



# Gather with Greens

Fall Edition



[www.rawl.net/gatherwithgreens](http://www.rawl.net/gatherwithgreens)



# Thai Inspired Minced Pork Collard Greens

Prep Time: 10 Minutes    Cook Time: 45-55 Minutes    Serves: 4-6

## Directions

In a medium bowl, mix 4 tablespoons of fish sauce, 2 tablespoons of palm sugar, and ground pepper. Then combine ground pork into sauce until fully incorporated. Set aside.

Heat oil in a large pot over medium heat, add pork mixture and cook for 8 minutes. Add cilantro stems, crushed red pepper, and minced garlic to pork. Raise heat to medium-high and cook additional 3-5 minutes until liquid reduces and pork begins to turn a crispy brown.

Empty pork into a bowl and set aside, returning the pot to medium heat.

Deglaze the pot by adding vinegar and water. Gently scraping the bottom to release any crispy bits.

Add collard greens and reduce heat to a low simmer. Cook greens until desired tenderness, roughly 40 minutes.

Meanwhile, in a small dry pan, toast rice over low heat. Stir continuously and cook for about 3 minutes or until rice becomes light brown. Transfer to a mortar and pestle (blender or grinder) and grind rice into a dusty fine powder. Set aside.

Combine remaining 2 tablespoons of fish sauce and 1 tablespoon of palm sugar. Set aside.

When green achieves desired tenderness, remove from heat and combine with mint, cilantro, basil, fish sauce and palm sugar mixture, as well as toasted ground rice powder. Serve with lime slices.

## Ingredients

2 (16oz) bags of **Nature's Greens®**  
Collard Greens

1 pound minced or ground pork

2 limes

6 cloves of garlic, finely chopped

1/2 cup of vinegar

1/2 cup of water

6 tablespoon of fish sauce

3 tablespoon of neutral oil

3 tablespoon of Palm Sugar (or substitute with brown sugar)

2 tablespoon of glutinous rice (ie. sushi rice)

1 tablespoon of crushed red pepper

1 teaspoon of fresh ground pepper

1 ounce of cilantro stems, finely chopped

1 ounce of cilantro leaves, hand torn

1/2 ounce of mint, hand torn

1/2 ounce of basil, hand torn



Meet Pedro Vega Jr.

@heirloomfeast

Pedro is a creative director, designer, and home cook. He spends his time in the kitchen exploring his family heirloom: an instinct for cooking great food. After growing up in Chicago and kicking off his career in New York City, Pedro now lives in the Blue Ridge Mountains with his husband and three dogs.



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# Get to know Pedro

**Q:** Favorite Fall/Winter Holiday Side Dish?

**A:** "I consider the sweet and savory combination of stuffing, cranberries, and gravy one delicious side dish I look forward to every single year."

**Q:** Favorite Dark Leafy Green?

**A:** "Swiss Chard! Sautéed with garlic, dried Szechuan peppers, and parsley."

**Q:** Favorite Hobby?

**A:** "Cooking, styling, and capturing delicious food."

**Q:** Favorite Holiday/Christmas music song/album?

**A:** "A Holly Dolly Christmas all December Long!"



# Did you know?

Leafy greens are considered the powerhouse of all nutrients because they are packed with so many vitamins and minerals. Specifically vitamin A, K and C, and the minerals iron, potassium, and calcium.

Why are these important? For one, each of these nutrients provide a number of health benefits. Vitamin A is important for your vision, immune system, and your reproductive organs. Vitamin K plays a role in regulating blood levels by being a major factor in blood clotting and bone metabolism. Vitamin C assists in blood pressure management, reduces the risk of chronic diseases, and protects your memory. Iron is essential to blood production by helping transfer oxygen in your blood throughout the body. Potassium reduces high blood pressure and protects the body against strokes and kidney stones. Lastly, calcium is needed to build and maintain strong bones to support your body.

By adding more leafy greens to your daily diet, you are providing your body with the needed nutrients to perform it's everyday functions and maintain a healthy immune system.

## Burrata, Kale & Tomato Panini

Prep Time: 10 Minutes    Cook Time: 10 Minutes    Serves: 2

### Directions

Bring a medium saucepan of water to a boil. Season with salt and add kale, cooking about 3 minutes, until kale is bright green and tender. Drain well on a paper towel lined plate and season with salt and pepper.

Brush bread lightly with olive oil on both sides. Divide pesto among each bottom slice and top with kale. Add tomato to each and sprinkle with a bit more salt and pepper.

Tear the burrata and place on top of the tomatoes. Drizzle with a bit of olive oil and, lastly, a bit more salt and pepper.

Top with bread and grill on a pre-heated panini press about 6 minutes, or according to press instructions, until golden brown and cheese is melted.

### Notes:

- If you cannot find burrata, sliced or shredded mozzarella cheese makes a great substitute.

### Ingredients

3 packed cups of **Nature's Greens®**

Organic Tuscan Kale

Salt and freshly ground pepper

4 slices sourdough bread

Extra virgin olive oil

1/4 cup basil pesto

1 large tomato, sliced

4 ounces of (2-2 oz balls) burrata  
(see notes)



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# Soul rolls with Hot Honey Dipping Sauce

Prep Time: 10 Minutes    Cook Time: 10 Minutes    Serves: 8

## Directions

Preheat the vegetable oil to 375 degrees in a deep fryer or cast iron skillet. Place the collard greens, macaroni and cheese, and sweet potatoes in separate bowls.

In another bowl, combine about 1 tablespoon of cornstarch with 2 tablespoons of water. This will be used to seal the egg rolls.

Place a single egg roll wrapper out on a flat surface so that it is in the "diamond shape" direction instead of square.

Add about 1 heaping tablespoon of the greens towards the pointed edge of the egg roll wrapper and slightly spread it out into one even layer - careful to leave about 1/2" open on both sides.

Add 1 heaping tablespoon of macaroni and cheese right on top of the greens, and 1 heaping tablespoon of sweet potatoes right on top of the macaroni and cheese.

Starting with the end closest to you, fold the egg roll wrapper completely over the soul food mixture.

Dip your fingers in the cornstarch and water mixture, and add it to the entire edge of the wrapper.

Fold both sides of the wrapper towards the middle of the roll. Continue to roll away from you, pulling and rolling as tight as possible. It is okay if there is a small tear, we will add another wrapper.

Place another egg roll wrapper on a flat surface in the shape of a diamond. Add the already wrapped egg roll seam side down towards the pointed part closest to you.

Roll the egg roll in the additional wrapper just as directed above, remembering to wet the edges with the cornstarch mixture. Continue rolling until all of your soul food mixture is used or the desired number of rolls are made.

Carefully place the egg rolls seam side down, into the hot oil. Deep fry for 10 minutes, turning if necessary. Egg rolls should be golden brown. Remove and place on a cooling rack to drain excess grease.

## Ingredients

16 egg roll wrappers

3 cups Nature's Greens® Collard Greens, cooked and cooled

3 cups macaroni and cheese, cooked and cooled

3 cups sweet potatoes, cooked and cooled

Cornstarch and water mixture to seal egg rolls

Vegetable oil for deep frying rolls

## Hot Honey Dipping Sauce

1/4 cup hot sauce

1/4 cup honey

1/2 teaspoon garlic powder

Add the hot sauce, honey, and garlic powder to a small bowl, and mix until fully incorporated.

Serve as a dipping sauce or drizzle over the top of the soul rolls.



Meet Tamara Johnson

@razzledazzlelife

Hi there! I'm Tamara, founder and editor of Razzle Dazzle Life. A self-taught cook, who's biggest goal is to inspire people who feel like "they can't cook," to realize they really CAN!



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# Get to know Tamara

**Q: Favorite Fall/Winter Holiday Side Dish?**

A: "My favorite holiday side dish is my mother-in-law's dressing! No other dressing will ever compare."

**Q: Favorite Dark Leafy Green?**

A: "My favorite dark leafy green are a sizzling hot bowl of collard greens!"

**Q: Favorite Hobby?**

A: "I absolutely love painting! It is one of the greatest ways to help spark my creativity."

**Q: Favorite Holiday/Christmas music song/album?**

A: "A Motown Christmas"

# Leafy Greens: Storage 101

Store your greens in a reusable bag or container with paper towels, and then orient it with the paper towel side down, so that moisture from the greens is absorbed.

Untie your bunch of parsley or cilantro and place into a jar with water on the counter. Be sure to cut the stems to allow the herbs to absorb the water better. This helps the herbs stay fresher for 4-7 days. Pro tip: cut the stems with the leaves for added flavor and texture when using parsley or cilantro in a dish.

Save leafy green stems. They can be added to soups, salads, casseroles, and more! Not only will they add some fun texture, they'll also add more nutrients.

For more tips and tricks, head over to Ashley Cuoco's blog at [asheucoo.com](http://asheucoo.com), or follow her on instagram @asheucoo!





# Eat more greens

## One Pan Unstuffed Cabbage

Prep Time: 5 Minutes

Cook Time: 60 Minutes

Serves: 4

### Directions

Preheat oven to 350F. Add olive oil to a large, heavy bottomed oven safe skillet with fitted lid over medium heat. When the oil is hot, add the onion and cook, stirring every so often, until soft—about 5 minutes.

Stir in garlic and cook 1 minute more. Add the ground beef and use a wooden spoon to break it up. Season meat with about 1/4 teaspoon salt and pepper. Cook the beef, stirring and continuing to break into small pieces until no longer pink, about 7 minutes.

Add in marinara, stock, brown rice and Worcestershire. Stir to coat the rice. If using unsalted stock, add another 1/4 teaspoon salt (low sodium stock will likely not need any additional). Raise the heat to medium high. When the sauce is bubbling, lower heat to medium low simmer 5 minutes. Toss in chopped cabbage, stirring to coat and cook 5 minutes more until cabbage begins to wilt.

Cover the pan and cook in preheated oven 35-40 minutes, until the rice is cooked and cabbage is soft and saucy. Stir in chopped parsley to serve.

### Ingredients

2 tablespoons olive oil

1 small yellow onion, diced  
(about 3/4 cup)

2 cloves garlic, thinly sliced

1 pound lean ground beef or  
turkey

Kosher salt and ground black  
pepper

2 cups jarred marinara sauce

2 cups unsalted or lowest sodium  
chicken stock

3/4 cup uncooked brown rice

2 tablespoons Worcestershire  
sauce

1 pound **Nature's Greens®**  
Green Cabbage

2 tablespoons parsley, finely  
chopped

If you're reading this, there's a strong chance you already know leafy greens are GOOD for you. But in case you or someone in your life needs a little reminder: kale, collards, turnip, and mustard greens are generally very low in calories. What they lack in caloric content, they make up for in terms of vitamins, minerals, and fiber.

It's no wonder then that a diet rich in these nutrient-dense leafy greens helps to reduce the risk of obesity, heart disease, high-blood pressure, and mental decline, among other numerous health benefits.

The healthy living journey starts with adding these life-saving ingredients to more of your meals, and attaining that goal is easier than you think with some smart meal prep tips.



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# Chicken Noodle Soup + Greens Trio

Prep Time: 10 Minutes    Cook Time: 30 Minutes    Serves: 4

## Directions

Using a large stockpot over medium-high heat, add in 1 tablespoon of olive oil. Once heated, add the 1/2 cup chopped onion and 2 cloves minced garlic. Cook until fragrant, about 1 minute.

Add 1/2 cup shredded carrots, 1/3 teaspoon turmeric, 1/4 teaspoon ground ginger, 1/2 teaspoon salt, and 1/4 teaspoon ground black pepper. Stir to combine and cook for 1 to 2 minutes, until the carrot begins to soften a little.

Slowly pour in the 1 quart to 1 1/2 quarts chicken broth and 1 pound chicken. Allow it to come to a boil before turning the heat to medium-low and placing the lid on the pot.

After 10 to 15 minutes remove the lid and carefully remove the pieces of chicken. Remove the bones, if any, and shred the chicken before placing it back into the pot. Return the lid to the pot and continue cooking for an additional 5 minutes.

Remove the lid and add the 2 ounces vermicelli pasta and 2 cups **Nature's Greens®** Greens Trio. Cover and cook for 3 to 5 minutes. Once the pasta and greens have softened, serve immediately and enjoy!

## Notes:

- May use 1 quart chicken broth for a chunky soup with less broth or 1 1/2 quarts for a soup with more broth
- For chicken, use bone-in or boneless chicken breasts or thighs. Keep in mind chicken thighs may take a little longer to cook than boneless chicken breasts.
- May substitute vermicelli pasta for angel hair pasta instead
- Be careful not to overcook the pasta or greens trio, the pasta should be al dente and the greens tender, but still have a bite.
- Store any leftovers in an airtight container in the refrigerator for up to 3 days. Reheat before serving.

## Ingredients

- 1 tablespoon olive oil
- 1/2 cup chopped onion
- 2 cloves minced garlic
- 1/2 cup shredded carrots
- 1/3 teaspoon turmeric
- 1/4 teaspoons ground ginger
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1 quart to 1 1/2 quarts chicken broth
- 1 pound chicken breasts (bone-in or boneless) or thighs
- 2 ounces vermicelli pasta
- 2 packed cups **Nature's Greens®** Greens Trio



Meet Lakita Anderson

@SimplyLakita

LaKita Anderson is a blogger, foodie, family/self-taught baker, and food photographer. She cooks, writes, and takes photos of delicious food on her food blog, SimplyLaKita, in sunny northwest Florida!



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# Get to know Lakita

**Q: Favorite Christmas Movie (or Holiday movie?)**

A: "The Family Stone is my favorite holiday movie and I watch it all year or anytime that it is on television."

**Q: Favorite Hobby?**

A: "When I'm not in the kitchen I enjoy taking care of my many house plants. My favorite is a poinsettia that I bought during the holidays four years ago. It produces green leaves all year and after daylight savings time comes to an end, the beautiful red leaves make their appearance."

**Q: Favorite Fall/Winter Holiday Side Dish?**

A: "This is a hard one because I prefer side dishes more than meat during the holidays. So I'll have to say it is a tie between cornbread dressing and candied yams."



# Start your day with a smoothie

When made the right way, smoothies are packed with vitamins, minerals, protein, and fiber. All the nutrients you need to feed and aid your body to get you through whatever you may be tackling that day.

Part of getting into this routine includes preparation, which we all know can be the real reason we tend to fall off track. That's why using Nature's Greens is a no-brainer – it comes triple washed and ready to use, meaning one less step when prepping. If you are new to smoothies, we recommend smoothie prep!

Start by laying out a Ziploc bag for each day of the week and write the day on it to help stay organized. From there, put all the needed ingredients (minus the liquid) in their bags and tuck them away in the freezer. Come morning time, empty your bag into the blender, add your needed liquid, and mix! Not only will this save you time, but freezing your fruits and veggies preserves the flavor, creates less waste, and provides a thicker texture for the smoothie.

## Peanut Butter Banana Kale Smoothie

Prep Time: 5 Minutes

Cook Time: N/A

Serves: 2

### Directions

To a blender add frozen banana, milk, coconut water, kale, peanut butter, chocolate chips, ice and protein powder, if using. Blend on medium speed until the ice is broken down and the smoothie is frosty, using a damper if the blender needs help. If it seems a bit too thick, add more milk or coconut water to thin. Divide into two 8-ounce glasses to serve.

### Notes:

- Freeze banana slices and kale together in baggies for quick smoothies!

### Ingredients

1 large banana, sliced into 1" pieces and frozen

1/2 cup milk of choice (unsweetened almond or cow's milk work well)

1/2 cup chilled coconut water

1/2 packed cup **Nature's Greens®** Kale

2 tablespoons unflavored protein powder (optional)

2 tablespoons peanut butter (or any nut butter)

2 tablespoons mini dark chocolate chips

3/4 cup ice cubes



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# What's growing this holiday season?



## **Pelion, South Carolina**

**Conventional:** Collards, Kale, Curly Mustard, Slick Mustard, Turnip Greens, Turnip Roots, Cilantro, Curly Parsley, Italian Parsley, Beets, Leeks, Green Onions, Cabbage, Bok Choy, and Napa.

**Organics:** Kale and Cabbage.

## **Bunnell, Florida**

**Conventional:** Collards, Kale, Curly Mustard, Slick Mustard, Turnip Greens, Cilantro, Green Onion, Beets, and Cabbage.

**Organics:** Kale and Cabbage.

## **Somerset, Pennsylvania**

Our harvesting season in Pennsylvania has to come to an end for the year and will return in July of 2022.



# Roasted Butternut Squash and Collard Greens Quinoa Salad

Prep Time: 15 Minutes    Cook Time: 30 Minutes    Serves: 4

## Directions

Preheat the air fryer to 390F. (If you're using the oven, preheat it to 400F).

Peel the butternut squash with a vegetable peeler, removing the skin completely. Using a chef's knife, slice the butternut squash vertically. Scoop the seeds and remove.

Dice the butternut squash into 1/4" slices. Coat with olive oil and toss with 1/2 tablespoon dried basil. Place into the air fryer and cook for 30 minutes - tossing frequently. \*Cooking time will depend on the appliance used. Check it frequently to prevent burning\*

While the butternut squash is cooking, prepare the other toppings. Dice red onion finely, tomatoes, and collard greens into bite sizes.

Cook quinoa to box instructions. (tip: you can use a 90-second microwave package here to be time efficient)

Once quinoa and butternut squash is done cooking, let's assemble the salad.

Toss the collard greens with Italian dressing until well coated. Sprinkle remaining dried basil on the salad. Toss again.

Layer in toppings - starting with quinoa, then red onion, and tomatoes. Arrange butternut squash accordingly.

Using a cheese grater, grate parmesan on top of salad. Toss or served garnished with cheese.

Enjoy!! And happy holidays, from my kitchen to yours!

## Ingredients

1/2 bag Nature's Greens® Collard Greens

1/2 medium butternut squash

1 cup cooked quinoa + rice blend (can substitute for grain-free option)

1/2 cup cherry tomatoes

1/4 cup red onion

1/4 cup shaved parmesan

1/4 cup zesty Italian dressing

1/2 tablespoon dried basil

1/2 tablespoon olive oil



Meet Courtney Paige

@apaigeofpositivity

I'm Courtney Paige and the founder of the food and wellness blog, A Paige Of Positivity. I'm devoted to creating nutritious dishes that connect us in the kitchen and make you come back for more - from seasonal plates, sweet or savory concoctions, there is a recipe for every occasion!



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# Get to know Courtney

**Q: Favorite Fall/Winter Holiday Side Dish?**

A: "My favorite Thanksgiving side dish is Loaded Sweet Potatoes, sweetened with marshmallows and brown sugar. I also love roasted butternut squash, kale, pomegranate, fruit and nut salad. You can find me by the appetizers at most family events."

**Q: Favorite Hobby?**

A: "In my free time, I love to travel and adventure with friends and family. Living an active lifestyle is second nature to me - so when I'm not in the kitchen, I'm often out and about with my partner, Jack and our 1 year old mini Golden-doodle, Georgia!"

**Q: Favorite Christmas Movie (or holiday movie)?**

A: "Easy- Home Alone AND Elf. And usually multiple times. Other notable favorites: The Polar Express or The Holiday!"



# “When I Dip, You Dip, We Dip”

## Collard Greens Artichoke Dip

Prep Time: 10 Minutes

Cook Time: 30 Minutes

Serves: 6

### Directions

Preheat oven to 400F. Heat oil in a non-stick pan set over medium heat. Add shallot and cook, stirring occasionally, about 4 mins until softened. Stir in garlic and cook 1 minute more.

Discard any large pieces of collard stem. Stir in the greens and 1/4 cup water. Cover the pan and let greens steam about 1 minute. Uncover and continue cook until almost all of the water has evaporated, 2 minutes more. Remove pan from heat, allowing greens to cool slightly.

In a large bowl stir together collards, artichokes, cream cheese, yogurt, spices, parmesan, 1/2 cup mozzarella and stock. Season lightly with salt. Pour into a 2-quart baking dish and top with the remaining 1/2 cup mozzarella. Bake 15-20 minutes, until golden and bubbly. Serve hot with pita chips, sliced toasted baguette or crackers for dipping.

### Ingredients

- 1 tablespoon extra-virgin olive oil
- 1 shallot, finely chopped
- 2 cloves garlic, finely chopped
- 5.5 ounces **Nature's Greens®** Organic Collard Greens
- 12 ounces marinated artichoke hearts, drained and roughly chopped
- 8 ounces cream cheese, at room temperature
- 1/2 cup plain Greek yogurt
- 1/4 teaspoon cayenne pepper
- 1 teaspoon smoked paprika
- 1/2 cup parmesan, shredded
- 1 cup mozzarella, shredded, divided
- 1 cup low sodium chicken stock
- 1/4 cup seasoned breadcrumbs or crushed croutons

Dips are everyone's go to for a reason. Typically, because they're quick and easy to make and a party favorite that guests love to snack on. However, sometimes dips are filled with less-than-healthy ingredients. That's why they are one of our favorite places to sneak in a couple of extra veggies.

Adding more greens will only make the dip fresher and lighter – not to mention you won't feel as bad about having one too many scoops.

You can also make healthier choices with what you choose to dip with. Veggie dippers such as carrots, broccoli, and celery are always a great option, as well as whole-grain crackers or pita chips. Our personal favorite and a great alternative to a tortilla chip is kale chips. They're three times as nutritious and just as delicious!



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# NTK Pumpkin Kale Caesar Salad

Prep Time: 20 Minutes    Cook Time: 30-40 Minutes    Serves: 4-6

## Directions

Start by preheating the oven to 300F.

Mix together the oil, salt, and pepper for the pumpkin seeds then toss the seeds in the mixture.

Spread out on a sheet pan lined with parchment paper and bake at 300F for 20-25 minutes, stirring halfway through.

While the pumpkin seeds are baking, make the pumpkin caesar dressing. Mix the caesar dressing with the pumpkin puree and combine with a fork or whisk; taste and if you wish to add more pumpkin puree feel free to do so.

Next, prep your croutons by tossing the bread in approx. 2 tbs olive oil, 1 tsp sea salt, and 1/8 tsp garlic powder. There isn't a right or wrong way to do this. You can toss them in a bowl, or lay them on a sheet pan and drizzle with the olive oil, salt and garlic then just toss them on the sheet pan. Some will have more oil than others, totally fine!

Once the pumpkin seeds are done baking, take them out to cool and stick the croutons in the oven to bake for 15-20 minutes (tossing them halfway through).

While the croutons bake and the pumpkin seeds cool, go ahead and dress the kale with the pumpkin caesar dressing. You can use tongs or your hands, but you really want to work the dressing into the kale well to soften it.

Cut the honey crisp apple into small cubes.

Grate the parmesan using the fine side of a cheese grater or a micro-grater.

Bringing it all together: once the croutons are done, bring them out to cool and begin assembling the pumpkin kale caesar. Add half of the pumpkin seeds, half of the apple, half of the parmesan, and half of the croutons to the kale and toss.

Then, plate the salad in a large, shallow bowl. Once plated, add the remaining pumpkin seeds, apple, parmesan, and croutons.

Top with a little fresh ground pepper and voila! A gorgeous fall caesar.

## Ingredients

### The salad

10-12 cups of **Nature's Greens®**  
Kale, shredded (approx. half a 1 pound bag )

1 cup of finely shredded parmesan

1 honey crisp apple (optional)

### The pumpkin seeds

1 cup of raw pumpkin seeds

1 tablespoon of avocado oil (or olive oil)

1/2 teaspoon of sea salt

1/4 teaspoon of pepper

### The dressing

1/2 cup of store bought caesar dressing of choice

3 tablespoons of pumpkin puree

### The croutons

4-5 pieces of your bread of choice (I use brioche) with the crust cut off and cut into 1" cubes

2 tablespoons of olive oil

1 teaspoon of sea salt

1/8 teaspoon of garlic powder



## Meet Kate Strickler

@naptimekitchen

Hello! I'm Kate. Mom to three wonderful little people with a fourth on the way! While they sleep, I cook. My goal is to bring both joy and practicality to your kitchen. After all, we have to eat. And so do those other people who live with us. Through both recipes and useful hacks, I hope to help you feel freedom in how you feed your family, not take any of it too seriously, and also not go crazy in the cooking process!



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# Get to know Kate

**Q: Favorite Hobby?**

A: "It feels funny to say considering it is also my job, but I really do love cooking. If I have free time, you will usually find me in the kitchen."

**Q: Favorite Holiday/Christmas music song/album?**

A: "I would have to say "O Holy Night". The line "the weary world rejoices" feels like it has so much more meaning since 2020, and brings me to tears when I hear it."

**Q: Favorite Dark Leafy Green?**

A: "Is arugula a dark leafy green? If so, that's it! Second would be lacinato kale."



## Mo's Veggie Pot

Prep Time: 10 Minutes    Cook Time: 40 Minutes    Serves: 2

### Directions

Wash the turnip greens.

In a large pot, add vegetable broth, sweet potatoes, turnip greens and black eyes peas.

Place over medium-high and bring to a boil.

Lower heat. Add remaining ingredients and let simmer for 25 minutes.

### Ingredients

2 cups of vegetable broth

2 cups of sweet potatoes or butternut squash

3 cups Nature's Greens® Turnip Greens

1 can black eye peas

1 tablespoon of low-sodium soy sauce

1 teaspoon of agave nectar

Salt and pepper to taste



### Meet Monique Coleman

@\_moniquecoleman

I am an actress, producer, Daytime Emmy Nominated Host, and global youth advocate. I'm super passionate about wellness & promoting a healthy lifestyle. Make sure to check out my Lifetime Christmas Movie, "A Christmas Dance Reunion", December 3rd.



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# Get to know Monique

Q: Favorite Fall/Winter Holiday Side Dish?

A: "Mashed Sweet Potatoes."

Q: Favorite Dark Leafy Green?

A: "Collard Greens."

Q: Favorite Hobby?

A: "Dancing!"

Q: Favorite Holiday/Christmas music song/album?

A: "Mariah Carey's Christmas Album!"





# NATURE'S GREENS™



## Find us near you

The Product Locator on our website is the best way to find our triple-washed and chopped, ready-to-cook Nature's Greens near you this fall season. Simply scan the QR code with your camera, type in where you live, and all available store options will show in your area.

