

Greens are packed with “high” nutrition and enzymes and are delicious. Here are some easy generic recipes that can be made with any dark green leafy vegetables such as

kale, swiss chard, collards, beet greens, etc.

Remember, the darker the color, the more nutrients.

First, cut off the ribs, then chop the leaves into manageable pieces. You can then throw them on some olive oil and chopped garlic or steam them in water/broth. They can be eaten as is, with some lemon juice or other seasoning or used as:

Greens Wrap

Brown a tortilla (I like “Mountain Bread”, a whole wheat or multi grain tortilla or use a soft corn tortilla, or gluten-free alternative if you need to do so) in olive oil and some garlic salt. Add shredded cheese til it melts. Then add some pre-cooked greens- a nice thick “roll” and then roll the bread into a colorful wrap that has a crusty outside. You can add sliced meat (turkey is a good complement) or red peppers (for color) or anything else that strikes your fancy!

Greens Soup

Yummy for a cold day and very quick to make: Sauté 1 cup chopped onions in olive oil. Add 3 cups cubed sweet potatoes and sauté for 4-5 minutes more. Pour in 4 cups chicken broth. When it comes to a boil add 2 cups chopped greens-any kind- and simmer until everything is soft. You can mash the potatoes right in the pot a bit to thicken the soup or eat it as is. I often add grated cheese, fresh garlic or some salsa....depending on my mood! GO wild!