpkin seeds,
 - crumbled feta cheese

WHAT YOU DO:

1. To assemble the tacos heat a medium-sized skillet over medium to low.
2. Heat one tortilla on the skillet at a time.
3. Once warmed, place 1/2 cup of kale on the tortilla.
4. If you're using frozen butternut squash, defrost in the microwave and then saute on a pan with a little bit of olive oil until slightly crispy. If using fresh, roast in the oven for 20 minutes at 400 degrees F and then saute on a pan with a little olive oil until slightly crispy.
5. Top tortillas with approximately 1/2 cup black beans, 1/2 cup butternut squash, and 1/4 cup sliced peppers each.
6. Repeat with remaining tortillas and top with sliced avocado, pumpkin seeds, or crumbled feta cheese.



SERVES
FOUR



PREP TIME:
10 MINS



COOK TIME:
N/A

KALE & SAUSAGE EGG MUFFINS



WHAT YOU NEED:

10 eggs
2 cups Nature's Green® Kale
1/2 cup almond milk
2 all-natural chicken sausage links
1/2 cup shredded cheddar cheese (optional)
5 mini sweet pepper cut into rings or 1-2 yellow or orange bell pepper, diced
Salt and pepper to taste
1 tablespoon olive oil
1 muffin tin
Cooking spray or coconut oil cooking spray



SERVES
TWELVE



PREP TIME:
10 MINS



COOK TIME:
30 MINS

WHAT YOU DO:

1. Preheat the oven to 375 F. Spray muffin tin with cooking spray.
2. In a large bowl, mix together eggs, almond milk, salt and pepper and cheese.
3. Cut up sausage links into 1-inch thick pieces. Rinse and pepper and cut into circles or dice into mini cubes.
4. In a medium saucepan, heat olive oil on low and add kale, chicken sausage and peppers until kale is wilted and sausage begins to brown.
5. Remove from heat.
6. Using a 1/4 measuring cup, divide egg mixture between muffin tin. Add kale, sausage, and pepper mixture on top.
7. Bake for 30 minutes.
8. Remove from oven and loosen edges around egg muffins using a butter knife. Let cool and enjoy! Store in the refrigerator for up to one week.



BLUEBERRY KALE PANCAKES

WHAT YOU NEED:

1 cup almond milk
2 teaspoons vanilla extract
1/4 cup sugar, or coconut sugar
1/4 cup coconut oil
2 cups Nature's Greens® Kale
2 teaspoons lemon zest
2 cups + 1/4 cup almond flour
1 teaspoon baking powder
2 eggs
1/2 cup blueberries

WHAT YOU DO:

1. Place the almond milk, vanilla, sugar, coconut oil, kale, lemon zest, almond flour, and baking powder in the blender.
2. Blend together and add in eggs until well combined.
3. Grease a skillet and warm it for a minute over high heat.
4. Turn the heat down to medium-low and use a 1/4 measuring cup to scoop a couple small pancake circles onto the pan.
5. Keep the heat at medium-low and flip once the edges firm up and no longer look wet.



SERVES
SIX



PREP TIME:
10 MINS



COOK TIME:
10 MINS

KALE & BUTTERNUT SQUASH PIZZA

WHAT YOU NEED:

1 store bought pizza crust
(can use cauliflower, gluten-free depending on preference)
2 cups Nature's Greens® Kale
1 tablespoon olive oil
1/2 teaspoon minced garlic
1/2 cup shredded parmesan cheese
1/2 cup butternut squash, cubed and roasted (can use frozen)
1/2 cup spicy kale and lemon pesto
1/2 avocado
balsamic glaze (optional)

WHAT YOU DO:

1. Preheat oven according to pizza package directions. In a medium saucepan, heat the olive oil and garlic until fragrant. 2. Add kale and gently saute on low heat until kale begins absorbing the olive oil and looks moist.
3. Spread pesto on top of pizza crust and top with sauteed kale, parmesan cheese, and butternut squash.
4. Bake pizza according to package directions, remove from oven and top with sliced avocado, and drizzled balsamic
5. Slice into pieces and enjoy!



SERVES
ONE



PREP TIME:
10 MINS



COOK TIME:
12 MINS