

BACK TO

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GREEN

Fresh

VEGETARIAN

fresh ingredients
make *fresh* recipes!


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ITALIAN ORZO WITH COLLARD GREENS

WHAT YOU NEED:

- 1 cup uncooked orzo
- 1 teaspoon salt
- 2 teaspoons dried Italian herbs
- 4 tablespoons extra-virgin olive oil, divided
- 2 cloves garlic, minced
- 1 cup grape tomatoes, sliced in half
- 16 ounces Nature's Greens® Collard Greens
- 1 large lemon, juiced
- ¼ cup Parmesan cheese, grated
- Salt and pepper to taste



Serves 6-8



Prep Time N/A



Cook Time 20 min

WHAT YOU DO:

Prepare orzo according to package directions. Return to pot, add Italian herbs and toss. Cover and set aside. In a large stock pot over medium, heat 2 tablespoons olive oil and add garlic and tomatoes. Sauté for 2-3 minutes. Remove garlic and tomatoes and set aside. Using same stock pot, heat 2 tablespoons of olive oil over medium; add collard greens and toss to coat. Sauté for 10 minutes, stirring occasionally. Add orzo, garlic, tomatoes and lemon juice. Stir and continue to cooking for 5 minutes. Stir in Parmesan cheese and season with salt and pepper. Serve warm or at room temperature.



KALE & BUTTERNUT SQUASH PIZZA

WHAT YOU NEED:

- 1 store bought pizza crust (can use cauliflower, gluten-free depending on preference)
- 2 cups Nature's Greens® Kale
- 1 tablespoon olive oil
- ½ teaspoon minced garlic
- ½ cup shredded parmesan cheese
- ½ cup butternut squash, cubed and roasted (can use frozen)
- ½ cup spicy kale and lemon pesto
- ½ avocado
- balsamic glaze (optional)

WHAT YOU DO:

Preheat oven according to pizza package directions. In a medium saucepan, heat the olive oil and garlic until fragrant. Add kale and gently saute on low heat until kale begins absorbing the olive oil and looks moist. Spread pesto on top of pizza crust and top with sauteed kale, parmesan cheese, and butternut squash. Bake pizza according to package directions, remove from oven and top with sliced avocado, and drizzled balsamic. Slice into pieces and enjoy!



Serves 1



Prep Time 10 min



Cook Time 12 min

Recipe courtesy of Once Upon A Pumpkin.

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.



Serves
2



Prep Time
10 min



Cook Time
40 min



GINGERY KALE AND PURPLE CABBAGE SLAW

WHAT YOU NEED:

- 1 tablespoon raw apple cider vinegar
- 1 tablespoon fresh squeezed orange or tangerine juice
- 1 teaspoon honey
- ½ teaspoon fresh grated ginger
- ½ teaspoon minced garlic
- 1/16 teaspoon black pepper
- ½ cup purple cabbage, shredded
- ½ cup Nature's Greens® Kale
- 1 teaspoon black sesame seeds

WHAT YOU DO:

In a small bowl whisk together vinegar, orange or tangerine juice, honey, ginger, garlic, and black pepper. Add cabbage and kale. Stir mixture to thoroughly and evenly coat the vegetables. Refrigerate for at least thirty minutes. Just before serving garnish with sesame seeds.

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



Serves
1



Prep Time
8 min



Cook Time
N/A

