



Cooking Good With ZSFG Garden Giveaways



Brought to you by the ZSFG Community Wellness Program and the Hospital Gardeners.

About the ZSFG Garden Giveaways Program

The Garden Giveaway Program is an educational program of the Community Wellness Program at Zuckerberg San Francisco General Hospital. The program distributes hospital-grown vegetables and herbs to increase awareness and knowledge around healthy foods.

Produce grown at the ZSFG Garden includes kale, rainbow chard, lettuce, arugula, basil, chives, oregano, parsley, cilantro, mint, radishes, spinach, mizuna, dandelion greens, spicy mustard greens, amaranth, cherry tomatoes, zucchini, green beans, collard greens, turnips, green onions, cucumbers, lemons, apples, strawberries, and blueberries.



Zuckerberg San Francisco General maintains raised vegetable beds, harvests the produce, and gives it away to patients in support programs

Can't get enough?

The vegetables featured in this cookbook are available in San Francisco for low cost. Check out these resources for more fresh, low priced veggies.

Heart of the City Farmer's Market

United Nations Plaza (Above Civic Center BART station)
Wednesdays 7am—5:30pm, Fridays 7am—2:30pm, Sundays
7am—5pm

☑ Accepts EBT tokens

Alemanya Farmer's Market

100 Alemany Blvd., near Highway 101
Saturday: 6 a.m. - 3 p.m.

☑ Accepts EBT tokens

Mission Community Market

Bartlet at 22nd St.
Thursdays 4-8pm

WIC, SNAP, Food Banks



Amaranth from the ZSFG garden

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Leafy Greens



Kale

Spinach

Mixed Greens

Mustard Greens

Lettuce

Arugula

Rainbow Chard

Mizuna

Dandelion Greens

Kale

Kale is a superfood rich in nutrients such as fiber, calcium, vitamin C, vitamin B6 and beta carotene. It has anti-inflammatory benefits and contains large amounts of the carotenoids lutein and zeaxanthin, which may reduce the risk of age-related macular degeneration and cataracts by protecting eyes from free-radical damage. Its phytochemicals may also protect against certain types of cancer.

Storage: Store in plastic bags in refrigerator. Use within 7 days.



Kale Chips

A delicious and healthier alternative to potato chips!

Ingredients

1 bunch of kale washed and dried
2 Tbsp. olive oil or canola oil
Salt

Directions

Heat oven to 275 degrees F
Remove stems from kale and cut leaves into 1 1/2-inch pieces. Toss kale with oil. Bake in oven at 275 degrees for 25 minutes or until crisp.

Variation: *Southwestern Kale Chips*

Combine 1 teaspoon cumin, 1 teaspoon mustard seed, 1 teaspoon chili powder, 1/8 teaspoon cayenne and 1 chopped garlic clove. Toast spices in 2 tablespoons of oil until fragrant (30 seconds to 1 minute) and toss with kale. Bake as above.

Kale

Massaging kale is a great way to help minimize some of its bitterness. Once you begin to rub the leaves, its structure begins to break down. You will notice that it will darken in color, shrink in size, and become more smooth and silky.

Adding olive oil and salt while massaging allows the leaves to become more tender. Letting the kale sit for 10-15 minutes may tenderize the kale leaves even more.



Massaged Kale Salad

Ingredients

1 bunch of kale (about 4 cups)

Juice of 1 lemon

3 Tbsp. olive oil

Small pinch of salt

Black pepper to taste

1 mango diced

¼ cup pumpkin seeds (optional)

Directions

In a bowl, tear kale leaves into bite size pieces. Add 1 tablespoon olive oil and salt. Massage for 2-3 minutes. Let salad sit for 5-10 minutes. In a separate bowl, juice the lemon and add pepper. Whisk ingredients together. Drizzle remaining olive oil into bowl while whisking. Add dressing to salad and toss. Add diced mangos and pumpkin seeds. Toss and serve.

Spinach



One cup of cooked spinach is jam-packed with vitamins and minerals, including riboflavin, vitamin B6, folate, and magnesium. It's also rich in the carotenoids beta carotene, lutein and zeaxanthin. Spinach has a rich flavor that's delicious both raw and cooked.

Storage: Store in plastic bags in refrigerator. Use within 7 days.

Sauteéd Spinach with Garlic

This easy side dish is a great accompaniment to main courses. It's also tasty on its own!

Ingredients

2 Tbsp. Olive Oil

2 garlic cloves, thinly sliced

1.5 pounds spinach

Salt

Directions

In a large pan over medium heat, warm the olive oil. Add the garlic and still constantly until fragrant, about 30 seconds. Add the spinach a handful at a time and cook until wilted, about 2-3 minutes. Add salt to taste.

Mixed Greens

As a general rule, the darker green the leaves, the more nutritious the salad green will be. By varying the greens in your salads, you can enhance the nutritional content as well as vary the taste and texture.

Storage: Store in plastic bags in refrigerator. Use within 7 days.



Simple Vinaigrette

Salad dressing is simple to make at home. Combined with fresh mixed greens, a wonderful salad can be on the table in minutes

Ingredients

1 small garlic clove, smashed
2 Tbsp. red wine vinegar
3-4 Tbsp. olive oil
Freshly ground black pepper
Salt

Directions

Place the red wine vinegar and garlic in a small bowl. Add salt and pepper to taste—the mixture should not taste too acidic or salty. Whisk in the olive oil and taste again. Add more salt, pepper, or vinegar as needed. Toss with mixed greens for a simple salad.

Variation: *Honey Mustard Vinaigrette*

Follow recipe above-add 1 Tbs each of honey and mustard

Mustard Greens

The leaves, the seeds, and the stem of mustard greens are edible. The plant appears in African, Italian, Indian, Chinese, Japanese, Korean, and Southern Soul Food cuisines.

Storage: Wrap unwashed leaves in damp paper towels and put in a plastic bag open at one end for air circulation. Store in the refrigerator .



Braised Mustard Greens with Lemon

Mustard greens are peppery and have a quite a kick when. Braising them in chicken broth helps soften the flavor.

Ingredients

1 Tbsp. butter
1 garlic clove, chopped
2 bunches mustard greens
1 cup chicken broth
1/2 lemon
Salt & pepper

Directions

In a large pan over medium heat, melt the butter. Add the garlic and cook until fragrant, about 1 minute. Add the greens and salt & pepper to taste, and cook until the greens begin to wilt (3-4 minutes). Add the broth and cook until the liquid reduces, 8-10 minutes. Squeeze the juice from the lemon on the greens and serve.

Lettuce

Lettuce supplies good amounts of vitamin C and the B vitamin folate. In general, compared with many other leafy green vegetables, lettuce offers less nutritional value.

Storage: Store in the refrigerator .



Cashew Chicken Lettuce Wraps

Lettuce adds a refreshing contrast to Asian style chicken stir fried with cashews

Ingredients

1/4 cup chicken broth

2 Tbsp. hoisin sauce

1 Tbsp. soy sauce

1 tsp rice vinegar

1/4 tsp sesame oil

1 Tbsp. cornstarch

3-4 Tbsp. oil

3/4 lb. chicken breast, cut in pieces

1/2 cup coarsely chopped cashews

Lettuce leaves

Directions

In a small bowl, combine the first six ingredients. In a large pan, warm the oil and add the chicken pieces and cook until browned. Add the cashews and cook for 1-2 minutes. Add the soy-sauce mixture and cook for 2-3 minutes more. Spoon the chicken into the lettuce leaves and serve.

Arugula

This green used to be sold only in Italian markets but is now widely available and grown. Arugula has small flat leaves on long stems. It has a unique peppery taste. The more mature the leaves, the stronger the taste. Part of the cruciferous vegetable family, arugula is packed with beneficial plant chemicals that may help to defend against cancer.

Storage: Store in the refrigerator .



Warm Corn, Tomato & Arugula Salad

These three pieces of produce grow in season together and are wonderful when combined.

Ingredients

1 Tbsp. olive oil

1/2 red onion, thinly sliced

2 cups fresh corn kernels

1/2 pint cherry tomatoes, halved

4 oz. arugula

2 oz. feta cheese

Salt & pepper

Directions

In a large pan over medium heat, warm the olive oil. Add the red onion and cook for 2-3 minutes. Add the corn and tomatoes and cook for another 2-3 minutes. Transfer to a serving bowl and add the arugula and cheese. Toss, season with salt & pepper and serve.

Rainbow Chard

Chard is a leafy green that is often used in Mediterranean cuisines. Both the leaves and stalks can be eaten and contain high amounts of vitamins A, C, and K. Rainbow chard is so named because of the brightly colored red, orange, and yellow stalks.

Storage: Store in the refrigerator .



Marinated Chard

This recipe can be made with any leafy green vegetable.

Ingredients

1 bunch chard

2 Tbsp. olive oil

1 garlic clove, chopped fine

Squeeze of lemon juice

Pinch of dried chili flakes

Salt

Directions

Strip the chard leaves off the stems and cut into large pieces. Heat a pan over medium heat and pour in 1 Tbs olive oil. When the oil is hot, add the greens and sprinkle with salt. Cook for 5 minutes, stirring often. Remove the greens from the pan and let cool. Squeeze out the extra water and place in a bowl. Toss with 1 Tbs olive oil, the garlic, lemon juice, and chili.

Mizuna

Mizuna is a Japanese green that looks like elongated chrysanthemum leaves. They are tender and have a slightly spicy and peppery flavor. Like other greens, Mizuna contains vitamin C and fiber.

Storage: Store in the refrigerator .



Stir Fried Mizuna

Mizuna, also known as Japanese mustard, has a slightly spicy and peppery flavor.

Ingredients

2 tsp sesame oil
4 green onions, chopped
1 Tbsp. chopped and peeled ginger
2 cloves garlic, finely chopped
1 1/2 Tbsp. soy sauce
3 tsp rice vinegar
1 lb. mizuna
Salt & pepper

Directions

In a pan over medium heat, warm the sesame oil. Add the green onions, ginger, and garlic. Stir until fragrant (~30 seconds). Add soy sauce and vinegar. Add mizuna in batches and cook until it wilts (~1-2 min). Season with salt and pepper.

Variation: Stir fry bok choy after adding the soy sauce and vinegar, 1-2 minutes. Proceed as above.

Dandelion

Dandelions are wild plants that can grow in vegetable gardens, or in your backyard. All parts of the dandelion flower are edible. Dandelion greens contain good nutrients our body needs such as vitamin C, E, K, inulin fiber, potassium and iron. These nutrients may contribute to promoting healthy eyes, good digestion and a healthy heart.

A great way to mask the bitterness of these greens is to use it in a mixed green salad, or to sauté it with flavorful ingredients like garlic and onions.

Storage: Refrigerate.



Sautéed Dandy Greens

Ingredients

- 2 cup dandelion greens torn into pieces
- 2 cups chard, chopped
- 1 Tbsp. olive oil
- 1 onion, diced
- ¼ tsp red chili flakes (optional)
- 3 cloves garlic, minced
- ¼ cup of mushrooms
- ½ tsp salt
- ½ tsp black pepper

Directions

In a large sauté pan, heat olive oil on medium heat. Sauté onions, garlic, and chili flakes until fragrant (avoid burning). Add dandelion greens, chard, mushrooms, salt and black pepper. Cook on medium heat until water is evaporated (about 10-15 minutes). Serve warm.

Herbs

A close-up photograph of a lush green herb garden, likely basil, with a semi-transparent text box overlaid in the center. The plants are vibrant green and appear to be growing in a container or garden bed. The background is slightly blurred, showing more of the same plants and some red vertical supports.

Basil

Chives

Oregano

Parsley

Cilantro

Mint

Basil

Basil is originally from Southeast Asia but is also prominently featured in Italian cuisine. There are several different varieties, including Thai Basil, Sweet Basil, and Cinnamon Basil. In general, basil is added to food when it is nearly done cooking, as cooking lessens the flavor.

Storage: Wrap unwashed leaves in damp paper towels and put in a plastic bag open at one end for air circulation. Store in the refrigerator .



Insalata Caprese

This simple salad of tomato, mozzarella cheese, and basil highlights the fresh flavors of each ingredient.

Ingredients

4 ripe tomatoes, medium sized
1 lb. fresh mozzarella cheese
2 Tbsp. roughly chopped fresh basil
1/4 cup olive oil
Salt & pepper

Directions

Slice the tomatoes and mozzarella cheese into slices about 1/4 inch thick. Place the tomatoes on a plate and layer a mozzarella slice on top of each tomato slice. Sprinkle with the basil, salt, and pepper. Drizzle olive oil on top and let sit for 5 minutes before serving.

Variations: Serve with toasted bread to soak up the tomato juices or with balsamic vinegar drizzled on top.

Chives

Chives are leaves of a bulb plant in the onion family. The thin, hollow, grass-like leaves have a delicate onion flavor. They are best used fresh.

Storage: Wrap unwashed leaves in damp paper towels and put in a plastic bag open at one end for air circulation. Store in the refrigerator .



Yogurt-Chive Dipping Sauce

This cool dip is tasty with fresh cut veggies and goes well with anything spicy.

Ingredients

1/2 cup Greek yogurt
2 Tbsp. chopped chives
1 Tbsp. water
1 garlic clove, minced
Salt & pepper

Directions

Combine all ingredients in a bowl and refrigerate until needed.

Variations: Add 2 Tbsp. chopped mint

Oregano

Oregano, sometimes called wild marjoram, can grow to nearly two feet tall. It has purple flowers and spade shaped leaves. Oregano's leaves have an aromatic taste and are often dried and used in cooking.

Storage: Wrap unwashed leaves in damp paper towels and put in a plastic bag open at one end for air circulation. Store in the refrigerator .



Scrambled Eggs with Fresh Herbs

Try substituting other fresh herbs for the oregano in this recipe.

Ingredients

4 eggs

1 tsp fresh oregano

1 Tbsp. milk

Olive oil or butter

Salt & pepper

Directions

In a bowl, beat the eggs with the milk. Add the oregano, salt, and pepper. In a pan over medium heat, warm the olive oil (or butter, if you choose). Pour in the egg mixture and use a wooden spoon to move them around as they cook. Remove from the heat when the eggs have reached the desired doneness.

Parsley

Parsley is the most common fresh herb in American supermarkets. Flat leaf parsley is widely used in Middle Eastern, European, and American cooking.

Storage: Wrap unwashed leaves in damp paper towels and put in a plastic bag open at one end for air circulation. Store in the refrigerator .



Salsa Verde

This bright and fresh sauce from Italy is great with grilled or roasted meats, vegetables, and fish.

Ingredients

1/3 cup roughly chopped parsley

2 Tbsp. lemon juice

1 garlic clove

1 Tbsp. capers

1/2 cup olive oil

Salt & pepper

Directions

Combine all ingredients in a small bowl and mix well. Let the salsa sit for 10 minutes to develop the flavors.

Variation: Add other herbs such as tarragon, chervil, and/or chives to the salsa.

Cilantro

Cilantro stems and leaves are very aromatic and lend a distinctive flavor to many dishes. It is heavily used in Asian and Hispanic cuisines. Some researchers believe that genetics influence whether or not a person will like cilantro.

Storage: Wrap unwashed leaves in damp paper towels and put in a plastic bag open at one end for air circulation. Store in the refrigerator .



Mango Salsa

This tropical salsa is great with fish, chicken, or just eaten up with chips.

Ingredients

2 mangos, peeled and diced

1/2 small red onion, thinly sliced

1 jalapeno chile, seeds removed and diced

Juice of 1 lime

1 to 2 Tbsp. chopped cilantro

Salt

Directions

Combine all ingredients in a small bowl and mix well. Taste and add more salt or lime as needed.

Variation: Try other fruits like pineapple, papaya, or peach.

Mint

There are around 20 or so different types of mint, including spearmint, pineapple mint, and peppermint. Mint leaves tend to be oval and either slightly pointed or rounded at the tip. They can be wrinkled or smooth but are all slightly serrated.

Storage: Wrap unwashed leaves in damp paper towels and put in a plastic bag open at one end for air circulation. Store in the refrigerator .



Watermelon Salad

This is a great way to quench your hunger and thirst at the same time!

Ingredients

- 1 small watermelon, cubed
- 1/2 small red onion, thinly sliced
- 1/4 cup red wine vinegar
- 1/2 cup olive oil
- 6 whole mint sprigs, chopped
- Salt & Pepper

Directions

In a small bowl, combine the vinegar, salt, pepper. Whisk in the olive oil a little bit at a time. Add the chopped mint and watermelon and toss to combine.

Mint

Fresh mint leaves can be used to add more flavor to foods. They can be used in a variety of ways. They can help jazz up fresh salads, be used as a fresh pesto, or brighten the flavors of stir-fry's. Packed with antioxidants and anti-inflammatory agents, it has been studied for its effectiveness as a natural remedy for relieving allergy symptoms.



Chickpea and Mint Salad

Ingredients

- 1 cucumber diced
- 1 tomato diced
- 1 8oz canned chickpeas, rinsed & drained
- ½ cup roughly chopped mint leaves
- 1 medium carrot, peeled and grated

Dressing

- Juice of 2 lemons
- 1 tablespoon olive oil
- Pinch of salt and freshly ground black pepper (to taste)

Directions

In a bowl, whisk together the oil, lemon juice and black pepper to create a dressing and set aside.

In a separate bowl, combine the cucumber, tomato, chickpeas, mint leaves, carrot, and green onion. Pour the dressing over the vegetables and lightly toss. Refrigerate for at least 15 minutes or serve immediately.

Fresh Produce



Beets
Cherry Tomatoes
Corn
String Beans
Radishes
Amaranth
Zucchini
Lemons
Cucumbers
Green Onions
Turnips
Apples
Strawberries
Blueberries

Beets

These earthy veggies come in many different colors—purple, pink, white, and even striped. Beets are a wonderful source of fiber, potassium, iron, and folate. Folate is found in both the root and leaves of the beet and helps prevent certain birth defects.

Storage: Keep in a perforated bag in the vegetable bin for up to one week. Store the greens separately.



Raw Beet Salad

Ingredients

1 bunch beets

1 Tbsp. lemon juice

1 Tbsp. orange juice

1 Tbsp. olive oil

Salt & Pepper

Directions

Peel beets with vegetable peeler and grate using box grater. Combine the lemon juice, orange juice, and oil. Toss with the beets and season with salt and pepper to taste.

Cherry Tomatoes

Technically a fruit, tomatoes provide fiber, some B vitamins, iron, potassium and a good amount of vitamin C. Cherry tomatoes also contain the antioxidant vitamin E. The carotenoid that makes tomatoes red, lycopene, may help to prevent prostate cancer and heart disease.

Storage: Store at room temperature



Marinated Cherry Tomato Salad

Ingredients

2 cups halved cherry tomatoes

1/8 cup olive oil

1.5 Tbsp. apple cider vinegar (or any other type vinegar available)

1.5 tsp dried or fresh herbs (basil, oregano, chives, and parsley work well)

Salt & Pepper

Directions

In a small bowl, mix together oil, vinegar, herbs, salt, and pepper. Pour dressing over cherry tomatoes and toss to coat.

Corn

Corn was cultivated as early as 3400 BC in areas of southern Mexico and Southern America. Most types of corn are rich in carbohydrates, fiber, thiamin, folate, and minerals including potassium, iron, and magnesium. Only yellow corn contains beta carotene and the carotenoids lutein and zeaxanthin.

Storage: Eat as soon as possible



Quick Microwave Corn-on-the-Cob

Directions

Place ears of corn (with husks intact) in the microwave on a damp paper towel. Flip ears over halfway through the cooking times listed below.

Cook 1 ear for 1.5 minutes, 2 ears for 2-3 minutes, and 3 ears for 5-6 minutes.

Remove from microwave and let stand for 5 minutes before removing husk. Season with butter, salt, or pepper as desired.

Green Beans

Low in calories and rich in carbohydrates and fiber, green beans also contain folate, potassium, and iron. Green beans, when fresh, should snap crisply when broken.

Storage: Store in refrigerator



Green Beans with Almond and Lemon

A classic tangy and crunchy dish.

Ingredients

1 lb. green beans

3 Tbsp. butter

1/4 cup sliced almonds

Squeeze of lemon

Salt & Pepper

Directions

Bring a pot of salted water to a boil. Snap the ends off the green beans and cook the beans in the boiling water until tender. Meanwhile, in a pan over medium heat, melt the butter. Add the almonds and stir until the almonds begin to brown. Turn off the heat and add the lemon juice, salt, and pepper. Add the cooked beans and toss.

Fish Tacos with Radish Salad

Radishes

A wonderful low-calorie snack, radishes have less than 25 calories per cup. It's also rich in potassium and vitamin C—one cup of radish slices supplies 29% of the daily requirement of vitamin C! Radishes are crunch root vegetables that are usually eaten raw.

Storage: Store in a plastic bag in the refrigerator



Ingredients

1 bunch cilantro
Juice from 1 lime
1 Tbsp. Olive Oil
1/2 bunch radishes, thinly sliced
1/2 jalepeño, diced
1 1/2 lbs. white fish fillets
12 corn tortillas
Salt & pepper

Directions

Heat the oven to 425°F. Sprinkle the fish fillets with salt and pepper and bake for 7-10 minutes or until cooked through. Meanwhile, in a small bowl, mix together lime juice, oil, radishes, cilantro, and jalepeño. Season with salt and pepper. Fill tortillas with fish and radish salad and enjoy.

Amaranth

The tiny seeds of this plant are fiber-rich and contain high amounts of minerals such as iron, zinc, and magnesium. Unlike grains, amaranth is not lacking in the essential amino acids lysine and methionine. Amaranth leaves supply beta carotene, B vitamins, vitamin C, calcium, iron and potassium.

Storage: Store in a dry, cool place



Toasted Amaranth

Amaranth is a type of seed that was cultivated in ancient Mexico, Guatemala, and Peru. It has a mild nutty flavor.

Toast a tablespoon of amaranth seeds at a time in a hot, dry skillet. Continually shake or stir until the seeds pop. Eat them as a snack or use them to top soups, salads, and vegetable dishes.

Marinated Zucchini Salad

Zucchini

Zucchini have a high water content and are thus low in calories. They have good amounts of vitamin C, potassium, fiber, and magnesium. Zucchini is a leading source of lutein and zeaxanthin, carotenoids that help promote eye health.

Storage: Store in refrigerator



Ingredients

4 whole zucchini
1/2 medium red onion
2 Tbsp. fresh basil, chopped
3 Tbsp. lemon juice
2 Tbsp. olive oil
Salt & pepper

Directions

Slice zucchini as thinly as possible and put in a colander placed over a bowl or sink. Add 2 Tbsp. salt and toss to coat. Let zucchini marinate in salt for 15-30 minutes. Every 5 minutes, press out water from zucchini. After zucchini is done, rinse off salt under running water. In a separate bowl, combine thinly sliced red onion, basil, lemon juice, and olive oil. Add zucchini, season with pepper, and toss well.

Lemon

Lemons are tart fruits that contain some potassium and tons of Vitamin C. Just 2 tablespoons of lemon juice have about 15% of the recommended daily allowance of Vitamin C!

Storage: Store in a cool, dry place at room temperature.



Lemon Ice Pops

Ingredients

1 cup sugar

1 cup lemon juice

1 cup water

3-4 cups cold water

Directions

Make a simple syrup by heating the sugar and 1 cup water until sugar has dissolved completely. Take off the heat and add the lemon juice and 3-4 cups cold water. Pour into Dixie cups and freeze.

Cucumber

Cucumbers are great in salads because they are juicy, cool and crisp. They belong to the same family as honeydew, cantaloupe, and watermelon. Did you know cucumbers are made up of almost 95% of water? 1 cup of cucumber provides 11% of your daily requirements of vitamin K, a key vitamin involved in maintaining good bone health.

Storage: Store in the refrigerator unwashed, in a plastic bag up to 1 week.



Cucumber Noodles

Ingredients

For the noodles:

1 large cucumber

¼ cup fresh cilantro chopped

10 cherry tomatoes cut in halves

For the dressing:

1 Tbsp. olive oil

Juice of half a lemon

1/2 tsp. freshly grated ginger (optional)

1 tsp. Dijon mustard (optional)

Pinch of salt and black pepper

Directions

Prepare the dressing by quickly stirring or whisking ingredients in a bowl. Set aside. Next, using a vegetable peeler, peel the entire cucumber to create strands or “noodles”. Once you begin to see the seeds and cannot peel anymore, dice and add remaining cucumber to the bowl. Add tomatoes, cilantro and dressing to the bowl. Gently toss vegetables and serve fresh.

Green Onion

Green onions also known as scallions, have a mild onion taste because they are young bulb onions. They have slender white stems that do not bulge out. Spring onions on the other hand, have white stems that do bulge out, and are more intense in flavor. Green onions add great color and freshness to salads, dips, eggs and soups. Both the green and white parts can be used. The green portion can be chopped and used as a garnish like parsley. The white portion can be used to add more intense flavor. Rich in vitamins A and K, green onions promote eye and bone health.

Storage: Store dry in vegetable crisper section of refrigerator.



Green Eggs and Onion Sandwich

Ingredients

- 1 boiled egg
- 2 Tbsp. ripe avocado
- 1 green onion (entire onion chopped)
- Small pinch salt and pepper (to taste)
- 1/8 tsp. paprika
- 2 pieces of whole wheat bread.

Directions

To boil egg, place in a saucepan with enough water to fully submerge. Bring to a boil and remove from heat. Let stand in hot water for at least 15 minutes. Run egg under cool running water and peel. In a bowl, mash egg and avocado until smooth using a fork. Add salt, pepper, paprika, sliced green onion and combine. Spread mixture on toasted or non-toasted bread. Top with second piece of bread, creating a sandwich. Cut in half and serve.

Turnip

Turnips are root vegetables that can grow in cool temperatures. They are used in different cultures across Europe and Asia. They are in the same family as cabbage, kale and Brussel sprouts. They taste similar to radishes when eaten raw (slightly peppery) and tastes sweeter when cooked. The root itself is packed with vitamins, minerals and fiber. The greens attached to the turnip root are also edible, and rich in Vitamin A, C, K and B-complex group vitamins.

Storage: Refrigerate unwashed, in a plastic bag.



Turnip Slaw Salad

If you have leftovers of this recipe, sauté in a frying pan with a tsp of olive oil for some instant, morning hash brown!

Ingredients

1 turnip, peeled and grated

1 carrot, peeled and grated

½ apple grated

Juice of 1/2 lemon

2 Tbsp. slivered almond or sunflower seeds (optional)

Directions

Place grated turnips, carrots, and apples in a bowl. Add lemon juice, and toss well to combine. Top with almonds or sunflower seeds if desired. Goes great as a side slaw.

Apple

There are over 7,000 varieties of apples in the world that vary in color, size, and taste. Apples have antioxidants, flavonoids and dietary fiber. Dietary fiber is a carbohydrate that our body is unable to digest. Naturally found in plants, fiber helps keep us feeling full longer, and lowers the risk of cardiovascular disease. Apples serve as a great, convenient snack or alongside meals.

Storage: Refrigerate in the crisper.



Apple Peanut Butter Craters

Snacking between meals is a great way to prevent low energy. Pair fruit or vegetables with protein foods like nuts, cheese or hummus for a healthy snack.

Ingredients

1 apple
2 Tbsp. peanut butter or choice of nut butter .

Directions

Slice the apple at the center diagonally. Use a spoon to de-seed both apple halves, creating a small crater in the center. Put one Tbsp. peanut butter into each crater and serve.

Strawberry

Strawberries are very versatile. They can be tossed in salads to add sweetness, used to make jams, or simply eaten on their own as a snack. They are packed with antioxidants that helps give them their bright red color. These compounds may prevent chronic diseases such as heart disease, cancer and diabetes. Strawberries are high in folate, fiber, potassium and vitamin C. About 1 cup of strawberries contain more than 100% of the daily recommended value of vitamin C, which is important for good immune health.

Storage: Store in dry container and refrigerate.



Raw Strawberry Chia Jam

This no-cook jam goes great with breakfast; try it on toast, or mixed into your unsweetened oatmeal for some berry flavor.

Ingredients

1 cup strawberries (fresh or frozen and thawed)

2 Tbsp. water

1 tablespoon chia seeds

Directions

In a bowl, mash strawberries using a fork, potato masher or blender until you reach your desired jam texture. You may want to slice the berries in half beforehand to ease the mashing process. Add chia seeds to a small bowl with water, and mix until well combined. Place jam in a glass jar and refrigerate for at least 1 hour to set. Spread on toast and serve.

Blueberry

Blueberries are a sweet and juicy fruit that grow in bushes. They are true blue foods! Anthocyanin gives blueberries their deep blue-purple color. They rank as one of the highest antioxidant containing fruits. Antioxidants help prevent cell damage in the body, and have health promoting properties that impact anti-inflammatory responses and strong immune systems.

Storage: Store in dry container and refrigerate.



Easy Blueberry Parfait

Ingredients

1/2 cup plain, unsweetened yogurt
2 Tbsp. mixed nuts or sunflower seeds (optional)
2 Tbsp. granola
1/2 cup fresh blueberries

Directions

Use a fork to mash about half of the blueberries in a bowl. Mix the berries with yogurt to sweeten. Place half of the yogurt in a glass jar. Add blueberries and nuts/seeds if desired. Next, layer the remaining yogurt mixture on top. Sprinkle remaining blueberries, and granola on top. Serve right away or keep cold in refrigerator.

