
LEAFY GREENS

Fit these greens into a healthy eating pattern

Cooking with Greens:

There are lots of ways to prepare and cook with leafy greens.

When it comes to salads, consider a mix of raw greens, whether they're crunchy Romaine or peppery arugula. Try mixing a few different types of greens for side salads and see which ones make the best combinations.

Stemming and steaming kale and chard is a quick and simple way to soften their tasty leaves into a fun side dish. Top the steamed greens with a squeeze of lemon juice and a bit of salt or grated Parmesan.

Of course, there's lots to be said for sautéing too. Spinach is super tasty when cooked with sliced garlic in just a teaspoon of olive oil.

Flavor Profiles:

Mustard greens, watercress and arugula are spicy -- a little bit goes a long way in salads or soups. Spinach is very mellow and is delicious either raw or cooked.

Cabbage, kale, collard greens, and chard are tougher than other greens, which makes them tastier when cooked, though there are ways to make them delicious when raw too.

Lettuces like Bibb, Romaine, and butter lettuce are all wonderful in salads. These taste better raw than cooked.

