5 Delicious Ways to Enjoy Leafy Greens

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!

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