

BACK TO

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GREEN

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fresh ingredients
make *fresh* recipes!




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POWER GREENS COLLARD WRAPS

WHAT YOU NEED:

- 2 Collard leaves
- 4 tablespoons hummus
- ½ cup shredded carrots
- ½ cup radish, sliced
into short thin strips
- ½ cup red cabbage, sliced thin
- ½ cup pea pods microgreens,
sprouts or baby greens

WHAT YOU DO:

Wash and dry collard leaves and then use a paring knife to shave down the big stem in the middle. This will make them much easier to fold and bite into. Place collard leaves on a flat surface, spread 2 tablespoons of hummus near the top/middle of each leaf, fill each leaf with the remaining veggies, splitting each amount between the two wraps. Wrap the leaves as you would a burrito, folding the edges into the middle. Cut each wrap in half and enjoy!



Serves
1 wrap



Prep Time
10 min



Cook Time
N/A

Recipe courtesy of Once Upon A Pumpkin.



CHICKEN AND KALE CACCIATORE

WHAT YOU NEED:

- 1 small yellow onion, minced
- ¼ cup extra virgin olive oil
- 1 cup organic low-sodium
vegetable broth
- 1 cup Nature's Greens® Kale
- 1 pint grape tomatoes, sliced in half
- 1 medium green bell pepper, minced
- 1 tablespoon minced garlic
- 1 tablespoon salt-free Italian
herb seasoning
- 1 teaspoon sea salt
- 1 teaspoon black pepper
- ½ tablespoons fresh
squeezed lemon juice
- 1 pound rotisserie chicken, diced
- 1 medium spaghetti squash
- 8 small fresh basil leaves

WHAT YOU DO:

Preheat oven to 350 F. Slice spaghetti squash in half and remove seeds. Place cut side down in a baking pan and roast in oven for 40 minutes. Cool for 5 minutes and then rake squash lengthwise with a fork to remove strands. In a large pan over low heat, sauté onion in olive oil and broth until translucent. Add kale, tomatoes, bell pepper, garlic, Italian herbs, black pepper, and lemon, and sauté until tomatoes are tender. Add shredded chicken to reheat through. Toss with spaghetti squash, and just before serving garnish with fresh basil.



Serves
4



Prep Time
15 min



Cook Time
50 min

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

SWEET POTATO KALE TOAST



WHAT YOU NEED:

- 1 medium yam
- 1 cup Nature's Greens® Kale
- 1 tablespoon virgin coconut oil, divided
- 2 teaspoons pure maple syrup
- ¼ teaspoon ground cinnamon
- ¼ teaspoon fresh grated ginger
- 1 tablespoon toasted pumpkin seeds

WHAT YOU DO:

Peel yam and slice lengthwise to create three quarter inch pieces that resemble bread slices. Toast the slices in toaster until tender all the way through and golden on the outside (note this may take three to four cycles). While sweet potato is toasting combine kale and half of coconut oil in a medium saucepan. Over low heat sauté kale in until wilted. In a small bowl whisk together remaining coconut oil, maple syrup, ginger, and cinnamon. Stir kale mixture into syrup mixture and combine thoroughly. Lay sweet potato slices flat. Spoon kale onto toast, and then garnish with pumpkin seeds.



Serves
1



Prep Time
5 min



Cook Time
10 min

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

VERY VEGGIE UNFRIED BROWN RICE

WHAT YOU NEED:

- ¼ cup each minced yellow onion
- 1 tablespoon extra virgin olive oil
- ¼ cup organic low-sodium vegetable broth, divided
- ½ tablespoon honey
- ¾ cup Nature's Greens® Collard Greens
- ¼ cup red bell pepper
- ½ cup broccoli florets
- ¼ cup shredded carrots
- ¼ cup frozen green peas
- 1 tablespoon rice vinegar
- 1 teaspoon minced garlic
- ¼ teaspoon fresh grated ginger
- ¼ teaspoon fresh orange zest
- ⅛ teaspoon sea salt
- ⅛ teaspoon black pepper
- ⅛ teaspoon crushed red pepper
- 2 whole eggs
- ¼ cup cooked brown rice
- ½ tablespoon chopped green onions

WHAT YOU DO:

In a medium skillet over low heat, cook onions in olive oil and half of broth until onions are translucent. Add remaining broth, honey, collard greens, bell pepper, broccoli, carrots, green peas, vinegar, garlic, ginger, zest, sea salt, black pepper, and crushed red pepper. Sauté another 4-5 minutes. Using a slotted spoon remove the veggies from the pan. Add the eggs and scramble. Add the veggies back to the pan, along with the brown rice and stir to heat through. Transfer to serving plate and garnish with green onions.



Serves
1



Prep Time
15 min



Cook Time
12 min

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