



Prepping Greens for Later

~ Helen Huber ~

September 2022

Eating Greens Recipes

1. Sauteed with garlic: Add 1 tablespoon of oil and heat until shimmering. Add 1-3 cloves of chopped or sliced garlic cloves and sauté over medium heat for one minute. Add frozen or defrosted green balls and sauté for 3-5 minutes or until the greens are heated. You can add a splash (1.5 teaspoons) of balsamic or red wine vinegar and a handful of raisins to spark things up.
2. Added to stews, soups, smoothies, chili, burgers, sauces: No need to defrost for these guys. Add a ball o' greens. Stir. See if you want more green goodness. Add a ball at a time until you've reached the right amount. E-Z!
3. Make green soup: Add about four cups of chopped greens to a pot. Add six cups of stock, 2 chopped potatoes (yellow ones are nice for this), $\frac{1}{2}$ teaspoon salt and 3 peeled cloves of garlic. Heat and simmer for fifteen minutes. Put into a blender and whirl up. Taste and adjust seasoning. You can add something creamy like $\frac{3}{4}$ cup of milk, Greek yogurt, half and half, almond or other non-dairy milk. If you need more, add $\frac{1}{2}$

cup grated cheese of your choice; cheddar or Jarlsberg are both nice. Reheat and eat!

4. Added to scrambled eggs: Either defrost the balls by letting them sit out for a bit, microwave them gently, or heat on a low heat on the stove with a teaspoon of butter, oil, or stock to keep the greens from sticking. Once softened and leafy again, add a bit more butter, oil, or stock to keep the eggs from sticking. Add the eggs you've scrambled in a separate bowl and swirl about. Add cheese, chopped tomatoes-whatever you like in your eggs. Low heat and near-constant stirring is best for non-rubbery eggs.

5. Add to hummus: Defrost greens first. Squish again if watery. Place homemade or store-bought hummus in a food processor. Add greens. Whirl. Be impressed. (You can do this with many steamed vegetables like beets (so pretty!), carrots (ditto) etc.

6. Make pesto: In the bowl of a food processor:

- add 2 cups of any greens. (Basil, carrot tops, watercress-anything you can eat can be the greens.)
- ¼ cup any kind of nuts you like (I like almonds, pecans, or cashews but choose what you like...or have.) Pine nuts are traditional.
- 3 peeled cloves garlic (or less if you don't love garlic) or ½ teaspoon garlic powder
- ½ cup grated or chopped parmesan cheese (you can chop it in the food processor first then add the other ingredients)
- Olive or other oil: Most recipes call for ½ cup of oil as a ratio of oil to other ingredients. I start with about half of

that and whirl, taste, and see how little oil I can add to get the smooth consistency and flavor that makes pesto so delightful. Once whirled up, it should be smooth, with no floating bits visible. Stir it into soups or eggs. Spread on a cracker with goat cheese or on your sandwich. Add to pasta or tomato sauce. Glob spoonfuls onto pizza.