

FRESH
INGREDIENTS



MAKE FRESH
RECIPES!

farm fresh recipes

ADD SOME GREEN TO YOUR PLATE!



meet RACHAEL HARTLEY

Hi there! I'm Rachael, a registered dietitian who really, really, really loves food. My motto? If it looks good, eat it. That's right, I eat everything with no food rules. Well, except for papaya. I really hate papaya. It's my goal as a dietitian to help you live a life free of food rules too.



RACHAEL HARTLEY, RD LD
RACHAELHARTLEYNUTRITION.COM



MUSTARD GREEN & SAUSAGE ORECCHIETTE

WHAT YOU NEED:

8 ounces orecchiette pasta
2 tablespoons olive oil, divided
12 ounces sweet Italian sausage
1/2 yellow onion, peeled and thinly sliced
2 garlic cloves, minced
1/2 cup chicken or vegetable broth
8 ounces Nature's Greens® Mustard Greens
Parmesan, pecorino, or mizithra (a semi-hard Greek cheese), grated, for serving



SERVES
FOUR



PREP TIME:
20 MINS



COOK TIME:
10 MINS

WHAT YOU DO:

1. Bring a large pot of salted water to a boil. Cook orecchiette according to package instructions. Drain, reserving three fourths cup starchy cooking water, and set pasta aside until ready to use.
2. Meanwhile, heat 1 tablespoon olive oil in a large skillet on medium-high heat. Add sausage, crumbling with the back of a spatula, and cook until browned. Carefully remove cooked sausage from skillet and transfer to a paper towel lined plate.
3. Heat remaining olive oil in the same skillet on medium heat. Add onion and sauté until translucent, about 3 minutes. Stir in garlic cloves and cook for a minute. Add broth to the pan, scraping up any browned bits at the bottom to deglaze. Cook until liquid is mostly absorbed.
4. Add mustard greens to the skillet along with one fourth cup of water. Stir, cover and cook 6 minutes until greens are tender and wilted. Uncover, add sausage, and continue to cook until most of the water is absorbed.
5. Stir in cooked pasta and enough starchy cooking liquid to make a sauce. Serve garnished with grated cheese.

MUSTARD GREENS GREEK SALAD



WHAT YOU NEED:

1 can chickpeas, drained, rinsed and dried
1 teaspoon olive oil
4 cups Nature's Greens® Mustard Greens
3 small juicy red tomatoes, quartered
2 Persian cucumbers, sliced
1 red bell pepper, stemmed, seeded and chopped
1/4 red onion, peeled and thinly sliced, soaked in ice water for 10 minutes
3 radishes, trimmed and thinly sliced, soaked in ice water for 10 minutes
1/3 cup Kalamata olives
1/2 cup crumbled feta cheese
Pita chips
1/3 cup extra-virgin olive oil
Juice of 1/2 a juicy lemon
1 teaspoon dried oregano

WHAT YOU DO:

1. Preheat oven to 400 degrees F.
2. Toss chickpeas and olive oil together and season with salt.
3. Spread evenly on a large baking sheet and roast for 30 minutes, stirring every 10 minutes, until crispy and golden.
4. Remove from oven and set aside until ready to use.
5. Whisk together dressing ingredients in a small bowl.
6. Season with salt and black pepper.
7. In a large bowl using your hands, toss together greens, tomatoes, cucumbers, bell pepper, red onion, and radishes with about half the dressing until well combined.
8. Add olives, feta, pita chips and chickpeas and toss again. Serve with extra dressing on the side.



SERVES
FOUR



PREP TIME:
30 MINS



COOK TIME:
30 MINS



BARBECUE CHICKEN PIZZA WITH MUSTARD GREEN PESTO

WHAT YOU NEED:

Mustard Greens Pesto (Makes two batches)

3 cups Nature's Greens® Mustard Greens
1/4 cup toasted almonds
1 garlic clove, minced
1/2 cup grated parmesan
1/3 cup olive oil

Pizza

2 cups shredded cooked chicken
1/3 cup barbecue sauce
1 ball pizza dough
Mustard green pesto
2 cups shredded mozzarella cheese
1/4 red onion, thinly sliced

WHAT YOU DO:

1. Place mustard greens, almonds, garlic, and parmesan in a food processor. Pulse to chop.
2. Slowly stream in olive oil while motor is running, scrapping down sides as needed, until pesto is creamy. Season with salt and black pepper to taste.
3. Preheat oven to 500 degrees. Dust pizza dough with flour and roll out into a large circle on a pizza stone.
4. Toss chicken with barbecue sauce.
5. Spread dough with mustard green pesto. Top with 1 1/2 cups of mozzarella, barbecue chicken, and red onion. Sprinkle remaining mozzarella over the top.
6. Place pizza in the oven and bake 12-15 minutes until dough is crisp and golden and cheese is melted.



SERVES
FOUR



PREP TIME:
15 MINS



COOK TIME:
15 MINS

CHICKEN SAUSAGE NOODLE SOUP WITH GREENS



WHAT YOU NEED:

6 cups chicken broth
1 lb chicken sausage
1 zucchini, chopped
1 cup Nature's Greens® Mustard Greens
1 cup butternut squash (can spiralize and omit the pasta below)
1 package Banza chickpea pasta shells
1/2 cup leeks
2 stalks celery, chopped
3 cloves minced garlic
1 tablespoon oregano
1 teaspoon pink salt
1/2 teaspoon pepper
2 bay leaves
2 tablespoon avocado oil

*Recipe courtesy of Matcha & Margs

WHAT YOU DO:

1. Add the avocado oil to a stock pot and bring to medium heat.
2. Add the leeks, celery, and minced garlic to the pot and saute until translucent.
3. Add the chicken sausage, chopped zucchini, and butternut squash cubes (or spirals) and saute until the chicken is cooked through entirely.
4. Add in the chicken broth, the pasta (if using), oregano, salt, mustard greens and bay leaves. Bring the pot to a boil and then let simmer until the butternut squash is tender.
5. Serve and enjoy! It pairs well with parmesan (vegan or regular) on top.



SERVES
FOUR



PREP TIME:
15 MINS



COOK TIME:
20 MINS



CURRIED MUSTARD GREENS WITH BEANS

WHAT YOU NEED:

16 ounces Nature's Greens® Mustard Greens*
1 tablespoon extra-virgin olive oil
1/2 medium onion, chopped
2 cloves garlic, finely chopped
1 jalapeno, finely chopped
15 ounces kidney beans
15 ounces diced tomatoes
1 1/2 teaspoons turmeric
1/2 teaspoon cumin
1/2 teaspoon mustard powder
1/4 teaspoon curry
Optional:
4 eggs (1 per serving)
1/2 tablespoon butter

WHAT YOU DO:

1. Bring stockpot of lightly salted water to boil.
2. Place greens in pot, cover, and cook for 5-7 minutes. Drain and set aside.
3. In sauté pan, on medium high add olive oil, garlic, spices and onions. Sauté for 3-5 minutes.
4. Add greens, kidney beans, tomatoes and jalapeno. Stir until greens mixture is heated through.
5. Serve hot.

Optional with eggs, 1 for each serving: In a medium skillet, heat the butter over medium until melted and starting to brown. Crack the eggs into the pan and cook until the whites are just set and the yolks are runny, about 3 minutes. Season with salt and pepper. Divide curried greens and beans into individual bowls. Slide the eggs on top of each portion. Serve hot.
*May blend with other greens such as turnip, kale or collard to equal 16 ounces.



SERVES
FOUR



COOK TIME:
15 MINS