



## Swiss Chard with Carrots & Chickpeas

A flavor-packed stew is a great way to cook Swiss chard! The sweetness of the carrots will help balance with the earthy chard. Kids will love to add their own dollop of sour cream.

**Serves 2-4**

## Ingredients:

1 bunch of Swiss Chard  
4 Carrots  
¼ cup of Oil (olive, vegetable, corn etc.)  
1 can of Chickpeas (aka garbanzo beans)  
1 Garlic Clove  
Fresh Mint  
Caraway Seeds (optional)  
1 Lemon  
2-4 dollops of Greek Yogurt  
Salt and Pepper

## Prep Ingredients:

- Wash the **chard**. Cut the leaves from the stalks, then chop both the stalks and leaves into bite-size pieces.
- Peel and dice the **carrots**.
- Peel and mince the **garlic**.
- Chop the **mint** so you have 1 tablespoon.
- Squeeze out 1 tablespoon of **lemon** juice.

## Prepare the Dish:

1. Boil a cup of water with a little **salt**, in a large pan over medium-high heat.
2. Add the **chard** stems and

boil (called blanching) for 3 minutes, then add in the leaves and blanch for another minute. Drain into a strainer and run under cold water. Squeeze dry.

3. Heat the oil in the same, dry pan over medium heat. Add the **carrots** and **caraway seeds** and sauté for 5 minutes.
4. Add the **chard**, **garlic**, and **chickpeas** and cook for another 6 minutes.
5. Off the heat, add the **mint**, **lemon**, and **salt and pepper** to taste.
6. Serve in bowls with a dollop of **yogurt** on top.



## **Crispy Kale Chips**

Crispy kale chips will be an instant hit! Involve kids in the recipe preparation by asking them to massage each leaf with oil—the key to great kale chips!

**Serves 2-4**

## Ingredients:

1 bunch of Kale  
2 tablespoons of Oil  
(corn, vegetable, olive etc.)  
Salt and Pepper  
(and any other spices you  
like! consider chile  
powder, cumin, or smoked  
paprika)

## Prep Ingredients:

- Preheat oven to 325°.
- Rinse the **kale** to remove any dirt, pat very dry.
- Tear the leaves into 1- 2 inch pieces, discarding the ribs.

## Prepare the Dish:

1. Place the **kale** leaves in a large bowl and drizzle with **oil**. Toss to coat and massage the oil into the leaves, making sure they are fully coated.
2. Arrange the leaves on a baking sheet in a single layer, without overlapping.

Sprinkle with **salt and pepper**.

3. Bake for about 15 minutes. Check periodically and shake the tray halfway through to ensure even cooking.
4. Once they have crisped, check the seasonings. These chips can be stored in an airtight container.

Kale is a super leafy green that not only contains vitamins A, K, and folate and several minerals, but also antioxidants and phytonutrients that help fight disease.



## **Creamy Radish Dip**

Creamy and slightly tart, this dip is a great way to introduce kids to radishes. Pair it with whole grain crackers and veggies like carrots, bell peppers, and snap peas.

**Serves 4-6**

## Ingredients:

- 1 bunch of Radishes (about 5-6)
- 1 8 oz package of Cream Cheese
- 1 Garlic Clove
- 1 Lemon
- 1/2 teaspoon Salt
- Fresh Dill

## Prep Ingredients:

- Grate the **radishes** on a box grater into a paste, or chop them very finely. You should have 3/4 -1 cup total.
- Peel and mince the **garlic**.
- Cut the **lemon** in half, squeeze out 1 tablespoon of juice.
- Finely chop the **dill** leaves (called fronds). You should have 1 teaspoon total.

## Prepare the Dish:

1. Combine all of the ingredients together in a medium sized bowl. Taste for seasoning, adding more **salt**, **lemon** or **dill** as needed.
2. Chill for a couple of hours before serving.

Did you know? Radishes are a great source of vitamin C and phytonutrients that help



## **Braised Collards with White Beans and Smoked Ham Hock**

A great recipe for kids who have never tried collard greens, this smoky stew will warm their bellies! For a meatier dish, try substituting the ham hock for a smoked ham shank.

**Serves 4**



## Ingredients:

2 tablespoons of Oil  
1 Smoked Ham Hock  
1 can of White Beans  
(drained)  
2 bunches of Collards  
1 Onion  
2 Garlic Cloves  
6 cups of Chicken Stock  
2 tablespoons of Cider  
Vinegar  
1 teaspoon of Sugar  
1 pinch of Red Chile Flakes  
(optional)  
2 Bay Leaves  
Salt and Pepper

## Prep Ingredients:

- Remove and discard the tough rib from the **collards** and tear the leaves into pieces. Rinse.
- Peel, half and thinly slice the **onion**.
- Peel and smash the **garlic cloves**.

## Prepare the Dish:

1. Add the oil to a large pot or Dutch oven over medium heat. Once hot, add the **onions, garlic** and **ham hock**. Cook, stirring occasionally, for about 8-10 minutes, until the **onions** have softened.
2. Raise the heat to high and add the **chicken stock, vinegar, sugar, bay leaves, chile flakes** (optional), **salt, pepper**, and **collards** to the pot. Press down to fully submerge. Once it boils, cover, turn the heat to low, and simmer for 35 mins.
3. Add the **beans** to the pot and taste the broth (called pot liquor), adding more vinegar or sugar if needed. Cook another 10 minutes to heat the beans.
4. Remove the **ham hock** and let cool. Shred the meat off the hock and return to the pot. Remove the bay leaves and serve.





## **Buttered Snap Peas with Chopped Mint**

Simplicity is best! Crunchy sugar snap peas pair especially well with fresh mint for a superb and refreshing side dish that kids will love.

**Serves 2-4**



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## Ingredients:

10 oz Snap Peas  
1 tablespoon of Butter  
Fresh Mint  
Salt and Pepper

## Prep Ingredients:

- Trim the **peas** of any stems still attached.
- Chop the **mint** so you have 1 tablespoon.

## Prepare the Dish:

1. Melt the **butter** in a medium frying pan over medium heat. As soon as the foaming subsides, add the **snap peas**.
2. Sauté the **peas** for about 3-4 minutes, just heating them through. If the **butter** begins to burn, turn down the heat.
3. Off the heat, season the peas with **salt and pepper** to taste, and toss with the chopped **mint**.  
Serve.

Did you know? Sugar snap peas are a great source of B-vitamins, fiber, protein, and vitamins A, C, and K.



## **Spinach and Cheese Frittata**

Adding fresh spinach to a classic frittata boosts the nutritional value, but doesn't compromise the comforting flavor! Kids can help garnish with freshly grated Parmesan cheese.

**Serves 2-4**



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## Ingredients:

6 Eggs

1 tablespoon of Oil  
(vegetable, olive, corn etc.)

6 oz Baby Spinach

1 bunch of Chives

Thyme (or any fresh  
herb—Dill, Basil, Parsley,  
Mint, etc.)

1/3 cup Parmesan Cheese  
(or any cheese you like—  
Cheddar, Gruyere, Gouda,  
etc.)

2 tablespoons of Mustard  
(Dijon preferred)

Salt and Pepper

## Prep Ingredients:

- Preheat oven to 350°.
- Finely chop the **chives** so you have 3 tablespoons.
- Finely chop the **thyme** so you have 1 tablespoon.
- Shred the **cheese**.

## Prepare the Dish:

1. Beat the **eggs**, along with the **mustard, cheese**, and **salt and pepper** to season. Stir in the **herbs** and **chives**.
2. Heat the **oil** in a medium-size, oven-proof frying pan (so no non-stick pans) over medium heat. Once hot,

add the **spinach** and cook for about 2 minutes until slightly wilted.

3. Add the egg mixture, stir once, then let cook for 5 minutes.
4. Transfer the pan to the oven and cook for 10-12 minutes, until the frittata is set. (Careful removing it, the handle will be hot!)
5. Let cool for a few minutes. Cut into wedges and serve.

Spinach is a powerhouse of nutrition, providing many vitamins, minerals, and antioxidants, plus fiber and omega-3 fatty acids.



## **Roasted Parsnips, Turnips and Kohlrabi**

Roasting root veggies brings out their natural sweetness, and adding honey, cider vinegar, and fresh herbs gives them a kid-friendly flavor boost!

**Serves 4**



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## Ingredients:

1 large, 3-4 medium or a bunch of small Turnips

2-3 Parsnips

1 Kohlrabi

1 tablespoon of Oil  
(olive, vegetable, corn etc.)

Salt and Pepper

6 Garlic Cloves

1 tablespoon of Honey

1 1/2 teaspoons of Apple  
Cider Vinegar

Fresh Thyme

## Prep Ingredients:

- Preheat the oven to 425°.
- Peel and chop the **turnips** into 1/2 inch cubes (no need to peel the little ones).
- Peel and chop the **parsnips** into 1/2 inch cubes.
- Cut off the stems of the **kohlrabi** (peel it if it seems tough and woody), chop into 1/2 inch cubes.
- Chop the **thyme** leaves so you have 1 teaspoon.
- Peel the **garlic cloves**.
- Mix the **honey** and **cider vinegar** in a small bowl.

## Prepare the Dish:

1. In a large bowl, toss all of the **veggies** with the **oil**, **thyme**, **garlic**, 3/4 tsp of **salt**, and some **pepper**.
2. Spread evenly on a baking sheet. Bake for about 25 minutes or until tender and golden, mixing around at the halfway point.
3. Once out of the oven, pour the honey mixture on top and toss together. Serve.

Turnips, parsnips, and kohlrabi are all excellent sources of vitamin C and fiber, and boast disease-fighting phytonutrients.



## **Cabbage and Apple Slaw with Cider Vinaigrette**

A mayonnaise-free slaw that pairs tasty apples with healthy cabbage. Skip the red pepper flakes for a milder taste. A tip—salting the cabbage in advance will keep your slaw crunchy!

**Serves 4-6**



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## Ingredients:

- 1 head of Cabbage, *or* bag of Shredded Cabbage
- 2 Apples (tart, Granny Smith preferred)
- 2 Green Onions (aka scallions)
- 1/2 cup Apple Cider Vinegar
- 1/4 tsp. Red Chile Flakes
- 6 tablespoons Oil (olive, vegetable, corn, etc.)
- 1 tablespoon Mustard (Dijon preferred)
- 1/2 cup Sugar
- Salt and Pepper

## Prep Ingredients:

- Core the **cabbage** and cut into bite-sized pieces.
- Core the **apples** and cut into matchstick-sized pieces.
- Thinly slice the **green onions**.

## Prepare the Dish:

1. Toss the **cabbage** with 2 tsp. of **salt** in a colander. Let sit for about an hour until the excess water has drained and the cabbage has wilted some. Rinse the cabbage and pat dry. (This step is optional but helpful if you have the time.)

2. In a small saucepan over medium heat, combine the **oil, vinegar, sugar, mustard** and **red pepper flakes** until they boil.
3. Pour it over the **cabbage** mixture, in a large bowl, and toss. Add **salt and pepper** to taste.
4. Cover with plastic wrap and refrigerate for at least an hour. The longer it sits, up to a day, the more flavor it will develop.

Cabbage is an excellent source of vitamins C and K, and a good source of fiber, folate, and vitamin B6!





## **Crispy Oven-Baked Beet Chips**

Kids will love to snack on these crunchy and colorful beet chips! This fun and healthy alternative to potato chips is sure to become a new family favorite.

**Serves 2-4**

## Ingredients:

3-4 tablespoons of Oil  
(corn, vegetable, olive etc.)

1 lb of Beets (the larger the better, since these will shrink); this recipe also works well with other root veggies (turnips, parsnips, carrots, etc.)

Salt and Pepper

## Prep Ingredients:

- Preheat oven to 325°.
- Peel the **beets** and cut off the tops and bottoms.
- Slice the **beets** thinly (about 1/16 inch) using a sharp knife, a mandolin, or a cheese grater with a slicing blade.

## Prepare the Dish:

1. Lightly **oil** a couple of baking sheets and spread the oil around evenly.
2. Toss the **beet** slices in the oil on the sheets, then spread them in a single layer, without overlapping.
3. Bake the slices for about 15 to 25 minutes, until they are slightly browned underneath. Flip them over, season them with **salt and pepper** (and any other spice if you like), then continue to bake another 10 to 20 minutes. They will shrink, but not really crisp up until they are removed from the oven to cool.
4. Serve at room temperature.

Did you know? Beets are a great source of folate, manganese, fiber, and several cancer-fighting antioxidants.



## **Spinach & Blueberry Smoothie**

A purple treat that's simple for kids to help prepare, and fun for them to eat. Shhh... they will never know it's packed with healthy greens!

**Serves 3 small servings**



## **Ingredients:**

1 Banana

3/4 cup Frozen Blueberries

3/4 cup Frozen  
Strawberries

3/4 cup Plain Yogurt (full  
fat = full flavor!)

1/2 cup Orange Juice

1/2 cup Milk

3/4 cup Fresh Baby Spinach

## **Prepare the Smoothie:**

1. Blend all of the ingredients together until smooth.

This preparation should make about 3 kid-size smoothies.

Did you know? Spinach is a powerhouse of nutrition. It is an excellent source of many vitamins, minerals, and antioxidants, in addition to fiber and omega-3 fatty acids.