

FRESH  
INGREDIENTS



MAKE FRESH  
RECIPES!

# farm fresh recipes

ADD SOME GREEN TO YOUR PLATE!



# meet CHELSEY AMER

Chelsey Amer, M.S., R.D.N., C.D.N. is the owner of Chelsey Amer Nutrition, an online nutrition counseling and consulting business based in New York City where she helps make nutrition approachable. Chelsey helps women feel and look their best while getting in touch with their bodies and discovering how all foods can fit in a healthy lifestyle. When Chelsey is not working with her 1-on-1 clients, she develops tasty, food-allergy friendly recipes and photographs every bite for her healthy food blog on ChelseyAmerNutrition.com! Check out her new ebook, Thrive in 5, packed with 50 balanced 20-minute, 5-ingredient meals.



CHELSEY AMER

## COLLARD GREENS BAKED ZITI



### WHAT YOU NEED:

8 ounce box lentil ziti (or your favorite ziti or penne pasta)  
28 ounce jar marinara or tomato sauce  
16 ounces part-skim ricotta cheese  
1/2 pound part-skim shredded mozzarella cheese, divided  
2 garlic cloves, chopped  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
4 cups Nature's Greens® Collard Greens  
1/2 cup grated parmesan cheese or pecorino cheese  
1/2 teaspoon dried oregano

### WHAT YOU DO:

1. Preheat oven to 375°F.
2. Bring a large pot (about 2 quarts) of salted water to boil. Cook pasta according to package instructions, until al dente. Drain pasta in a colander when done cooking.
3. Spread about 1/2 cup tomato sauce on the bottom of a circular pie dish or 8 x 8 baking dish. Set aside.
4. In a large bowl mix together ricotta cheese, half of the mozzarella cheese, garlic, salt and pepper, plus collard greens. Add the drained pasta and mix together.
5. Add half of the pasta and cheese mixture to the baking dish.
6. Spread half of the remaining sauce on top. Sprinkle with 1/4 cup parmesan cheese.
7. Repeat with another layer of the pasta and cheese mixture, then the remaining sauce. Sprinkle remaining parmesan and mozzarella cheeses and dried oregano on top.
8. Bake at 375°F for 20 minutes, then broil for 2-3 minutes, until cheese on top is bubbly. Sprinkle with chopped basil before serving. Enjoy warm!

 **SERVES EIGHT**

 **PREP TIME: 15 MINS**

 **COOK TIME: 20 MINS**

# SAUTÉED COLLARD GREENS WITH POMEGRANATE SEEDS



## WHAT YOU NEED:

5 slices bacon or turkey bacon, chopped  
2 garlic cloves, thinly sliced  
2 shallots, thinly sliced  
4 cups Nature's Greens® Collard Greens  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1/2 cup pomegranate seeds



**SERVES EIGHT**



**PREP TIME: 5 MINS**



**COOK TIME: 10 MINS**

## WHAT YOU DO:

1. Add bacon to a large, dry cast iron skillet. Cook over medium-high heat until crispy, about 5 minutes.
2. Remove bacon from pan and lower heat to low-medium. Then add garlic and shallots, sautéing until translucent, about 3 minutes.
3. Add collard greens, salt and pepper, continuing to sauté until greens are wilted, but still bright green.
4. Transfer collard greens, garlic and shallots to a large bowl. Add bacon and pomegranate seeds. Toss together and enjoy! Serve warm or room temperature.

Recipe courtesy of Chelsey Amer Nutrition



# WILD RICE, CRANBERRY AND COLLARD GREENS STUFFING

## WHAT YOU NEED:

1 cup wild rice  
1-3/4 cups vegetable stock  
1 teaspoon salt, divided  
1 tablespoon olive oil  
1 cup chopped onion  
1 cup chopped celery  
4 cups chopped Nature's Greens® Collard Greens  
1/2 teaspoon black pepper  
1/2 teaspoon dried rosemary  
1/2 cup dried cranberries  
Thyme leaves from 5 sprigs

## DRESSING:

1 tablespoon good quality olive oil  
1 tablespoon spicy brown mustard or Dijon mustard  
1 tablespoon maple syrup

## WHAT YOU DO:

1. Prepare rice. Combine rice, vegetable stock, and 1/2 teaspoon salt in a medium-sized stock pot. Bring to a boil, then cover and reduce heat to a simmer and cook for 45 minutes. Turn off heat and let sit for 10 minutes to steam.
2. While the rice is cooking, prepare the remaining ingredients. Add olive oil, onion and celery to a large sauté pan over medium heat. Sauté until translucent, about 5 minutes.
3. Add collard greens and continue to sauté until wilted, another 3 minutes. Add remaining salt (1/2 teaspoon), plus black pepper and dried rosemary. Turn off heat.
4. When rice is done cooking, add to the sauté pan and toss together. Mix in dried cranberries and thyme. Set aside. In a small bowl, mix together dressing ingredients until uniform consistency forms. Drizzle over the wild rice stuffing before serving. Serve warm or room temperature.



**SERVES SIX**



**PREP TIME: 15 MINS**



**COOK TIME: 1 HOUR**

Recipe courtesy of Chelsey Amer Nutrition

# COLLARD GREENS POWER SALAD



## WHAT YOU NEED:

4 cups Nature's Greens® Kale  
2 cups Nature's Greens® Shredded Collard Greens  
1-2 tbsp avocado oil, for massaging  
1/2 avocado, cut into chunks  
1 egg  
1 can chickpeas  
1 tablespoon garlic powder  
1 tablespoon paprika  
1 tablespoon chili powder  
For the dressing: (Serves: 2-3)  
1/2 cup cashews, soaked in water for at least 2 hours  
1/3 cup water  
1 tablespoon avocado oil  
1/2 lemon, juiced  
1 tablespoon garlic powder  
1/2 tablespoon onion powder



**SERVES  
ONE**



**PREP TIME:  
10 MINS**



**COOK TIME:  
15 MINS**

## WHAT YOU DO:

1. Boil a small pot of water, and preheat oven to 400F (or set air fryer if using for chickpeas)
2. Place kale and collard greens in a bowl. Top with avocado oil, and massage oil into the kale and greens, kneading it like bread
3. Slice an avocado, cut it into desirable sized chunks, and place on top of kale and collard greens mix
4. Poke a small hole in the egg and place in the pot of boiling water. Reduce temperature to medium heat, cover, and cook for 5 min (less or more depending on how hard-boiled you like the egg)
5. Drain can of chickpeas and place in oven or air fryer, along with the remaining spices. Cook/air fry for 15 min
6. Blend all the dressing ingredients in a blender (I do medium setting on mine)
7. Toss greens and avocado in dressing, and top with chickpeas and egg. Enjoy!

Recipe courtesy of @chickpeachick\_



# POWER GREENS COLLARD WRAPS

## WHAT YOU NEED:

2 Collard leaves  
4 tablespoons hummus  
1/2 cup shredded carrots  
1/2 cup radish, sliced into short thin strips  
1/2 cup red cabbage, sliced thin  
1/2 cup pea pods  
microgreens, sprouts or baby greens

## WHAT YOU DO:

1. 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.
2. Place collard leaves on a flat surface and spread 2 tablespoons of hummus near the top/middle of each leaf.
3. Fill each leaf with the remaining veggies, splitting each amount between the two wraps.
4. Wrap the leaves as you would a burrito, folding the edges into the middle. Cut each wrap in half and enjoy!



**SERVES  
ONE**



**PREP TIME:  
10 MINS**



**COOK TIME:  
N/A**

Recipe courtesy of Once Upon A Pumpkin

# COLLARD DIP



## WHAT YOU NEED:

16 ounces Nature's Greens®  
Collard Greens  
1 package Knorr Vegetable  
recipe mix  
8 ounces size container  
sour cream  
1 cup Hellman's mayonnaise  
1 cup Vidalia onions, chopped  
2 dashes Worcestershire Sauce



**SERVES**  
24



**PREP TIME:**  
10 MINS



**COOK TIME:**  
20 MINS

## WHAT YOU DO:

1. Pour collards into a pot and fill pot
2. with enough water to cover the collards.
3. Bring water and collards to a full rolling boil.  
Lower heat to medium- high and cook for at least 20  
minutes or until collards are of desired texture.
4. Once collards are cooked to desired texture, drain well  
and cool thoroughly. Cut the cold collards into fine pieces.
5. In a medium bowl, combine the cut collards with  
remaining ingredients.
6. Cover and chill at least 2 hours to blend flavors. Serve with  
corn scoops.



# VEGETABLE WILD RICE SOUP WITH COLLARD GREENS

## WHAT YOU NEED:

1/2 medium onion, chopped  
3-4 stalks celery, chopped  
3-4 medium carrots, peeled  
and chopped  
3 garlic cloves, minced  
3 cups mushrooms  
1/4 cup rice flour  
1 cup wild rice  
5 cups vegetable stock  
3/4 teaspoon thyme  
1 bay leave  
1/2 - 1 teaspoon pink salt  
2 cups Nature's Greens®  
Collard Greens  
1 1/2 milk (plant based or  
regular)

## WHAT YOU DO:

1. Heat avocado oil in a large pot over medium heat. Add  
the onion, celery and carrots. Cook until soft, about 8-10  
minutes. Add the garlic, cook for another minute. Then  
add the thyme and 1/2 tsp pink salt.
2. Add the mushrooms and cook until slightly brown and  
once they have released liquid (around 10 minutes).
3. Stir in brown rice flour and cook for about 1 minute,
4. Add the wild rice, broth and bay leave. Cook for 45  
minutes or until wild rice is tender.
5. Add in chopped collard green.
6. Then, gradually add in the milk, stirring gently until  
combined. If your soup is too thick, add more broth  
or water.
7. Taste and season with salt and pepper



**SERVES**  
SIX



**PREP TIME:**  
15 MINS



**COOK TIME:**  
1 HOUR 5 MIN

Recipe courtesy of Natt Wrobel

# FETTUCCINI WITH COLLARD GREENS PESTO AND GRILLED SHRIMP



## WHAT YOU NEED:

1 pound large shrimp peeled and deveined  
1 tablespoon olive oil  
1 tablespoon lemon juice  
2 cloves garlic finely chopped  
1/2 teaspoon paprika  
1/4 teaspoon salt  
1/4 teaspoon black pepper  
1 cup Collard Greens Pesto  
1 bunch tomatoes on the vine  
8 ounces fettuccini or other long pasta cooked and drained (reserve some of the pasta water)



**SERVES**  
FOUR



**PREP TIME:**  
15 MINS



**COOK TIME:**  
10 MINS

Recipe courtesy of The Foodie Physician

## WHAT YOU DO:

1. Marinate the shrimp in a bowl with the olive oil, lemon juice, garlic, paprika, salt, and pepper
2. Heat a grill or grill pan over medium high heat and spray with cooking spray. Grill the shrimp 2-3 minutes on each side until opaque. Remove from heat.
3. Add the tomatoes to the grill and cook a few minutes, turning occasionally, until lightly charred and softened.
4. Toss the cooked fettuccini with about 1 cup of the collard greens pesto. Stir in some of the reserved pasta water until the sauce coats the pasta. Reserve the remaining pesto for another use.
5. Arrange the grilled shrimp and tomatoes on top of the pasta and serve.

# COLLARD MAC & CHEESE



## WHAT YOU NEED:

8 ounces block cheddar  
1 1/2 tablespoons butter  
1 teaspoon seasoned salt (to taste)  
2 cups elbow noodles  
1 cup Nature's Greens® Collard Greens

Recipe courtesy of  
Little Learner

## WHAT YOU DO:

1. Grate up the block of cheddar cheese.
2. While noodles boil, finely chop the collards. Sauté the collards in butter until tender.
3. Strain the noodles and return to the pot. Add butter, and half the cheese-stir well. Add collards and remaining cheese-stir well.
4. Finish with seasoned salt to taste-enjoy!



**SERVES**  
FOUR



**PREP TIME:**  
5 MINS



**COOK TIME:**  
10 MINS

# MINI COLLARD QUICHE

## WHAT YOU NEED:

Pastry Sheet  
1 teaspoon garlic  
1/2 cup cheddar  
4 ounces Nature's Greens® Collard Greens  
1/4 cup milk  
3 medium eggs  
1/2 cup ham, chopped  
salt & pepper

Recipe courtesy of  
Little Learner

## WHAT YOU DO:

1. Preheat the oven to 350 F.
2. Chop collards, onion, and ham. Grate cheddar cheese.
3. Whisk eggs with milk and garlic.
4. Use a cup to cut out circles of pastry dough and place dough into muffin tin cups.
5. Layer in cheese, ham, collards, egg mixture and cheese. Sprinkle with salt and pepper.
6. Bake uncovered for 20 minutes.



**SERVES**  
SIX



**PREP TIME:**  
10 MINS



**COOK TIME:**  
20 MINS