

HOW TO MAKE Leafy Greens TASTE DELICIOUS

Leafy greens aren't just nutritious on a plate—they're also surprisingly versatile and long-lasting if stored properly. Use them in place of bread, add them to baked goods, juice them or whip them up into inventive side dishes and mains to shake up your taste buds. Here's what you need to know to prepare, cook and store them.



Bok Choy

SWEET AND MILD, WITH TENDER LEAVES AND CRISP, EDIBLE STALKS

Chop and add to a stir-fry or fried rice, or cut lengthwise and grill to desired tenderness. Stalks stay crunchy when cooked.

TRY

1 Sautéed with garlic and dressed with soy sauce for a savoury **side dish**.

2 Shrimp and bok choy **stir-fry** with peanut sauce atop rice noodles.

Kale

PEPPERY AND SLIGHTLY SHARP, WITH BIG LEAVES AND TOUGH STEMS

Remove the tough centre stems and work with the leaves. The sturdiness of the leaves means kale can also be sautéed, baked in a casserole or added to a soup. And it adds a nourishing boost to smoothies. To make kale salads more tender, massage leaves with dressing.

TRY

1 Blended with lemon and apple in a **smoothie**.

2 Kale **pesto** with garlic, walnuts and basil.



Collards

SMOKY FLAVOUR, WITH DENSE, MEATY TEXTURE

Traditional southern dishes call for cooking collards slowly in simmering water until they are tender, but they are equally good when raw and thinly chopped, and used in place of lettuce or cabbage. Strip the leaves from the stalk using your hands or a sharp knife; discard the stalk.

TRY

1 Simmered slowly with butter, chopped bacon, chicken broth and onions for a comforting **side dish**.

2 Use halved raw leaves for tacos or sandwich **wraps** in place of tortillas or flatbreads.

Swiss Chard

MELLOW FLAVOUR; EDIBLE STALKS VARY IN COLOUR AND REMAIN TENDER-CRISP AFTER COOKING

Sauté in olive or vegetable oil for a super simple side dish; layer the leaves in lasagnas; or use stems and leaves in soups and stews for added texture and flavour. You can trim stalks off to be cooked first and then add leaves toward the end of cooking to keep them from being overcooked.

TRY

1 With comforting, hearty flavours like cheese and sausage in a **quiche** or pasta dish.

2 Raisins, pine nuts and sautéed swiss chard for a sweet and salty **side dish**.



Spinach

SOFT, SWEET AND MILD-FLAVOURED, WITH SMALL, TENDER LEAVES

Braise, sauté or use raw. Spinach works well with flavours ranging from sweet and fruity, like berries, to briny and salty, like feta cheese. Enjoy in salads, or try sautéed or braised and added to eggs, pastas and soups. Rinse well to remove sand and dirt.

TRY

1 Adding a green boost to **brownies**: Cook and strain cooled spinach (finely chopped, about ½ cup/125 mL) and stir into the batter.

2 Raw in a **salad** with strawberries, toasted almonds, balsamic vinegar and olive oil.

Watercress

PUNGENT AND PEPPERY FLAVOUR THAT SOME FIND SLIGHTLY BITTER; A MUSTARD RELATIVE

Enjoy both the leaves and the stems, but avoid any tough roots. Watercress adds a new dimension of flavour to a salad or sandwich; also try it cooked in soups or egg dishes such as quiche.

TRY

1 Easy naan **pizza** with figs, shredded cooked chicken, shaved Parmesan and watercress.

2 A **salad** of fresh fruit, fennel and watercress, dressed with olive oil and lemon juice.



How to Properly Store Leafy Greens

Store in the fridge for up to seven days. Discard when leaves become wilted or brown.