



What to do with ...

HEARTY LEAFY GREENS

Kale, Swiss Chard, Collard Greens

Greens Stew

Dark green leafy vegetables, especially kale, are a winter staple in northern European countries like Germany and the Netherlands. There this recipe is usually called "Grünkohl" and served with mashed or fried potatoes. There are many regional variations of this dish, with proponents of each variation sure their version is the correct one. One consistent theme, however, is the recommendation that the dish be served following a brisk winter hike "enriched" with schnapps! Traditions aside, it's not only delicious, it's deceptively simple to make and a great way to add nutritious vegetables to your cold season dishes.

- Rinse and chop approximately 1 lb of Kale, Swiss Chard or Collard Greens (solo or in combo)
- Fry 3-6 pieces of chopped bacon (for vegetarian options consider marinated tempeh or tofu, or mushroom-based "bacon"), retain 3 tbsp oil
- Chop 1 medium yellow onion and sauté with the bacon until translucent
- Add the rinsed and chopped greens to the pan
- Add just enough beef, chicken or vegetable broth to cover the mixture
- Gently simmer 30-60 minutes
- Add ½ tsp nutmeg and 1 tbsp prepared mustard
- Traditional, but optional, final step = add 3 or 4 bratwursts, sliced ham or smoked sausage and continue to simmer 20 - 30 minutes more
- Salt and pepper to taste after dish is fully cooked
- Serve with mashed or fried potatoes and brown mustard

Thanks to Knut Meyer for recipe suggestion

These greens deliver many positives: they are super nutritious (vitamins, minerals, antioxidants), high in fiber, low calorie, available during the colder months, and store well. Unfortunately they are not consumed as commonly as staples like carrots, corn, peas and potatoes. Here are a few tips to turn them into standard fare in your veggie rotation!

So Many Ways To Consume Kale, Swiss Chard and Collard Greens:

- These all of course can be used in salads, and pair especially well with a peppery buttermilk based dressing....or garlicky vinegar and olive oil, even thousand island style dressings work well. You choose!
- Substitute for spinach in quiche, frittatas or other egg dishes
- Add chopped and cooked greens to pasta sauces, casseroles or soups
- Great in smoothies!



Storage:

These veggies store well when refrigerated in an airtight container, just make sure they aren't too wet – using a salad spinner or adding a few paper towels to their container can help keep them fresh longer. Give them a rinse in cool water and trim off any tough ends before eating. They can be chopped and stored airtight if you are going to use them in a day or two, or frozen for longer storage.