

FRESH  
INGREDIENTS



MAKE FRESH  
RECIPES!

# farm fresh recipes

ADD SOME GREEN TO YOUR PLATE!



# meet LINDSEY JANEIRO

Hi, I'm Lindsey and I'm a registered dietitian helping busy people simplify and streamline their nutrition and healthy habits. Health and nutrition messages have become far too confusing and conflicting, so I bring it back to the basics with small, actionable steps that can make a big difference in health and quality of life. In my spare time, I love hanging out and exploring outside with my little family - my husband, my two-year-old daughter, and my baby boy.



LINDSEY JANEIRO



## LENTIL STEW WITH TURNIP GREENS

### WHAT YOU NEED:

- 1 tablespoon extra virgin olive oil
- 1 cup diced onion (about 1 small onion)
- 1 cup diced carrots (about 3 carrots)
- 1 cup dried lentils
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 5 cups no added salt broth (can use any type of broth, or broth water combination)
- 4 oz Nature's Greens® Turnip Greens
- 1 tablespoon balsamic vinegar

### WHAT YOU DO:

1. In a large pot over medium heat, heat the olive oil until oil is shiny and fragrant.
2. Add the onion and sauté, stirring occasionally, for 10 minutes. Onion should be translucent and lightly golden brown.
3. Add lentils, carrots, minced garlic, and seasonings and stir. Pour in broth and/ or water, cover, and simmer for 20 minutes.
4. While the soup is simmering, chop the turnip greens into smaller, finer pieces.
- 4 Add the turnip greens and balsamic vinegar to the soup. Stir, cover, and simmer an additional 10 minutes.
5. Serve immediately. Leftovers can be refrigerated for 3-4 days or frozen up to 3 months.



**SERVES SIX**



**PREP TIME: 10 MINS**



**COOK TIME: 40 MINS**

# CHICKPEA QUINOA SALAD WITH TURNIP GREENS



## WHAT YOU NEED:

2/3 cup dry quinoa (or 2 cups cooked quinoa)  
Juice and zest from 1 orange  
3 tablespoons extra virgin olive oil  
2 tablespoons fresh basil, chopped  
1 cup Nature's Greens® Turnip Greens  
1 15 oz can chickpeas/ garbanzo beans, drained and rinsed  
Salt to taste



**SERVES EIGHT**



**PREP TIME: 15 MINS**



**COOK TIME: 15 MINS**

## WHAT YOU DO:

1. If cooking quinoa from scratch, bring 1 1/3 cup water to a boil, add 2/3 cup dry quinoa, cover, reduce to a simmer, and cook 15 minutes. Quinoa is done when it is fluffy and all of the water has been absorbed and cooked off. Let quinoa cool.
2. Combine dressing ingredients in a small bowl: orange juice and zest, olive oil, and basil.
3. In a large bowl, combine the quinoa, turnip greens, and chickpeas. Add the dressing and toss to combine.
4. Can be served immediately or made up to 24 hours in advance.



# LEMON GARLIC TURNIP GREENS

## WHAT YOU NEED:

16 oz bag Nature's Greens® Turnip Greens  
1 tablespoon avocado oil  
2 cloves garlic  
2 tablespoons lemon juice (or more to taste)  
Salt to taste



**SERVES FOUR**



**PREP TIME: 5 MINS**



**COOK TIME: 5 MINS**

## WHAT YOU DO:

1. Preheat a large cast iron skillet (or other heavy skillet) over medium-high heat.
2. While the skillet is getting hot, quickly chop the turnip greens into smaller pieces if desired. I like to take a handful of greens at a time and run a knife through like I'm creating ribbons of turnip greens. Mince garlic and set aside.
3. Once the skillet is hot, add oil and let oil get hot (takes about 30 seconds).
4. Add turnip greens to hot skillet and oil and cook quickly, stirring every 30-60 seconds. After 3-4 minutes as turnip greens have quickly been cooking down, add minced garlic and cook another minute or two, stirring occasionally.
5. Add lemon juice at the end of cooking. If you're meal prepping the turnip greens and want them to retain a brighter, prettier green color.

# FRESH TURNIP GREEN TABBOULEH

## WHAT YOU NEED:

1/2 cup quinoa  
2 cups water  
Olive oil, as a dressing  
2 cups Nature's Greens® Turnip Greens  
1/4 cup fresh mint, chopped  
10 cherry tomatoes, halved  
1 small cucumber, diced small  
1 lemon, squeezed  
1/2 teaspoon garlic powder  
3/4 teaspoon sea salt  
1/2 teaspoon black pepper  
1/2 teaspoon dried parsley  
1 cup broccoli sprouts



**SERVES  
THREE**



**PREP TIME:  
5 MINS**



**COOK TIME:  
25 MINS**

## WHAT YOU DO:

1. Rinse the quinoa in a fine mesh colander under running water & drain.
2. In a small pot, combine water and quinoa & bring to a boil.
3. Decrease the heat, cover, and let simmer for 15-20 minutes to allow all water to be absorbed. Remove from heat.
4. Meanwhile, chop turnip greens, mint, cucumber, & tomatoes.
5. Fluff the quinoa with a fork and combine with veggies in a bowl. Add garlic powder, salt, pepper, parsley, & lemon juice. Mix well.
6. Drizzle olive oil over the top. Add more to individual bowls as preferred.

Recipe courtesy of @honey\_wholesome



# FRUIT AND GREENS SALAD WITH HONEY GINGER DRESSING

## WHAT YOU NEED:

1 cup peaches, chopped  
1/2 cup 100% orange juice  
1 cup cantaloupe, cut into chunks  
1 cup honeydew, cut into chunks  
1 cup watermelon, cut into chunks  
1 cup seedless grapes, halved  
1 cup strawberries, halved  
4 cups Nature's Greens® Turnip Greens, finely chopped  
1/2 cup honey  
1/4 cup lemon juice  
1 tablespoon grated fresh ginger

## WHAT YOU DO:

1. Pour orange juice over peaches and stir. Set aside.
2. Meanwhile, combine remaining fruits. Drain peaches; stir peaches and turnip greens in with other fruits.
3. Whisk together the honey, lemon juice, and ginger. Pour over fruit and greens. Toss gently.
4. Cover and chill for at least 1 hour before serving



**SERVES  
TWELVE-  
FOURTEEN**



**PREP TIME:  
10 MINS**

# TURNIP GREENS STRATA

## WHAT YOU NEED:

- 4 large eggs
- 1 cup whole milk
- 1 cup crème fraiche
- 1/4 cup chicken or vegetable stock
- Salt and freshly cracked pepper
- 1 tablespoon olive oil
- 6 heaping cups sourdough or other crusty artisan bread, cut into rough 1" cubes (1 small loaf)
- 2 tablespoons unsalted butter
- 2 large leeks, split, light green and white parts only, sliced into 1/2 pieces
- 1 garlic clove, minced
- 6 cups Nature's Greens® Turnip Greens
- 2 cups grated sharp gruyere, plus more for serving
- 1 1/2 cup grated Parmigiano-Reggiano, plus more for serving
- 2 tablespoons fresh chives, sliced thin, plus more for serving
- Sea salt, for sprinkling



**SERVES**  
EIGHT



**PREP TIME:**  
10 MINS



**COOK TIME:**  
30-45 MINS

## WHAT YOU DO:

1. In a medium bowl, whisk together eggs, milk, crème fraiche and stock. Season with a pinch of salt and pepper.
2. Lightly grease a 4-quart oven-safe baking dish with olive oil. Add bread and pour egg mixture on top, stirring to coat evenly. Cover and refrigerate for at least 3 hours or overnight, if preparing ahead of time.
3. In a small bowl, cover leeks with cold water. Give them a few good shakes with your hands to release any grit and dirt. Let soak 10 minutes. Drain and rinse thoroughly.
4. Preheat oven to 375F. In a large skillet, melt butter over medium heat. Add leeks and sauté with a wooden spoon until tender, about 5 minutes. Add garlic and turnip greens. Gently stir until wilted, about 2 minutes (it will seem like a lot of greens, but it will cook down—trust us!) Remove from heat and season with a pinch of salt and pepper.
5. Carefully fold the leeks, turnip greens and cheeses into the soaked bread. Bake 30-45 minutes, until the corners of bread on top are crispy and brown and custard is firm. Serve family style topped with extra cheese and chives.

Recipe courtesy of @ashcuoco



# GREENS, TURKEY AND POTATO SOUP

## WHAT YOU NEED:

- 3 tablespoons extra-virgin olive oil
- 4 ounces Diced Yellow Onions
- 2 teaspoons garlic, minced
- 6 cups low sodium vegetable broth
- 4 large potatoes, cut into 1/2" cubes
- 14 ounces extra lean pan browned ground turkey
- 1/2 teaspoon fresh ground pepper
- 2 tablespoons smoked paprika
- 2 teaspoons salt
- 16 ounces Nature's Greens® Trio
- 1 cup unsweetened coconut milk



**SERVES**  
SIX - EIGHT



**PREP TIME:**  
10 MINS



**COOK TIME:**  
85

## WHAT YOU DO:

1. In a Dutch oven, sauté onion and garlic in olive oil.
2. Add broth and potatoes. Bring to a full rolling boil.
3. Cover; reduce heat to simmer and cook for 20 - 30 minutes.
4. Add turkey, pepper, smoked paprika, and salt. Simmer for 15 minutes.
5. Bring to a boil and add greens. Boil for 5 minutes; reduce heat to medium and cook for 25 minutes.
6. Stir in coconut milk and serve.

# TURNIP GREEN DIP

## WHAT YOU NEED:

16 ounces Nature's Greens® Turnip Greens  
8 ounces water  
14 ounces low sodium vegetable broth  
1 tablespoon olive oil  
8 ounces Chopped Yellow Onion  
2 teaspoons garlic, minced  
6 tablespoons dry white wine  
12 ounces cream cheese, chopped  
8 ounces sour cream  
1/2 teaspoon dried crushed red pepper  
1/4 teaspoon salt  
1 cup Parmesan cheese, grated  
Veggies for dipping



## WHAT YOU DO:

1. Pour water and broth into a pot and bring to a boil over high.
2. Pour in turnip greens and cook for 20 minutes.
3. Sauté onion and minced garlic in olive oil, about 4 minutes. Add wine and cook for 2 minutes, stirring to loosen particles from bottom of skillet.
4. Stir in cooked turnip greens, cheese, sour cream, crushed red pepper, salt, and Parmesan cheese. Cook, stirring often, for 8 minutes or until cream cheese is melted and mixture is thoroughly heated.
5. Transfer to a prepared 1 1/2 quart baking dish. Sprinkle with remaining Parmesan cheese. Broil until cheese is lightly browned, about 4 minutes.
6. Serve with veggies of choice.



# VEGETARIAN BURRITOS

## WHAT YOU NEED:

1 can pinto beans, drained  
1 tablespoon honey  
3 eggs, cooked and chopped  
1 cup Nature's Greens® Turnip Greens, finely chopped  
1/4 cup red onion, chopped  
1/2 cup tomatoes, diced  
6 corn tortillas

## WHAT YOU DO:

1. Combine first 6 ingredients. Add mixture onto tortillas and roll over to enclose filling.

\*Please note that the image is of flour tortillas but we recommend corn tortillas for a more wholesome recipe.



# QUICK TURNIP GREEN STIR-FRY

## WHAT YOU NEED:

4 ounces yellow onion, diced  
1 tablespoon minced garlic  
1 tablespoon chopped fresh ginger  
1/2 jalapeño pepper, split  
1 tablespoon sesame oil  
1 teaspoon Sea salt  
1/2 teaspoon pepper  
16 ounces Nature's Greens® Turnip Greens  
1 tablespoon honey  
1 tablespoon brown rice vinegar

## WHAT YOU DO:

1. In a large skillet over medium-high heat, sauté onion, garlic and ginger in oil for 2 minutes.
2. Stir in salt and pepper. Add turnip greens and sauté for 3 minutes.
3. Add honey and vinegar and cook, covered, for 5 minutes or until wilted.

