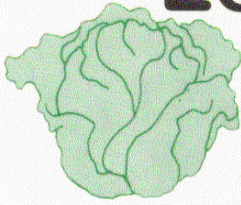


Leafy Greens



Collard Greens, Mustard Greens
Spinach, Kale, and Lettuce



★ A Nutritional Superstar that protects your health ★

Buying/Storing

Buy bright green, crisp, fresh looking greens. Avoid wilted, yellowed and insect damaged leaves.

Refrigerate greens in an airtight plastic bag up to 3 or 4 days. Place a dry paper towel beside the greens, squeeze all the air out of the bag and seal with a twist tie. Wet greens will spoil rapidly.

Food Safety

Wash greens thoroughly in a pan of cool, clean water. Pull the leaves apart to wash the inside ones as well. Drain

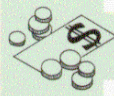
Refrigerate leftovers promptly.



Time Saver

★ When a recipe calls for cooked greens such as spinach, cook them ahead of time, place in a sieve to drain, and refrigerate.

★ To crisp head lettuce, cut a small sliver off the stem end and soak the head for at least 30 minutes in a few inches of lukewarm water. This allows the leaves to absorb the water. Pat dry and chill.



Money Saver

Purchase only the amount of greens you will use within 3 to 4 days.



Snack Attack

★ Use lettuce as a wrapper for sandwich fillings.

★ Use small leaves of firm greens, like romaine, napa or bok choy as "scoopers" for dips and spreads.



Kids' Corner

In Your Face Salad

Make a funny face salad with beets for cheeks, hard-cooked egg halves for eye balls, asparagus for the nose, a big smile made of peas, and lots of spinach for hair.

Fresh Pear and Spinach Salad

Salad:

- 4 cups fresh, young spinach leaves, washed and patted dry
- 1 fresh, ripe pear, cored and sliced
- ½ cup sliced, peeled jicama (optional)
- 1 ounce crumbled blue cheese (optional)
- ¼ cup nuts or sunflower seeds

Dressing: Bottled honey-mustard dressing may be used in place of homemade dressing.

- 2 tablespoons vegetable oil
- 2 tablespoons vinegar
- 1 tablespoon lemon juice
- 2 teaspoons honey
- 1 soft, ripe pear, peeled and cored, or 2 cans of pear halves, mashed finely

In a small bowl, whisk together all ingredients until smooth. May be refrigerated up to 8 hours.

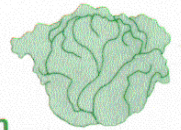
Divide spinach, pear, and jicama among 4 plates. Drizzle with salad dressing and sprinkle with blue cheese, nuts, or seeds. Serves 4.

Calorie Saver

You can replace up to ½ of the oil in traditional oil and vinegar dressing by using apple, orange, pear, grapefruit or other fruit juices. Also, a little honey or sugar will cut the tart taste of vinegar.

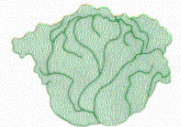
Salad Making Tips

Be sure greens are dry so the dressing will stick to them. Avoid soggy greens by adding the dressing just before serving. To add interest to salads, use a variety of greens.



Steam ...

spinach, kale, collard or mustard greens in a small amount of water until just tender. Add to omelettes, beans, rice, potatoes, lasagna, soups and casseroles.



Season ...

cooked greens with salt and pepper and serve with:

- Cheese sauce
- Browned cracker crumbs
- Smoked turkey, ham or bacon bits
- Fresh herbs and Parmesan cheese



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