

GREENS COOKING GUIDE



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Linguine with Escarole & Shrimp

Dark leafy greens, such as kale, collards and chard, are nutrient powerhouses—rich in vitamins A, C and K. Look for greens in bunches in the produce section near lettuce; beets are sometimes sold with the greens still attached, but you can often find the greens sold separately as well. One pound of greens cooks down to 1-2 cups, so plan accordingly.

Regardless of the variety you choose, look for crisp, brightly colored greens without blemishes. Refrigerate them in a plastic bag with their stem ends wrapped in damp paper towels; they'll keep for up to a week.

BEET GREENS (1 POUND)

SHOPPING: Find beet greens still attached to the beets or separate in bunches. The color of the veins indicates the color of their root—the beet. Common varieties include red, gold and Chioggia, an Italian heirloom variety that has concentric circles of white and pink, purple or red. Each beet has several greens growing from it. The greens have a rich, earthy flavor.

PREP: Cut stems 1 inch above beet crown. Trim long stems from large leaves; discard blemished leaves. Wash in several changes of water; drain. Cut crosswise into 1-inch pieces.

COOKING: Very tender leaves can be cooked like spinach. Cook larger mature leaves, covered, in a wide pot of 2 cups lightly salted boiling water just until wilted, about 5 minutes. Drain and press out moisture. Be aware that beet greens, like beets, will bleed and discolor accompanying foods.

YIELD: 2 SERVINGS, about ½ cup each.

PER SERVING: 48 CALORIES; 0 G FAT (0 G SAT, 0 G MONO); 0 MG CHOLESTEROL; 10 G CARBOHYDRATE; 5 G PROTEIN; 5 G FIBER; 426 MG SODIUM; 1,608 MG POTASSIUM. **NUTRITION BONUS:** Vitamin A (271% DAILY VALUE), Vitamin C (73% DV), Potassium (46% DV).

CHARD (1 POUND)

SHOPPING: Earthy and sweet, chard has more substance than spinach and its colorful incarnations—rainbow chard, white or green chard, ruby or red chard—can be used interchangeably (though green chard tends to be mildest).

PREP: Wash in several changes of water; drain. Strip large leaves from the edible stems. Pull strings from stems; cut stems crosswise into 1-inch lengths. Bunch up leaves and cut into 1-inch pieces.

COOKING: Cook in 2 cups lightly salted boiling water. Add stems first and cook for 5 minutes, then add leaves. Full-size leaves cook in about 10 minutes. Steam young leaves for 5 minutes. Drain and press out moisture.

YIELD: 4 servings, about ½ cup each.

PER SERVING: 21 CALORIES; 0 G FAT (0 G SAT, 0 G MONO); 0 MG CHOLESTEROL; 4 G CARBOHYDRATE; 2 G PROTEIN; 2 G FIBER; 185 MG SODIUM; 567 MG POTASSIUM. **NUTRITION BONUS:** Vitamin A (126% DAILY VALUE), Vitamin C (32% DV).

COLLARDS (1 POUND)

SHOPPING: Perhaps the most neutral in taste, collards benefit from other big flavors in a dish. Try flavoring them with a touch of bacon and lots of onions and garlic.

PREP: Pull the leaf from the tough ribs and stems; discard stems. Wash in several changes of water; drain. Cut leaves into 1-inch pieces.

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COOKING: Cook, covered, in 2 cups lightly salted boiling water until tender, 10 to 12 minutes. Drain and press out moisture.

YIELD: 4 servings, about ½ cup each.

PER SERVING: 34 CALORIES; 0 G FAT (0 G SAT, 0 G MONO); 0 MG CHOLESTEROL; 6 G CARBOHYDRATE; 3 G PROTEIN; 4 G FIBER; 21 MG SODIUM; 153 MG POTASSIUM. **NUTRITION BONUS:** Vitamin A (213% DAILY VALUE), Vitamin C (40% DV).

KALE (1 POUND)

SHOPPING: Popular varieties include red Russian, lacinato (or dinosaur) and curly kale (which can range from green to deep purple). Kale's sharp, peppery flavor is best balanced by a touch of acidity or sweetness.

PREP: Strip leaves from stems; discard stems. Wash in several changes of water; drain. Cut into 1-inch pieces.

COOKING: Cook large, tough leaves, covered, in 2 cups lightly salted boiling water until tender, 10 to 12 minutes. Drain and press out moisture. Small tender leaves can be steamed in a covered skillet with a little water until wilted.

YIELD: 4 servings, about ½ cup each.

PER SERVING: 33 CALORIES; 0 G FAT (0 G SAT, 0 G MONO); 0 MG CHOLESTEROL; 7 G CARBOHYDRATE; 2 G PROTEIN; 2 G FIBER; 27 MG SODIUM; 271 MG POTASSIUM. **NUTRITION BONUS:** Vitamin A (324% DAILY VALUE), Vitamin C (82% DV).

MUSTARD GREENS (1 POUND)

SHOPPING: Identify these pungent, peppery greens by their frilly edges. Their flavor is bold so you may want to combine them with other, milder dark leafy greens, such as chard, to balance their strong flavor.

PREP: Trim and discard long stems. Wash in several changes of water; drain. Bunch up leaves and cut into 1-inch pieces.

COOKING: Cook large mature leaves, covered, in 2 cups lightly salted boiling water until tender, 10 to 12 minutes (add more water if

needed). Small tender leaves can be steamed or stir-fried until wilted. Drain and press out moisture.

YIELD: 4 servings, about ½ cup each.

PER SERVING: 14 CALORIES; 0 G FAT (0 G SAT, 0 G MONO); 0 MG CHOLESTEROL; 2 G CARBOHYDRATE; 2 G PROTEIN; 2 G FIBER; 15 MG SODIUM; 192 MG POTASSIUM. **NUTRITION BONUS:** Vitamin A (120% DAILY VALUE), Vitamin C (40% DV).

SPINACH (1 POUND)

SHOPPING: Mild-tasting spinach is a crowd-pleaser. The sturdier texture of mature spinach stands up better to cooking than tender baby spinach. It's often sold in bunches with lettuces or in bags with salad mixes.

PREP: Trim stems. Wash leaves in several changes of water. Cut into 1-inch pieces.

COOKING: Tender spinach cooks in 1 to 3 minutes. Cook in a steamer basket over an inch of boiling water. Drain excess moisture. Or steam, covered, in a large pot with just the rinse water clinging to the leaves. Or stir-fry in a little olive oil and garlic.

YIELD: 2 servings, about ½ cup each.

PER SERVING: 46 CALORIES; 1 G FAT (0 G SAT, 0 G MONO); 0 MG CHOLESTEROL; 7 G CARBOHYDRATE; 6 G PROTEIN; 6 G FIBER; 167 MG SODIUM; 1,097 MG POTASSIUM. **NUTRITION BONUS:** Vitamin A (270% DAILY VALUE), Vitamin C (60% DV), Folate (67% DV), Potassium (31% DV), Iron (28% DV).

HERE ARE A FEW QUICK AND EASY WAYS TO FLAVOR YOUR GREENS:

- Blanch greens and sauté with a little garlic and olive oil.
- Add a splash of vinegar or a squeeze of lemon juice to balance greens' bitter flavor.
- Top greens with chopped toasted nuts or stir in dried fruit.

EASY WAYS TO EAT MORE GREENS:

- Cook extra greens and refrigerate in an airtight container for up to 3 days—you can reheat them later in the week for pasta dishes or toss them into a batch of soup.

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- Use greens cooked with onions, garlic and a pinch of crushed red pepper as a filling for tacos, burritos or quesadillas.
- Sauté greens and stir them into scrambled eggs with shredded sharp Cheddar or crumbled goat cheese.

RECIPES

Check the Price Chopper Recipe Cards Rack, or go to www.pricechopper.com.

CHIPOTLE CHEDDAR CHARD

CREAMED SPINACH

KALE & POTATO HASH

KALE WITH APPLES & MUSTARD

LINGUINE WITH ESCAROLE & SHRIMP

MUSTARD GREENS & BULGUR

SIMPLE SAUTÉED SPINACH

SOUTHERN KALE

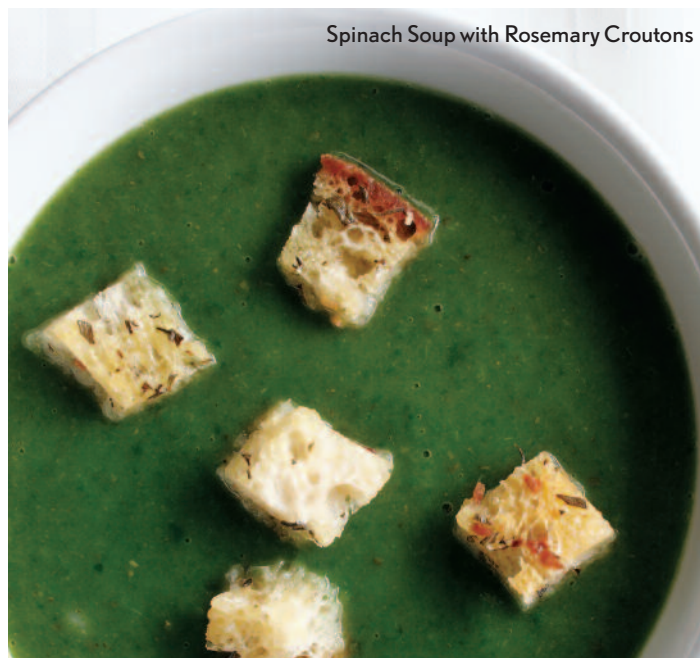
SPINACH, AVOCADO & MANGO SALAD

SPINACH SOUP WITH ROSEMARY CROUTONS

Chipotle Cheddar Chard



Spinach Soup with Rosemary Croutons



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