

Delicious and Nutritious

Winter Greens

Strawberry Spinach Salad

Ingredients:

4 cups spinach

1 cup fresh strawberries, peaches, blueberries, kiwi fruit, or combination

Optional toppings:

2 green onions (chopped)

1 small red onion (chopped)

½ cup asparagus (cut into 1" pieces, blanched and chilled)

2 Tbsp sunflower seeds (toasted)

½ cup bacon pieces

½ cup walnuts or slivered almonds (toasted)

½ cup salted peanuts

½ cup cheese (shredded)

1 tsp lemon or orange peel (grated)

1 cup cooked turkey (chopped)

Directions: Combine spinach and strawberries with selected toppings. Pour half of selected dressing over salad just before serving, then more as needed. Refrigerate leftover dressing.

Peanut dressing:

½ cup oil

¼ cup water

¼ cup salted peanuts

3 Tbsp honey

2 Tbsp cider vinegar

Two-seed dressing:

¼ cup sugar or honey

2 Tbsp sesame seeds

1 Tbsp poppy seeds

¼ cup cider or balsamic vinegar

¼ cup olive oil

1/8 tsp Worcestershire sauce

¼ tsp paprika

Salt and pepper to taste



This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-221-5689 or visit online at <http://www.fns.usda.gov/fsp/outreach/coalition/map.htm>. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. This institution is an equal opportunity provider and employer. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). USDA is an equal opportunity provider and employer.

Kale Chips

Ingredients:

- 1 bunch kale
- 1 Tbsp olive oil
- 1 tsp seasoned salt



Directions:

1. Preheat an oven to 350 degrees F. Line a cookie sheet with parchment paper.
2. With a knife or kitchen shears, carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale with a salad spinner. Drizzle kale with olive oil and sprinkle with seasoning salt.
3. Bake until the edges brown but are not burned, 10 to 15 minutes.



Cooking Greens

Greens such as collards, kale, spinach, swiss chard, mustard greens, turnip greens, etc. can seem intimidating to cook. Don't be afraid, you've got some easy options for cooking these delicious and nutritious vegetables.

- Make sure that greens are well washed
- Remove the stems if they're thick – you don't have to throw them away, you can cook them too, they just take a little bit longer
- You can boil the greens for 3-5 minutes in salted water, just until tender
- You can steam the greens for 2-3 minutes
- You can sauté the greens by heating a little olive oil over medium heat. Add some minced garlic and red pepper flakes and sauté for 30 seconds, then add the greens. Sauté the greens until they're slightly wilted, then cover and cook (adding some water if needed) until tender

