



*FRESH ingredients
make FRESH recipes!*

BACK TO *Fresh*

MAKE YOUR
PLATE GREEN IN 2016

COOKBOOK PART IV



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MUSTARD GREENS PESTO

WHAT YOU NEED

- 4 quarts low-sodium vegetable broth
- 16 ounces Nature's Greens® Mustard Greens, finely chopped
- 1/4 cup toasted walnuts, chopped
- 2 teaspoons garlic, chopped
- 3/4 teaspoon sea salt
- 1/4 teaspoon black pepper
- 3/8 cup olive oil
- 3 tablespoons lemon juice
- 1 tablespoon honey

WHAT YOU DO

Bring vegetable broth to a boil in a large stock pot. Add mustard and cook for 1 minute. Remove greens and pat completely dry with paper towels. Process greens, walnuts, salt, pepper and garlic in a food processor for 2-3 minutes or until a paste forms, stopping to scrape down sides. With processor running, pour olive oil and lemon juice through food chute in a steady stream, processing until smooth. Add honey and cheese and pulse 3-4 times or until well blended. Serve immediately or place plastic wrap directly on pesto to help retain color. Let stand 10 minutes before serving.

YIELDS: ABOUT 2 CUPS

PREP TIME: 15 MINUTES | COOK TIME: 1 MINUTE



POBLANO, GREENS AND ARTICHOKE DIP

WHAT YOU NEED

- 1 bag frozen artichoke hearts
- 2 poblano chile peppers
- 2 cups Nature's Greens® Kale, finely chopped
- 3/4 cup mayonnaise
- 1 cup Parmesan cheese, shredded
- 1 teaspoon Worcestershire sauce
- Vegetable oil spray
- 1/4 teaspoon paprika
- Assorted fresh vegetables

WHAT YOU DO

Preheat oven to 350F. Thaw artichoke hearts according to package directions, set aside. Place peppers on a foil-lined baking sheet. Broil 5 inches from heat about 5 minutes on each side or until blistered. Place peppers in a zipper-lock plastic freezer bag; seal and let stand 10 minutes to loosen skins. Peel the peppers; remove and discard stems and seeds. Coarsely chop the peppers and place in a large bowl. Mash artichokes and place in a bowl with chilies. Stir in kale, mayonnaise, cheese, and Worcestershire sauce. Add mixture into a 1 1/2 quart prepared baking dish; sprinkle with paprika. Cover and bake for 30-35 minutes, or until mixture is bubbly. Serve with assorted fresh vegetables.

SERVES 8-10 | PREP TIME: 10 MINUTES | COOK TIME: 45 MINUTES





LENTILS WITH GREENS

WHAT YOU NEED

- 1/2 cup whole lentils
- 2 tablespoons extra-virgin olive oil
- 8 ounces Versatile Veggies® Diced Yellow Onion
- 1/2 teaspoon fresh ginger, grated
- 1 tablespoon chopped garlic
- 1 1/2 teaspoons curry powder
- 1/8 teaspoon crushed red pepper
- 1 cup low-sodium vegetable broth
- 16 ounces Nature's Greens® Kale
- 1 1/2 teaspoons lemon juice
- Sea salt and pepper to taste

WHAT YOU DO

Rinse lentils and set aside. In a large skillet over medium heat, sauté onion in olive oil for 2 minutes. Add ginger and garlic; cook for an additional 5 minutes or until onion is translucent. Add curry powder and cook for an additional minute. Add vegetable broth and lentils; bring to a boil and reduce heat to simmer. Cook, covered partially and stirring occasionally, until lentils are tender, about 30 minutes. When lentils are done, add kale in batches, stirring to wilt between additions. Stir in lemon juice and season with salt and pepper to taste.

SERVES 4 | PREP TIME: 5 MINUTES | COOK TIME: 50 MINUTES

SAVORY TURKEY AND TURNIP GREENS OVER YAMS

WHAT YOU NEED

- 1 medium yellow onion, minced
- 1 cup low sodium vegetable broth, divided
- 1 tablespoon minced garlic
- 1 medium red bell pepper, minced
- 1/2 bag turnip greens
- 1/2 cup almond butter
- 1 tablespoon fresh grated ginger
- 1/2 teaspoon ground turmeric
- 1/2 teaspoon crushed red pepper
- 1 pound extra lean ground turkey, browned
- 2 large baked yams

WHAT YOU DO

In a medium pan over low heat, sauté onions in half of broth until translucent, about three to four minutes. Add remaining broth, garlic, bell pepper and greens and sauté five more minutes. Add ginger, turmeric, and crushed red pepper and stir into mixture thoroughly. Add almond butter, and stir until sauce is uniform. Add turkey to heat through. Serve over baked yams, sliced lengthwise.

SERVES 4 | PREP TIME: 30 MINUTES | COOK TIME: 10 MINUTES

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

