

General Use Ideas for Greens

As we start the season this year, it seems appropriate with so many greens in the box to just shout out a couple of general use *ideas* to help with using the produce that don't actually require a recipe. In the *Facts and Uses* section, there are some general ideas about how to use each vegetable. Here are some additional thoughts.

For those greens that cook well (Bok choy, Chinese Cabbage, Kale and Spinach), a simple sauté with any of these greens can turn into an easy side dish or a whole meal.

- Soak and rinse the greens and shred/cut into small pieces
- Start with a tablespoon or two of oil (canola, olive, sesame, etc. oil) in a sauté pan over medium heat
- Add onions and/or garlic to the pan (adding garlic after the onions have been cooking a couple of minutes)
- Add seasonings (salt, pepper, herbs) just before the greens and sauté ~ 30 seconds
- Add small bunches of one or more varieties of greens at a time, sauté a couple of minutes until the volume has reduced, then add more greens until the amount you desire is slightly wilted
- Serve plain as a side dish OR over rice, pasta, bread or polenta as a main course

OTHER ADDITIONS

- Before the greens are added, add other vegetables (peppers, green beans, carrots, peas, broccoli, etc.)
- Before the greens are added, add a protein (bacon, sausage, chicken pieces, tofu, cooked beans, etc.)
- After the greens are cooked, make several pockets in the sautéed greens, slip an egg into each pocket and poach until done

FREEZING GREENS

The greens that cook well also freeze well if they are gently steamed before freezing. Then you have packets of already prepared greens to include in various recipes with all the prep finished!

For Lettuce

While lettuce doesn't freeze particularly well, it can be used with more versatility than *just* a fresh lettuce salad. Here are some ideas.

- Use larger leaves as a wrap for any kind of salad - tuna, egg, chicken, hummus, grain based, etc.
- Lettuce can also be *wilted*. That usually involves a hot dressing poured over the lettuce leaves. The dressing can be creamy or more vinegary, often involves bacon and sometimes eggs, etc. Look at your favorite recipe search location for a recipe you might [enjoy.as](#) a change of pace from the standard cold lettuce salad.

The second recipe this week is more of an idea as well but one I heard on a radio cooking show so does have some professional experience. It's called *Dirty Ranch Dressing*. Here are the steps.

Into a container with a pouring capability, place

- 1 / 3 cup of mayo, sour cream, yogurt, buttermilk – whatever base you like
- 1 / 3 cup juice from your favorite pickle jar (strained OR with the seasonings intact) OR add more to achieve the consistency you desire
- Shake well and refrigerate a couple of hours before serving so the flavor can develop.

You can make more dressing by increasing the base and pickle juice in equal proportions.