



5 Delicious Ways to Enjoy Leafy Greens

Did You Know?

Red and dark leafy greens are generally higher in antioxidants, Vitamin B6, and other nutrients than lighter-colored greens.

For an easy and delicious way to use kale, try our [Kale and Brussels Sprout Salad](#) recipe!



Leafy greens are not only high in nutrients and low in calories, but are also versatile and a delicious addition to many foods. Listed below are five easy ways to add leafy greens to your daily meals:

1. **Incorporate them into breakfast.** Greens such as kale, collards, or spinach pair wonderfully with eggs. Try sautéing some greens with scrambled eggs, folding them into an omelet, or adding them to a breakfast burrito.
2. **Blend into smoothies.** Add a handful of leafy greens to a smoothie with fresh or frozen fruit, yogurt, or juices for an easy serving of vegetables.
3. **Add them to a sandwich.** Brighten and add crispness to your sandwich with a handful of arugula, spinach, or red or green leaf lettuce.
4. **Mix into soups.** When making homemade soup, add leafy greens which will wilt down significantly. If you're using canned soup, pour over chopped leafy greens for a health and flavor boost.
5. **Toss into pasta or stir-fry.** Greens such as swiss chard, collard, or mustard greens (which may be less tender than baby or salad greens) are excellent additions to pasta or stir fry dishes.

Preparation and cooking tips:

- When shopping, pack fresh salad greens in plastic bags to separate them from other groceries
- Store leafy greens at refrigerator temperatures
- Rinse well under cold water just before using
- With salad or other bagged greens, be aware of the "Use By" date, and try to use within one week of opening
- For more preparation tips, see the videos [How to Prepare Kale](#), and [How to Blanch Leafy Greens](#)

Leafy greens are delicious and nutritious year round. Learn more about greens in [Health Benefits and Safe Handling of Salad Greens](#), and try using them in your favorite meal today!