Preparing Leafy Greens

Buying and Storing

- When selecting greens for cooking, **buy more than you think you need**. Leafy greens cook down quite a bit – sometimes as much as one quarter or more from their original volume.

- **Wash greens thoroughly**. Place them in a large bowl of lukewarm water and swish around. Tepid water will remove the grit faster than very cold water. For salad greens, whirl in a salad spinner or pat dry with a clean kitchen towel.

- **Store greens in a bag with a paper towel**. The towel will help wick away moisture.

Sautéing Vegetables

Many recipes call for sautéing vegetables. This helps soften the vegetables before adding to soups, casseroles, eggs, etc. Greens such as spinach, kale, and Swiss chard are wonderful to eat after being sautéed.

To sauté vegetables, heat 1 tablespoon of your favorite vegetable oil in a pan, add chopped onion and cook until translucent. Add your chopped vegetables and cook until just tender; greens should be well wilted.

Simple Salad Dressing Formula

To make a salad dressing, you need just three components: a fat, an acid, and seasoning. Use a 4 to 1 ratio (fat to acid), add some seasoning, shake or blend, and voila, dressing!

**Fats:** olive oil, canola oil, safflower, soybean

**Acids:** vinegar such as cider, balsamic, rice. May also combine with lemon juice, lime juice or orange juice

**Seasoning:** salt, ground white pepper, honey, minced garlic, paprika, celery seed, mustard, Worcestershire sauce, onion, fresh or dried herbs

Menu Idea

**Kale with Bacon & Onion**

Baked Chicken

Cornbread

Milk

Menu Plan

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