

APPLE CUCUMBER SPINACH SMOOTHIE

Serves 1



INGREDIENTS

- 3 Tbsp. Fat Free, Plain Greek Yogurt
- 3/4 cup Ice
- 3 Tbsp. 100% Apple Juice
- 1/3 cup Granny Smith Apple, peeled and diced
- 1/3 cup Fresh Baby Spinach
- 1/3 cup Fresh English Cucumbers, sliced

INSTRUCTIONS

1. Place all ingredients in a blender and blend until smooth.

SCAN TO ORDER
YOUR **INGREDIENTS**



LEAFY GREENS

EVERYDAY SUPERFOODS

BEET GREEN AND VEGETABLE FRITTATA

Serves 8



INGREDIENTS

- 1 cup Yukon Gold Potatoes, diced
- 2 cup Fresh Beet Greens
- 1/4 cup Fresh Zucchini, diced
- 1/4 cup Button Mushrooms, diced
- 1/4 cup Fresh Red Bell Peppers, diced
- 1/4 cup Fresh Green Bell Peppers, diced
- 1 1/2 Tbsp. Canola Oil
- 6 Fresh Eggs
- 1 tsp. Kosher Salt
- 1/4 cup Heavy Whipping Cream
- 1/4 cup Mild Cheddar Cheese, shredded
- 4 Tbsp. Feta Cheese Crumbled

INSTRUCTIONS

1. Scrub, dice and steam potatoes. Chop the beet greens (including stem). Prep all other ingredients.
2. Beat the eggs into a bowl, add salt and whisk with the cream to incorporate. Set aside.
3. Heat the pan over medium heat and then add oil. Next, add the zucchini, mushrooms, peppers and potatoes. Sauté for 3-5 minutes or until the mushrooms and zucchini are tender. Add the beet greens and sauté for 1-2 minutes.
4. Next, pour the egg mixture over the ingredients and using a heat proof rubber spatula, move the egg mixture around to cook the egg. Continue to move and allow to cook until you have cooked the frittata about 1/2 way through. Sprinkle the frittata with cheddar cheese and place into a 350° F oven for 7-10 minutes until cooked through and the internal temperature reaches 145° F.
5. Crumble feta over cooked frittata, cut into 8 even pieces and serve.

SCAN TO ORDER
YOUR **INGREDIENTS**



SWISS CHARD WITH WHITE BEANS

Serves 4



INGREDIENTS

- 1/2 cup Dried Cannellini Beans
- 1 Garlic Clove, crushed
- 1 Bay Leaf
- 12 oz. Swiss Chard, fresh
- 1 Tbsp. Canola Oil
- 2 Anchovy Fillets
- 2 Garlic Cloves, minced
- 2 Thyme Sprigs, fresh

INSTRUCTIONS

1. To cook beans: Combine beans and 5 times amount of water in a medium pot. Let soak overnight. Alternatively, for a quick soak, bring the beans and water to a boil, boil 2 minutes. Remove from the heat, cover and let stand 1 hour.
2. Drain the beans and return to the pot. Add 5 times amount of water, thyme sprigs, first listed garlic and bay leaves. Bring to a boil, reduce the heat, cover partially and simmer until the beans are tender but still hold their shape, about 1 hour to 2 hours depending on freshness of beans (Beans not presoaked will take longer about 2 to 3 hours to cook.)
3. Check and add more water if necessary to keep beans completed covered during cooking. Cool in the liquid. Drain the beans.
4. Remove tough stems from the chard and rough chop leaves; rinse and set aside. Add canola oil and anchovies into a hot sauté pan. Sauté over medium heat for 2 minutes and mash the anchovies. Add second listed garlic and sauté until it begins to brown. Add the white beans and the chard and sauté until the chard wilts.

SCAN TO ORDER
YOUR **INGREDIENTS**



SPINACH HUMMUS

Serves 12



INGREDIENTS

- 1 lb. Fresh Spinach
- 6 Garlic Cloves, peeled
- 1/4 tsp. Olive Oil
- 4 cup Low Sodium Garbanzo Beans, canned, drained and rinsed
- 1/2 cup Fresh Lemon Juice
- 1/2 cup Fat-Free Plain Yogurt
- 1/8 tsp. Ground Nutmeg
- 1 tsp. Ground Black Pepper
- 1 tsp. Salt

INSTRUCTIONS

1. Clean and rinse spinach. Steam the spinach and drain.
2. Toss garlic with olive oil and place in 350° F oven; roast until golden brown approximately 10 minutes.
3. Place garbanzo beans in a food processor and process until smooth; add spinach, garlic and all remaining ingredients and pulse until smooth. Serve as a dip.

SCAN TO ORDER
YOUR **INGREDIENTS**



LEAFY GREENS

EVERYDAY SUPERFOODS