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# KITCHEN HACK

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Greens can do double-duty!

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## Tips for Choosing the Best Greens:

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To get greens that can do double-duty in your kitchen, it's important to choose wisely at the grocery store, farmers' market, or produce stand.

- Select healthy, firm specimens.
- Skip the ones with spots of rot or significant blemishes that would make them go bad faster.
- Bright and healthy color is a good indicator of quality too.
- If the greens are getting yellow around the edges, they're almost past their prime!

Once you get your greens home, store them in your refrigerator and use them within a week.

## Versatile Greens:

Greens are loaded with flavor, packed with nutrients, and super versatile in the kitchen. They can even do double duty in your cooking plans if you play your cards right.

To use them to their full potential, buy greens that can be served raw or fresh. Arugula, spinach, and kale are all perfect examples. At the beginning of the week, serve the greens raw. They're perfect in salads and chilled grain dishes. As they start to lose that perfect crispness, you can switch to serving the remaining greens cooked — they'll still shine! Try tossing some greens into pasta, soup, stir fry, steamed veggies, sautéed veggies, or whatever else you'd like.

