



FRESH ingredients
make FRESH recipes!

BACK TO *Fresh*

MAKE YOUR
PLATE GREEN IN 2016

COOKBOOK



www.rawl.net/BackToFresh



BAKED TILAPIA WITH COLLARDS & ORZO

WHAT YOU NEED

4 tilapia fillets
 Nonstick cooking spray
 1/4 teaspoon sea salt
 1/4 teaspoon pepper
 2 teaspoons brown rice vinegar
 1/4 teaspoon ginger
 1 teaspoon garlic, minced
 1 tablespoon olive oil
 6 cups Nature's Greens® Collards
 3 cups low-sodium vegetable broth
 1 cup wild rice, uncooked
 Lemon wedges (opt.)

WHAT YOU DO

Thaw tilapia if frozen. Line a shallow baking pan with foil and lightly coat with cooking spray. Season tilapia fillets with salt and pepper; arrange in prepared pan. Whisk rice vinegar, ginger and garlic together; brush onto fish. Bake, uncovered in a 425 F oven for 8 – 12 minutes, turning once, until fish flakes easily when tested with a fork. Meanwhile, heat oil in a 2-quart saucepan over medium heat. Add greens and stir. Cover and cook 3 minutes, stirring twice. Add broth to greens and bring to a boil. Reduce heat to medium-low and stir in wild rice; cook for 45 minutes. Let stand for 5 minutes. Serve wild rice mixture with tilapia. If desired serve with lemon wedges.

SERVES 4 | PREP TIME: 10 MINUTES | COOK TIME: APPROX. 70 MINUTES



MAPLE COCONUT COLLARD GREEN CRISPS

WHAT YOU NEED

1/8 cup extra virgin coconut oil
 1/8 cup pure maple syrup
 1/2 teaspoon ginger, freshly grated
 1/2 teaspoon ground cinnamon
 8 ounces Nature's Greens Collard Greens

WHAT YOU DO

Heat oven to 375 F. In a large bowl whisk together coconut oil, maple syrup, and seasonings. Add collard greens and toss to coat. Spray two baking sheets with cooking spray or olive oil. Transfer greens to baking sheets, leaving room between each piece, and bake for 5 minutes. Switch the racks between top and bottom and bake for another 5 minutes. Use a spatula to transfer crisps to a bowl and enjoy!

SERVES 4 | PREP TIME: 5 MINUTES | COOKING TIME: 10 MINUTES



GREENS SAUTE WITH CHICKEN AND LINGUINE

WHAT YOU NEED

- 1 spaghetti squash
- 1/4 cup olive oil, divided
- 4 boneless, skinless chicken breasts
- 1 tablespoon garlic, chopped
- 8 ounces Versatile Veggies® Diced Yellow Onion
- 16 ounces Nature's Greens® Collards
- 1/2 teaspoon sea salt, divided
- 1/4 teaspoon black pepper
- 1 1/2 tablespoons Italian seasoning
- 3 roasted red bell peppers, chopped
- 2 fresh tomatoes, chopped
- 2 cups low-sodium vegetable broth

WHAT YOU DO

Cook spaghetti squash in microwave until done. Cool and remove stands. In a large skillet, heat 2 tablespoons oil over medium-high heat. Add chicken and brown 5-6 minutes on each side or until well done. Remove chicken from pan and set aside. Add remaining oil and sauté garlic and onions for 2 - 3 minutes or until onion is transparent. Add half the collards and half the salt and cook, stirring constantly, about 3 - 5 minutes, or until collards are wilted. Add remaining collards and salt and cook for an additional 3 -5 minutes, stirring constantly until collards are wilted. Add black pepper and 1 tablespoon Italian seasoning. Stir in roasted bell peppers, tomatoes and broth; bring to a boil. Reduce heat and simmer, covered, for 20 – 25 minutes or until most of broth has evaporated. Toss with spaghetti squash strands. Divide into four soup or pasta bowls and top with chicken.

SERVES 4 | PREP TIME: 15 MINUTES | COOK TIME: APPROX. 50 MINUTES



VEGETARIAN TACOS WITH GREENS AND FETA CHEESE

WHAT YOU NEED

- 8 ounces Nature's Greens® Collards
- 1 1/2 tablespoons coconut oil
- 1/3 cup low-sodium vegetable broth
- 1/4 teaspoon sea salt
- 1/2 teaspoon pepper
- 1 cup avocado, chopped
- 1 tablespoon fresh squeezed lime juice
- 1 tablespoon chopped Rawl® Cilantro
- 2 cups fresh yellow corn
- 1 cup black beans, drained and rinsed
- 2 cups diced Roma tomatoes
- 8 small corn tortillas, warmed

WHAT YOU DO

Heat stove to medium and add coconut oil to a large heavy pot. Add collards and stock. Cover and cook until greens wilt, about 3 minutes, stirring occasionally. Uncover and cook until juices slightly thicken, about 4 minutes. Sprinkle with salt and pepper; set aside. Combine avocado with lime juice and cilantro. Warm corn and beans in microwave oven for 1 minute; warm tacos in microwave. When ready to assemble tacos, combine collards, corn, beans, avocado and tomatoes. Fill warmed tacos with vegetable mixture.

SERVES 4, 2 TACOS EACH

PREP TIME: 5 MINUTES | COOKING TIME: 8 MINUTES