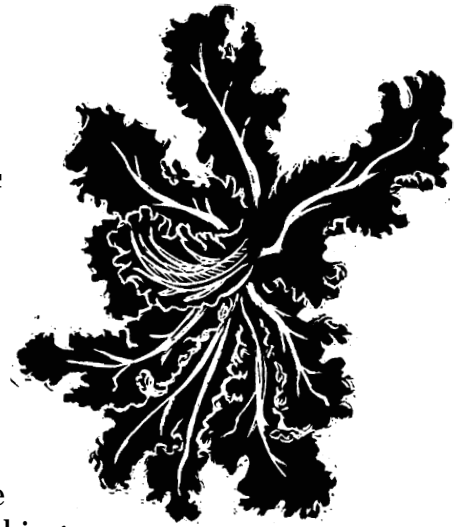


Greens for cooking



“Cooking greens” are the edible leaves of certain plants. Examples are kale, chard, and collards. In the days when fresh green vegetables were not available all year round, eating the new leafy greens in the spring was considered a health tonic. Early Vermonters would harvest dandelion

greens, fiddleheads, curly dock, sorrel, shepherd’s purse, chickweed, wild onions and leeks for their “spring tonic.”

People enjoy greens because they are easy to cook, delicious, and very nutritious. They are usually steamed or quickly cooked. Sautéing with a small

amount of canola oil and garlic or onion makes a

great side dish. Cooking greens can also be added to soup. The cooking time depends on the green. Swiss Chard takes just 2 to 3 minutes, while collard greens may take 5 to 7 minutes. Don’t overcook greens or they will be mushy.

Pasta with Greens and Feta

Makes 6 servings

Ingredients:

- 8 (packed) cups greens, rinsed and chopped
- 1 package (1 pound) penne, fusilli, shells, or similar small pasta
- 1/2 pound feta cheese, crumbled
- Pepper to taste
- 3 Tablespoons olive oil
- 4 cups onion, chopped



Comments:
Try adding chopped tomatoes at the end.

Directions:

1. Cook the pasta until tender, drain and set aside (you can continue with recipe as the pasta cooks).
2. Heat the oil in a deep skillet or pot.
3. Add the onion and sauté for about 10 minutes over medium heat, stirring occasionally.
4. Add the greens and stir until the greens begin to wilt.
5. Cover and cook 10 to 15 minutes over medium-low heat.
6. Add the crumbed feta cheese to the skillet (keep the heat on low as you add the cheese).
7. Add the cooked pasta to the skillet.
8. Mix thoroughly.
9. Heat through on low heat.
10. Add pepper to taste.

Nutrition Facts

Serving Size 1 Serving (288g)
Servings Per Container 6

Amount Per Serving

Calories 500 **Calories from Fat** 150

% Daily Value*

Total Fat 16g **25%**

Saturated Fat 7g **35%**

Cholesterol 35mg **12%**

Sodium 510mg **21%**

Total Carbohydrate 69g **23%**

Dietary Fiber 5g **20%**

Sugars 6g

Protein 18g

Vitamin A 40% • Vitamin C 40%

Calcium 25% • Iron 25%

*Percent Daily Values are based on a 2,000 calorie diet.

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Tips

- Don't eat wild dandelion greens from an area treated with weed killer or fungicides, or a place close to a road that gets a lot of traffic.
- Store greens, unwashed, in a plastic bag or wrapped in a damp towel. They may last up to a week or two.

Complementary Herbs

basil oregano
chives parsley
dill tarragon

Kale, Tomato, and Bean Casserole

Makes 6 to 8 servings

Ingredients:

- 3 Tablespoons olive oil
- 3 cloves garlic, chopped
- 1 large bunch (about 16 cups or 2 pounds) shredded kale leaves, no stems
- 3 cups tomatoes, chopped—or 1 (28-ounce) can crushed tomatoes
- 1 teaspoon paprika
- 1/4 teaspoon pepper
- 1 (15-ounce) can cannellini (white) beans, rinsed and drained
- 1/2 cup dried bread crumbs
- 1/2 cup Parmesan cheese, grated
- 2 Tablespoons fresh parsley, chopped



Nutrition Facts

Serving Size 1 Serving (400g)
Servings Per Container 8

Amount Per Serving

Calories 250 **Calories from Fat** 80

% Daily Value*

Total Fat 8g **12 %**

Saturated Fat 2g **10 %**

Cholesterol 5mg **2 %**

Sodium 400mg **17 %**

Total Carbohydrate 31g **10 %**

Dietary Fiber 9g **36 %**

Sugars 8g

Protein 12g

Vitamin A 200% • Vitamin C 200%

Calcium 30% • Iron 20%

*Percent Daily Values are based on a 2,000 calorie diet.

Directions:

1. Preheat the oven to 400 degrees F.
2. Lightly oil a shallow 9- by 13-inch casserole dish (or whatever is available).
3. Heat 2 Tablespoons of the oil in a large skillet.
4. Sauté half the garlic for 1 minute over medium heat.
5. Add the kale and sauté until it is wilted (about 5 minutes), stirring often.
6. Add the tomatoes, paprika, and pepper and sauté for 5 minutes.
7. Add the beans.
8. Scrape the mixture into the casserole dish.
9. In a small bowl, combine the remaining 1 Tablespoon oil and garlic with the bread crumbs, cheese, and parsley.
10. Sprinkle evenly on top of the vegetables and bake until well browned and bubbling, 25 to 30 minutes.

Source: "Country Suppers," Ruth Cousineau, William Morrow, 1977