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# NUTRITION AND YOU...DARK GREENS- KALE AND SWISS CHARD

## FOOD FOR THOUGHT

Kale and Swiss chard are dark, leafy greens. Chard has a mild, sweet, yet slightly bitter flavor while kale has a mild cabbage-like taste. Kale is an excellent addition to a vegetable garden because it can grow in colder climates and it can even withstand frost! Other types of vegetables in this category include collard greens and mustard greens.

## SHOP SMART

Dark greens are available year round, with the exception of chard, which is in season from April to November. When you choose greens, look for fresh, bright color. Leaves should not be yellow or brown, dry or wilted, and they should not have small holes—this could be a sign of insect damage. Greens are delicious eaten raw or cooked. Choose small-leaved plants for the mildest flavor, especially if you plan to eat them raw.



## EAT HEALTHY

### Dark Greens are:

- Low in calories
- Cholesterol free
- An excellent source of vitamin A
- An excellent source of vitamin C

## KEEP IT SAFE

These food safety tips will help protect you and your family:

- Wash hands for 20 seconds with warm water and soap before and after preparing food.
- Wash dark greens under cool, running water before eating or cooking them,
- Wrap dark greens in a damp paper towel and place in a plastic bag in the refrigerator until you are ready to use them.
- Dark greens will stay fresh in the refrigerator for 3-5 days.

*Note: 1 cup cooked or 2 cups raw greens provide one cup of your daily vegetable requirement.*

Your Local Story here:

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COLLEGE OF FOOD, AGRICULTURAL,  
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# RECIPE

## Seared Greens

### Ingredients:

- 1 ½ pounds of kale or collard greens
- 2 tbsp. vegetable oil or olive oil
- 4 chopped garlic cloves
- 1 cup water
- ¼ tsp salt
- 1 tsp black pepper
- 2 tbsp. cider vinegar

### Instructions:

1. Clean the greens thoroughly and cut the tough part of the stem away. Dry well and tear into pieces or slice across leaf into ½ in pieces
2. In a large deep pot or skillet with a cover, heat oil. Add garlic and cook for 1-2 minutes. Add greens and 1 cup water to pan.
3. Cover pan and steam for 4 minutes.

## Nutrition Facts – Seared Greens

Cost: Per Recipe: \$ 3.99                      Per Serving: \$ 0.67

Serving Size: 1 cup (1/6 of recipe)

Calories: 100                                      Calories from Fat: 45

Per Serving	% Daily Value*
Total Fat – 5 g	8%
Saturated Fat – 0.5 g	3%
Dietary Fiber – 2 g	8%
Sodium – 150 mg	6%
Sugars – 0 g	
Protein – 4 g	

\*Percent daily value Based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your caloric needs.

4. Uncover and stir constantly until greens shrink. Add salt and pepper and continue to stir on high until mixture is throughouhly wet.
5. Sprinkle cider vinegar on mixture. Cover.
6. Turn off heat. Let stand until ready to serve

## FOCUS ON FITNESS

- Stay active during the autumn by going apple picking. It's a fun way to be physically active while spending time with loved ones.

## REMEMBER:

Keeps fruits and vegetables separate from raw meat, poultry, and seafood while shopping, preparing, or storing.



## REFERENCES

- United States Department of Agriculture, ChooseMyPlate [choosemyplate.gov](http://choosemyplate.gov)
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- Centers for Disease Control and Prevention [fruitsandveggiesmatter.gov/health\\_professionals/food\\_safety.html](http://fruitsandveggiesmatter.gov/health_professionals/food_safety.html)
- The Wellness Encyclopedia of Food and Nutrition- The University of California, Berkeley, 1992
- United States Department of Agriculture, SNAP-Ed Connection [recipefinder.nal.usda.gov/](http://recipefinder.nal.usda.gov/)

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