



EAT MO GREENS

E-Cookbook

Monique Co

with Monique Coleman



#EatMoGreens | www.Rawl.Net/EatMoGreens



Serves: 2

Prep Time: 5 minutes

Good Mo'ning Sunshine Kale Smoothie



WHAT YOU NEED

2 cups Nature's Greens® Kale
1 cup water
1 cup pineapple chunks
1 Fuji apple, chopped
1 cup strawberries
2 tablespoons flax seed meal

WHAT YOU DO

Combine kale and water in a blender and blend until kale is liquefied. Add remaining ingredients and blend until combined.

Serves: 6

Prep Time: 15 minutes

Cook Time: 15 minutes

Kale Cornbread



WHAT YOU NEED

- 1/2 cup Nature's Greens® Kale
- 1 package corn bread mix
- 1 egg
- 1 cup almond milk
- 1 ear fresh corn (approx. 1/2 cup)
- 1/2 cup part skim mozzarella cheese
- 3 tablespoons sundried tomatoes, finely diced

WHAT YOU DO

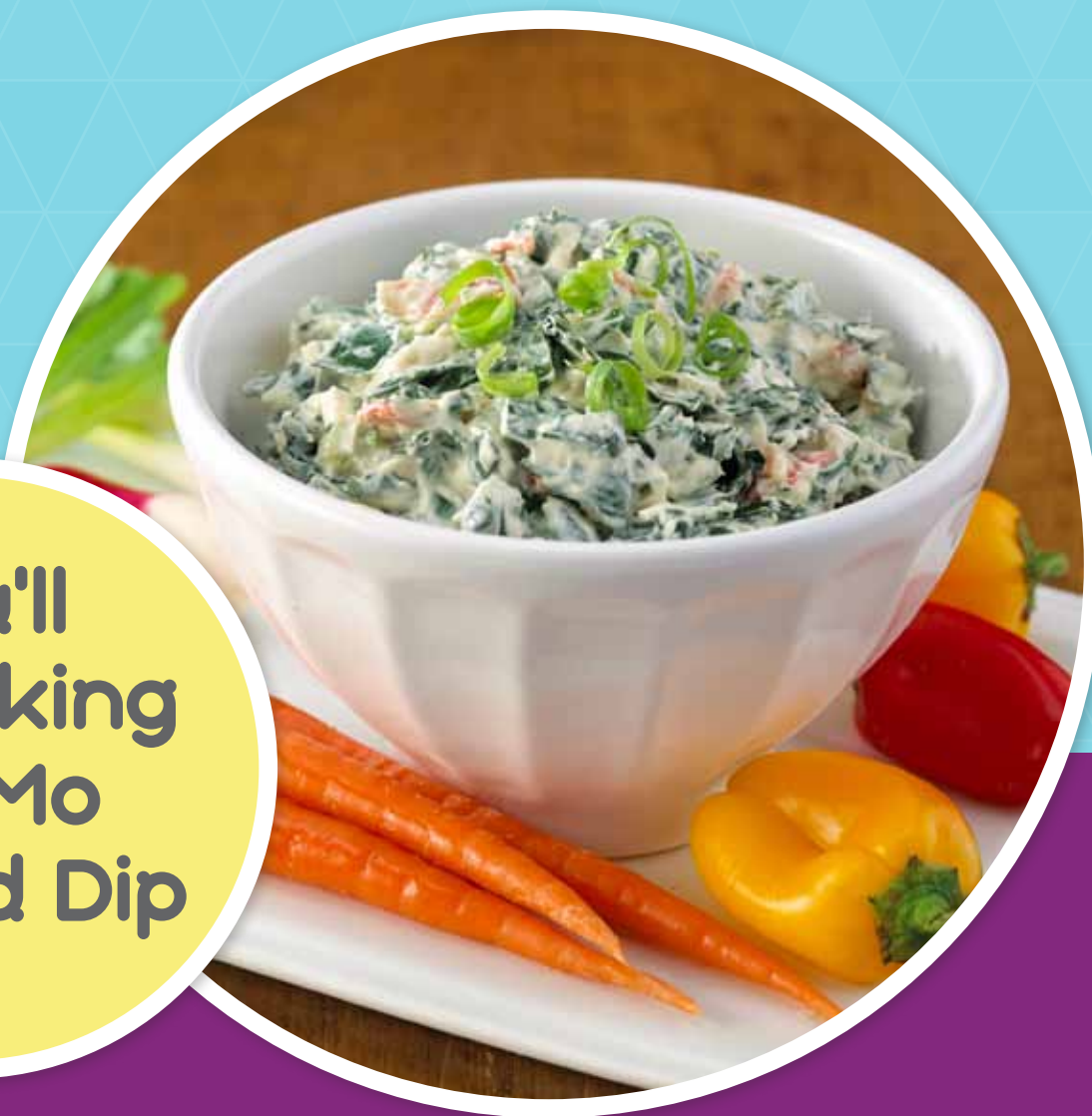
Preheat oven to 400 F. Prepare corn bread according to package instructions. Chop kale into small pieces. Stir kale, corn, cheese and sundried tomatoes into cornbread mixture. Pour into a muffin or bread baking pan. Bake for 15 minutes or until a knife inserted in the middle comes out clean. Cool before serving.

Serves: 12

Prep Time: 10 minutes

Cook Time: 20 minutes

You'll Be Asking for Mo Collard Dip



WHAT YOU NEED

- 16 ounces Nature's Greens® Collard Greens
- 1.4 ounces vegetable mix
- 16 ounces sour cream
- 1 cup mayonnaise
- 5 ounces Versatile Veggies®
Diced Green Onions
- 1 cup Versatile Veggies® Diced
Green Pepper
- 1/2 cup Rawl parsley, chopped
- 2 dashes Worcestershire sauce
- 1 bell pepper, sliced lengthwise
- 1 cucumber, sliced in rounds
- 2 carrots, sliced in strips

WHAT YOU DO

Place collards in a medium-sized pot. Fill pot with enough water to cover collards. Bring water and collards to a full-rolling boil. Lower heat to medium and cook for at least 20 minutes or until tender. Drain collards well and cool in the refrigerator. Place cooled collards in the refrigerator overnight. Chop the cold collards into small pieces. In a medium-sized bowl, combine the collards with sour cream, mayonnaise, vegetable mix, diced green onions, diced green pepper, parsley and Worcestershire sauce. Cover and chill to allow flavors to blend. Transfer to a serving bowl and serve with sliced vegetables.

Serves: 6

Prep Time: 30 minutes

Protein Collard Wraps



WHAT YOU NEED

- 3 large Rawl collard leaves
- 1 teaspoon extra-virgin olive oil
- 2 chicken breasts
- 6 teaspoons mayonnaise
- 1/2 cup sweet relish
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper
- 1/2 cup dried cranberries or raisins

WHAT YOU DO

Wash collard leaves and pat dry with paper towel. Cut the stem out lengthwise from the collard leaf; set aside. Heat olive oil and cook chicken breasts in a skillet over medium until thoroughly cooked. Let cool and shred into small pieces. Transfer chicken to a medium-sized bowl. Stir mayonnaise, relish, dried cranberries, salt and pepper with chicken. Spread chicken salad onto each collard leaf section. Roll up from bottom to top. Place seam side down in refrigerator for 1-2 hours.

Serves: 6

Prep Time: 30 minutes

Sweet & Tangy Kale Salad



WHAT YOU NEED

Salad

- 4 cups Nature's Greens® Kale
- 1 cup fresh strawberries, diced
- 1 cup fresh blueberries
- 1 cup pistachios, chopped
- 2 tablespoons crumbled goat cheese

Dressing

- 1/4 cup olive oil
- 3 tablespoons balsamic vinegar
- 1 medium lemon (approx. 3 tablespoons)
- Dash of sea salt and pepper

WHAT YOU DO

Finely chop kale. In a large salad bowl, combine kale with strawberries, blueberries and pistachios. Add dressing and mix throughout. Let all ingredients sit for 20 minutes so that all flavors are absorbed and kale is tenderized. Sprinkle with goat cheese.

Serves: 8-10

Prep Time: 5 minutes

Cook Time: 50 minutes

Comfort Kale Stew



WHAT YOU NEED

14.5 ounces low-sodium chicken
or vegetable broth
1 cup water
16 ounces Nature's Greens® Kale
12 ounces sundried tomato
chicken sausage
1 tablespoon olive oil
29 ounces stewed tomatoes (canned)
3 cups almond milk
2 tablespoons curry
2 teaspoons turmeric
Salt and pepper to taste

WHAT YOU DO

In a medium sauce pan, bring chicken broth and water to a boil. Add kale to liquids. Reduce heat to medium and cook for 20 minutes. Meanwhile, dice sausage and cook in oil until brown. Add stewed tomatoes and sausage to cooked kale. Stir in almond milk, curry and turmeric. Cook over medium for an additional 30 minutes.

Serves: 2

Prep Time: 10 minutes

Cook Time: 40 minutes

Mo's Veggie Pot



WHAT YOU NEED

2 cups vegetable broth
2 cups sweet potatoes or
butternut squash
3 cups Nature's Greens® Turnip Greens
1 can black eye peas
1 tablespoon low-sodium soy sauce
1 teaspoon of agave nectar
Salt and pepper to taste

WHAT YOU DO

Wash turnip greens. In a large pot, add vegetable broth, sweet potatoes, turnip greens and black eyed peas. Place over medium-high and bring to a boil. Lower heat. Add remaining ingredients and simmer for 25 minutes.