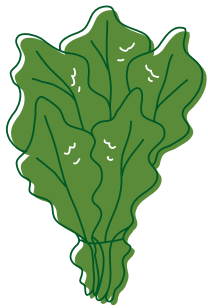


DARK LEAFY GREENS

These greens are incredibly nutrient-dense! They are an excellent source of antioxidants which protect the body against disease. One cup of these greens packs vitamin C, vitamin A, and more than the daily requirement for vitamin K!

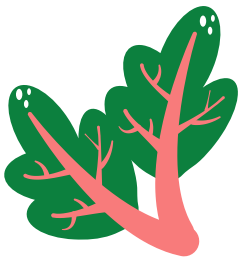
Check out some ways to include more of these in your diet!



Kale

Raw - massage with hands to break down the cell walls for a tender, less bitter taste. Toss in with your favorite salad dressing!

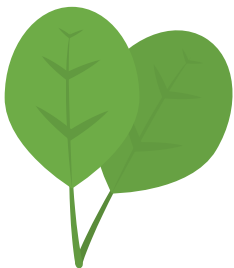
Cooked - bake into kale chips (in the oven with olive oil, salt, and pepper) or sautee with oil, onions, and garlic!



Swiss Chard

Tastes very similar to spinach but is best enjoyed cooked!

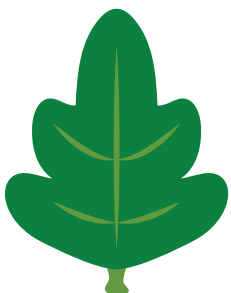
Cooked - bake into a quiche or sautee with oil, onions, and garlic!



Spinach

Raw - toss in a salad or sandwich

Cooked - sautee in olive oil for a side dish, mix into pasta dishes and sauces, or add to an omelet



Collard Greens

Collard greens take longer to cook than other greens but are worth the wait!

Raw - use as a wrap (instead of a tortilla or sandwich bread)

Cooked - Stir into a soup or sautee in olive oil and allow to simmer for about 45 minutes.