



FRESH ingredients
make FRESH recipes!

BACK TO Fresh

MAKE YOUR
PLATE GREEN IN 2016

COOKBOOK PART II



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A-MASON' JAR SALAD

WHAT YOU NEED

SALAD:

- 1 cup Nature's Greens® Kale
- 3/4 cup blueberries or other fruit
- 1/4 cup nuts, chopped

DRESSING:

- 1/3 cup well-stirred tahini paste
- 1/3 cup water
- 1/4 cup plus 1 tablespoon fresh lemon juice
- 2 garlic cloves, chopped
- 3/4 teaspoon salt
- sea salt

WHAT YOU DO

Blend all dressing ingredients until smooth and add to the bottom of mason jar. Add a layer of kale, followed by a layer of fruit, followed by a layer of nuts. Put lid on and place in cooler. When ready to enjoy, shake to mix.

SERVES 1 OR 2 CUPS | PREP TIME: 5 MINUTES



SUNSHINE KALE STIR FRY

WHAT YOU NEED

- 1 (1-pound) bag Nature's Greens® Kale
- 4 tangerines, peeled, seeds removed and chopped
- 1 1/3 cups Versatile Veggies® Diced Yellow Onion
- 2 cups low-sodium vegetable broth, divided
- 4 teaspoons honey
- 8 teaspoons garlic, minced
- 4 teaspoon ginger, fresh-grated
- 1/2 teaspoon crushed red pepper
- 1/2 teaspoon black pepper
- 1/2 teaspoon sea salt
- 1 1/3 cups red bell pepper, minced
- 12 ounces medium peeled and deveined shrimp, thawed
- 1/2 cup almonds, chopped

WHAT YOU DO

In a large skillet over low-heat, sauté onions in half of broth until translucent. Add remaining broth, honey, garlic, ginger, crushed red pepper, black pepper, salt, red bell pepper, kale, and tangerines, and stir continuously 8-10 minutes. Stir in shrimp to heat through, transfer to serving dishes, and garnish each plate with a quarter of the almonds.

SERVES 4 | PREP TIME: 15 MINUTES | COOK TIME: 15 MINUTES

Recipe and photo courtesy of New York Times best-selling author and registered dietitian, Cynthia Sass.





WILD SALMON & CHICKPEA SALAD OVER MUSTARD GREENS

WHAT YOU NEED

2 cans wild salmon, drained
1/2 cup yellow onion, minced
1/4 cup Dijon mustard
1/4 cup fresh-squeezed lemon juice
2 tablespoon garlic, minced
1 teaspoon cayenne pepper
1 cup Nature's Greens® Mustard Greens
1 can chickpeas, drained and rinsed
1 cup grape tomatoes, sliced in half
1 Hass avocado, sliced

WHAT YOU DO

In a medium bowl combine salmon with onion, Dijon mustard, lemon juice, garlic, and cayenne and set aside. Place greens in a salad bowl, add the chickpeas and tomatoes. Top with salmon salad, and garnish with avocado.

SERVES 4 | PREP TIME: 15 MINUTES

Recipe and photo courtesy of New York Times best-selling author and registered dietitian, Cynthia Sass.



LIQUID GOODNESS

WHAT YOU NEED

1 cup Nature's Greens® Kale
1/2 cup water
1/4 cup chia seeds
1 large mango
1 cup plain Greek yogurt
1 tablespoon honey
Ice cubes

WHAT YOU DO

Blend kale and water until combined. Grind chia seeds in food processor. Peel, seed and slice mango. Add chia seeds, mango, yogurt, honey and ice cubes to blender container. Process until smooth and enjoy!

SERVES 4 | PREP TIME: 5 MINUTES

