

COLLARD GREENS

# DARK LEAFY GREENS

## GOING GREEN NEVER TASTED SO GREAT!

Dark leafy greens are nutrition champions—they're chock full of vitamins and minerals that have been shown to improve our health and protect us from many illnesses and diseases. In particular, dark leafy greens are an excellent source of vitamin K, which helps stop cuts and scrapes from bleeding too much and helps build strong bones. It is recommended that kids eat 1 to 2 cups of dark leafy greens per week. The dark leafy green food group includes lettuce, kale, chard, bok choy, broccoli, spinach, turnip greens, watercress, collard greens. Be sure to eat a variety to get the most nutrition!

Try these great ways to fill up on your leafy greens:

- Make a colorful salad using lettuce by adding a variety of fruits and vegetables. Add lettuce to your favorite sandwich or wrap!
- Bake kale chips in the oven with a drizzle of olive oil. Add kale to smoothies, soups, salads and sandwiches.
- Chard makes a delicious and unexpected pizza topping. Sautee chard with fresh garlic and olive oil and drizzle with fresh lemon juice and parmesan cheese before serving for a simple, refreshing side dish.

SWISS CHARD

## PUT IT ON THE CALENDAR

Autumn is a great time to be active outdoors—not only are the temperatures mild, but the colors of fall are gorgeous. Together as a family, schedule one outdoor activity to do every weekend. Whether it's going on a hike, apple picking, riding bikes, or playing hide and seek, it doesn't matter as long as you're having fun and being active as a family! Have one family member pick an activity that they'd like to do and schedule it on your calendar.

Pack quick snacks for your day trips like whole grain granola bars, fresh apples and bananas, or homemade trail mix with dried fruit, nuts, and seeds. Bring plenty of water too – stay away from sports drinks, juice, or soda – when being moderately active, plain water is best for rehydration.

#LOL: WHAT'S A PENGUIN'S FAVORITE SALAD INGREDIENT?  
ANSWER: ICEBERG LETTUCE!

MUSTARD GREENS

**SIMPLY  
GOOD**

KALE

# DARK LEAFY GREENS

## GET EVERYONE INVOLVED

Family meal time doesn't always have to rely on just one person to plan and make the meals. Involve everyone! Involve the kids in the food shopping, menu planning, and the preparation of the meal. When kids are more involved in the kitchen, they'll be more likely to eat and enjoy their dinner.

Start a family "meal ideas" jar or board at home – where family members write down their meal ideas. Before going grocery shopping for the following week, pick a few meal ideas to feature the next week. Go high-tech and use an app to help with meal planning and grocery shopping – a variety of free and low-cost apps will allow you to save recipes, keep track of when you'll serve them, and even add ingredients to your grocery list. Going to the store with a good list makes shopping less stressful and ensures you come home with exactly what you need.

## GINGER CHICKEN LETTUCE BOATS

### Ingredients

- 1 lb cooked chicken, chilled
- 1-1/8 tsp chopped garlic
- 1-1/8 tsp minced fresh ginger root
- 2 tbsp chopped fresh yellow onion
- 1-1/8 tsp soy sauce
- 2-1/2 tbsp lime juice
- 2-1/2 tbsp honey
- 1/3 cup plain Greek yogurt, non-fat
- 12 romaine lettuce leaves (*whole*)
- 3/4 diced fresh red bell pepper
- 12 tbsp sliced fresh scallions
- 4 tbsp sweet and sour sauce

### Directions

Cook the chicken ahead of time and cool (this is a great way to use leftover chicken too!).

Mix together the garlic, yellow onion, ginger, lime juice, honey, soy sauce, and yogurt. Combine with the chicken and marinate in the fridge, overnight if possible. Wash lettuce leaves and pat dry with paper towels. To serve, lay romaine lettuce leaves on plates (2 per serving). In each leaf, scoop 1/4 cup of marinated chicken. Top with 1 tbsp of diced peppers and 1 tbsp sliced scallions. Drizzle with 1 tsp of sweet and sour sauce.



## FUN FACTS:

- Kale has been grown for over 2,000 years
- Americans eat about 30 pounds of lettuce every year.
- Chard is part of the goosefoot family—the leaves resemble a goose's foot!
- Lettuce was among the first vegetables brought to the New World by Christopher Columbus.
- There are many varieties of kale including green purple and "dinosaur" kale.

Nutrition per serving of 2 filled lettuce boats: 180 calories, 7 g fat, 430 mg sodium, 70 mg cholesterol, 14 g carbohydrate, 17 g protein, 2 g fiber

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