



YELLOWKNIFE FARMERS MARKET



Spicy Greens

How to Prepare

Spicy greens are a broad category of edible, strong-flavoured greens and sprouts. Some examples include mustard greens, red mizuna, and red komatsuna. These greens are very versatile and can be served raw, in a stir-fry, steamed, or as a flavour boost in dips and sauces. When fresh they have a slight crunch. Like most greens they are made up mostly of water content and their low calorie count makes them a healthy addition to your meals.

As with most leafy vegetables, freshness is key. Leaves with a dull colour that have begun to wilt are perfectly fine in cooked recipes involving sautéing or braising, but for raw applications look for bright, almost glossy leaves.

Wash your greens gently with cool running water to remove any sand attached to the stems and leaves. Gently dry your greens after washing using a colander or a salad spinner. This will help prevent them from becoming soggy.

Store your cleaned greens in a plastic container in the coolest drawer of your refrigerator to keep them fresher longer.

Try Using Spicy Greens:

- In Bean Salads;
- As a topping for sandwiches;
- In casseroles;
- In a Stir-fry;
- As a garnish for Soups;
- Sautéed, served with fish;
- In spring rolls;
- In Frittatas;
- As a topping for noodle bowls;
- Add it to pestos and sauces; or
- With meatballs instead of pasta

Nutrition Highlights

- Low calorie;
- High in vitamin A;
- High in vitamin C;
- A source of dietary fiber

Nutrition Facts	
Serving Size 1 cup, chopped 56g (56 g)	
Amount Per Serving	
Calories 15	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 14mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 2g	
Vitamin A 118%	Vitamin C 65%
Calcium 6%	Iron 5%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
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Recipe: Thai Black Bean and Spicy Greens Salad

This salad is hearty, filling and flavourful. Make this recipe ahead and enjoy a lean on-the-go lunch, a fast & easy side for the family, or a great picnic snack.

Ingredients

Dressing:

2 tablespoons sesame oil
1 tablespoon rice wine vinegar
1 tablespoon lime juice
2 garlic cloves, minced
1 teaspoon ginger root, grated

Salad:

½ teaspoon salt
1 cup frozen corn, thawed
1 can (16oz) Black Beans, rinsed and drained
1 small onion chopped
1 rib of celery, thinly sliced
1 sweet red pepper, chopped
¼ cup cilantro, chopped
1 jalapeno, seeded and finely chopped
1 10oz package of Spicy Greens

1. Add all Salad components except Spicy Greens to a large bowl.
2. Whisk all Dressing ingredients together in a small bowl and pour over Salad ingredients and toss to coat.
3. Cover and refrigerate for at least 1 hour for best flavour.
4. Divide Spicy Greens onto plates or at the bottom of a salad bowl and top with Salad mixture. Serves 4

Don't be shy: You can make a bigger batch of dressing and store leftovers in the refrigerator for up to 30 days. The Dressing is also a great marinade for your favourite protein.

Turn that salad into an entrée: Add grilled chicken, thin-sliced steak, or firm tofu to this salad to turn it into a satisfying dinner.

Make it ahead: If you combine everything except the greens, this salad will hold in the fridge for a few days. Just add the spicy greens before serving and enjoy!