



Bein'
GREEN

BY DAYLE HAYES, MS, RD

Why Kermit the Frog is a fan of a specific USDA Vegetable Subgroup—and you should be, too!

To be clear, frogs actually eat flies (which would probably be in the meat/meat alternate group). However, based on the lyrics of the #1 Muppet hit, I am quite confident that Kermit would vote for Dark Green Vegetables in any food contest. Perhaps, like me and any other parent of the “Sesame Street” set, you remember:

*“I am green and it’ll do fine, it’s beautiful!
And I think it’s what I want to be.”*

Unfortunately, not every school child in America agrees that dark green will do “fine” on their tray—and many, à la Kermit’s song, might prefer to be served something “red or yellow or gold—or something much more colorful like that.”

But, as we all now know, dark green items represent one of the vegetable subgroups that *must* be served on a weekly basis according to the new meal pattern regulation released in January 2012. The requirement for dark green vegetables is a half-cup per week for Grades K-12. (This is the same amount required for beans/peas and starchy vegetables, but less than the required servings for the red/orange and other subgroups, as well as the additional category.)

When it comes to meeting that measurement mandate, there are some important distinctions to keep in mind. Many items in the dark green vegetable category are leafy greens. When raw leafy green vegetables are served, a one-cup serving is equal to a half-cup serving of other raw or all cooked vegetables. When leafy greens are cooked (such as collard greens, kale or spinach), a half-cup serving is sufficient.

Don’t Ask Crayola

Now that we’ve defined the *amount* of dark green vegetables that must be served in school lunches each week, how much do you know about the specific vegetables that fall into this subgroup? Try the following short quiz. *Don’t* peek ahead at the full list on page 67! Some of the items that do *not* count in this group may surprise you—they sure surprised *me!*

Which of the following are considered *dark green vegetables*?

- Asparagus ■ Green beans ■ Parsley ■ Watercress
- Broccoli ■ Okra ■ Spinach ■ Zucchini

KALE CHIPS



YIELD: 4 servings*

INGREDIENTS

Kale, fresh—1 bunch
Olive oil, extra virgin—1 Tbsp.
Sea salt*—to taste

DIRECTIONS

1. Preheat the oven to 275°F. Cover a large baking sheet with parchment paper (or use a non-stick or greased pan). Rinse and clean the kale. Cut or tear off the thick stem. Thoroughly dry the kale with paper towels or use a salad spinner.
2. Cut or tear the kale into uniform pieces of about 2 in. each. In a large mixing bowl, drizzle the kale with olive oil and sprinkle lightly with sea salt. Gently toss to equally incorporate the oil and sea salt.
3. Spread the kale pieces evenly onto the baking sheet and bake for 10 minutes. Flip all of the kale pieces and bake an additional 10 minutes. Bake until chips turn slightly brown and have a crunchy taste. Remove from the oven and let cool.
4. Portion one-quarter of the total yield from one kale bunch for each serving.

Photo & recipe: Sapphire at School, www.sapphireat.school.com

***Notes:** Consider experimenting with shaved garlic and other seasonings as substitutes for the sea salt. If this recipe passes the test with a small group of students, adjust the quantities for batch preparation and conduct a nutrient analysis. This recipe also is well-suited for sending home to parents as a make-at-home recipe with children or could be used at school in nutrition education activities.



THAI CURRY RICE BOWL

YIELD: 17 servings*

PER SERVING: 324 cal., 4 g pro., 71 g carb., 8 g fiber, 3 g fat, 1 g sat. fat, 1 mg chol., 206 mg sod.

INGREDIENTS

Coconut milk—4 cups
 Thai red curry paste—3 Tbsps.
 Vegetable base, low-sodium—1 tsp.
 Lime juice—2 tsps.
 Rice medley, brown, whole-grain*—2 lbs.
 Broccoli florets—4 ¼ cups
 Carrots—4 ¼ cups
 Red bell pepper—5 ¼ cups
 Olive oil—2 Tbsps.
 Salt—2 tsps.
 Scallions—4 ½ cups
 Chicken meat, cooked, diced—2 lbs. + 2 ozs.
 Cilantro—1 cup



DIRECTIONS

1. Slice the carrots. Seed and slice the bell pepper. Thinly slice the scallions. Roughly chop the cilantro.
2. In a pot over medium heat, whisk together the coconut milk, Thai curry paste and vegetable base and bring to a boil, whisking to combine.
3. Remove from heat. Add the lime juice and hold hot for assembly at service.
4. Cook the rice medley according to the package instructions. Hold hot for service.
5. Combine the broccoli, carrots and bell pepper in a bowl, adding the olive oil and salt and mixing to coat thoroughly. Spread onto a parchment-lined sheet pan and roast in a 350°F oven until these vegetables are tender, about 30 minutes.
6. Combine the cooked vegetables with the raw scallions and hold hot for assembly and service.
7. Place the diced chicken in a steamtable pan and heat in a 350°F oven until the internal temperature reaches 165°F. Hold hot for assembly and service.
8. For each serving: Place 1 cup of rice in the bottom of a bowl. Top with 1 cup of mixed vegetables, 2 ozs. of chicken and ¼ cup of the coconut milk-Thai curry sauce. Garnish with the cilantro.

Photo, recipe & recipe analysis: Indian Harvest, www.indianharvest.com

*Notes: Indian Harvest Black Pearl Medley® may be used for this recipe. According to the company: One serving provides two bread/grain servings (100% whole grain), 1 cup fruit/vegetable and 2 ozs. meat/meat alternate. If this recipe passes the test with a small group of students, adjust the quantities for batch preparation.

Half of these do *not* fall into the dark green vegetable subgroup. Go ahead and check the list on page 67 to see how you did! Did you get them all right? If so, good for you! You have been paying attention to all the meal pattern training that has been conducted over the past year. Did you miss a few? There are three important lessons to be learned from this quiz.

1. Not all green items, including some you might think have very dark green hues, count in the dark green category.

2. Some “family members” don’t count. For example, Brussels sprouts and green cabbage belong to the same botanical family as broccoli, but they are not a part of this vegetable subgroup, while broccoli is counted as such.

3. When it comes to school meal regulations, you can’t rely on just any old source to determine what counts and what doesn’t. Even authoritative resources, such as WebMD, have different definitions than the one applied by the government. For the straight scoop on what is considered allowable under the law, use only the new, updated *Food Buying Guide for School Meal Programs* from the U.S. Department of Agriculture (USDA).

In addition, check out two newly updated USDA documents, which can be downloaded at http://teamnutrition.usda.gov/Resources/fbg_schoolmeals.html. In my opinion, every school kitchen should have (and review regularly) the *Separation of Vegetables/Fruits* and the *Vegetables by Subgroup, Dark Green* documents on hand as valuable references. These are incredibly useful guides that feature all you need to know about purchase units (for fresh, frozen, dried and canned forms—all are creditable), servings per purchase unit, serving size per meal contribution, purchase units for 100 servings and more.

The Color of Health

Having covered the “what” of dark green veggies, as they relate to school menu requirements, it’s time to dig a little deeper into “why” they were specified in the new regulation. Why do children need dark green vegetables—and how can we get kids to eat more of these nutritious powerhouses?

Let’s get one thing clear—right off the plate (so to speak): While you may hear about specific vegetables being considered “super foods,” kids need more of virtually *all* types—and colors—of vegetables, not just the dark green ones. The primary reason USDA established the five vegetable subgroups in the meal pattern is to *increase vegetable variety*.

The Vegetable Subgroups, realigned as part of the *2010 Dietary Guidelines for Americans*, grouped together vegetables that have similar nutrient content. However, it is just as important for children to eat vegetables from the red/orange, beans/peas, starchy and other subgroups as it is for them to consume the dark green items. The bottom line: Kids (and adults) need *more total* vegetables and *more vegetable variety*.

The Departments of Agriculture and Health and Human Service have developed great resources to answer all your vegetable questions—and help you in your nutrition education efforts. Visit www.choosemyplate.gov/food-groups/vegetables.html. In the section on Health Benefits and



Wisdom says . . . Try This!

KOREAN CABBAGE AND PINEAPPLE VEGETABLE STIR-FRY



YIELD: 10 servings*

PER SERVING: 80 cal., 1 g pro., 10 g carb., 2 g fiber, 4 g fat, 1 g sat. fat, 0 mg chol., 70 mg sod.

INGREDIENTS

Onion, red—1 ½ cups
 Garlic cloves—2 Tbsps.
 Olive oil—3 Tbsps.
 Broccoli florets—3 cups
 Balsamic vinegar—2 Tbsps.
 Cabbage—3 cups
 Pineapple cubes, partially thawed—2 cups
 Garlic powder—¾ tsp.
 Salt—¼ tsp.

DIRECTIONS

1. Chop the onion. Mince the garlic. Shred the cabbage, if not already shredded. Set all aside.
2. Sauté the onions and garlic in the olive oil in a large skillet, about 3-5 minutes or until the onions are soft. Add the broccoli and balsamic vinegar; cover and cook 3 additional minutes, stirring occasionally.
3. Stir in the cabbage, pineapple cubes, garlic powder and salt. Cook for 3 more minutes or until the cabbage is slightly softened. Stir in water as needed, if stir-fry looks dry.
4. Portion just under 1 cup for each serving. Serve immediately.

Photo, recipe & recipe analysis: Dole Food Company, www.dole.com

*Note: If this recipe passes the test with a small group of students, adjust the quantities for batch preparation.

KITCHEN WISDOM SAYS . . .

- We would add chicken and serve it over rice. Also, since we do not regularly have balsamic vinegar, we would use apple cider vinegar and probably would use a pre-minced garlic that would facilitate production of a larger amount of food.
- This dish would require a protein-based side to adhere to the new meal pattern regulation.

Nutrients, you will learn:

- Most vegetables are naturally low in fat and calories. None have cholesterol. Be mindful, however, that sauces and seasonings can add fat, calories, cholesterol and sodium.

- Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A and vitamin C.

- Diets rich in potassium may help to maintain healthy blood pressure. Vegetable sources of potassium include sweet potatoes, white potatoes, tomato products, beet greens, soybeans, lima beans, spinach, lentils and kidney beans.

This last point, illustrating that potassium is found in *every* vegetable subgroup, is a great example about the value of vegetable *variety*. Dark green vegetables are important, but only when served with plenty of their red, yellow, gold, purple, brown, white, tan and black (beans and lentils!) friends. Eating a rainbow is always the way to go—and it may help prevent cancer, heart disease and diabetes, too!

Besting the Bitter

As most parents—and school nutrition professionals—already know well, you may encounter some . . . *challenges* in getting children to eat certain vegetables in the dark green subgroup. While Romaine and leaf lettuces tend to be a fairly easy “sell” on a school salad bar, collard greens, kale and even broccoli may face more resistance.

A 2005 study by researchers at the Monell Chemical Senses Center in Philadelphia suggests that a gene named TAS2R38 may be responsible for children’s aversion to these vegetables. There are two types of this gene; people with the bitter-sensitive variety are more likely to turn their noses up at broccoli, Brussels sprouts, cauliflower, kale and other vegetables, especially when they are raw.

Even though up to 80% of children may have a genetic sensitive to bitter-tasting foods, there is good news. First, those with the sensitive gene tend to grow out of their taste aversions; older kids and adults are usually more open to these vegetables. Even better news is that some preparation techniques, like heat, tend to break down the bitter flavors. According to farm-to-school expert Alyssa Densham, a little oil, garlic and salt—along with a quick trip to the tilt skillet—may be all it takes to get kids into kale, for example. (Or, more accurately, all it takes to get kale into kids!) Let’s check in with Densham and three other school nutrition experts from across the USA to get *their* hot tips for getting your young customers to start eating up those dark green vegetables.

What’s on the Menu?

Cindy Culver, MS, RD, is in her second year as director of school nutrition in the Marietta City (Ga.) School District, overseeing 11 schools with 8,000 students and a 69% free/reduced-eligibility rate. Three of her sites participate in the





Fresh Fruit and Vegetable Program, and Culver also has had assistance from the Chefs Move to Schools program to help teach kids about produce. “Last year was my first year in Marietta,” she recounts, “so I played the ‘new card’ and freshened up the menu to get ready for the new meal pattern. We now have a fresh entrée salad every day—varieties include Buffalo Chicken, Chicken Caesar, Asian, etc.—served on a bed of mixed dark greens. We also have fresh sides daily: tossed salad with dark leafy greens, vegetarian collards—no pork added—and a veggie dipper cup with raw broccoli.”

Alyssa Densham is the Mid-Atlantic Regional farm-to-school coordinator for The Food Trust (www.thefoodtrust.org), based in Philadelphia. She promotes school gardens and uses her own Culinary Institute of America training to help school chefs to prepare produce properly. “I have seen a total shift in menus and in the conversation about vegetables,” observes Densham. “Salad bar mixes have changed dramatically with lots of Romaine lettuce, plus kale, Swiss chard and spinach tossed in for color.”

She advises that schools start with an inexpensive iceberg lettuce blend and add some brightly colored chopped greens like chard or kale. “The sweet blandness of the iceberg tends to mitigate some of the bitterness in the darker greens,” Densham notes.

Chef Garrett Berdan, RD, is a nutrition and culinary consultant in the Pacific Northwest. Designated as a White House Champion for Change, Berdan is committed to bringing nutrition and culinary skills to school kitchens. “The biggest change I see is a switch in salad greens. Where schools previously used an iceberg lettuce blend, they are now using 100% Romaine lettuce, 100% baby spinach or a combination of the two,” he reports. “The most popular way to serve dark vegetables is on the salad bar or in grab ‘n’ go entrée salads. While that’s not necessarily unique, it’s effective.”

Also in the Northwest, Cindy Shepherd manages the kitchen at Parkside Elementary in Grant Pass, Ore. The school has about 450 students, with an estimated 80% free/reduced-eligibility rate. Along with a very popular Fresh Fruit and Vegetable Program, Shepherd helps to encourage kids to build healthy nutrition habits with her own “Caught Eating Good” initiative. “We are now offering dark green choices multiple times, as either a raw solo item or cooked and served by itself or in a main dish offering,” she notes. Examples include: kale chips, veggie lasagna with chopped spinach, chef salads with a Romaine, spinach and baby arugula mix, spinach salad with strawberry vinaigrette, roasted broccolini, soups with chopped kale added and broccoli with lowfat cheese sauce.



BOK CHOY WRAPPERS

YIELD: 100 2-wrap servings

PER SERVING: 376 cal., 13 g pro., 56 g carb., 5 g fiber, 11 g fat, 2 g sat. fat, 23 mg chol., 377 mg sod., 2 mg iron, 71 mg ca.

INGREDIENTS

Water—3 gals.
Rice, brown, long-grain, regular, dry—10 lbs. or 1 gal. + 2 ¼ qts.
Bok choy, fresh—6 lbs. + 12 ozs. or 2 gals.
Pineapple tidbits, canned, in 100% juice—13 lbs. + 4 ozs. or 1 gal. + 2 qts. (2 No. 10 cans)
Chicken strips, cooked, frozen, thawed—12 lbs. + 4 ozs. or 3 gals.
Sweet-and-sour sauce—3 qts.
Soy sauce, low-sodium—¼ cup
Romaine lettuce, outer leaves—10 lbs. or 200 leaves
Red peppers, diced—optional

DIRECTIONS

1. Slice the bok choy into ¼-in. pieces and set aside. Rinse and dry the Romaine lettuce and set aside. Boil the water.
2. Place 2 lbs. + 8 ozs. of the brown rice in each of four 12x20x2 ½-in. steamtable pans.
3. Pour 3 qts. of boiling water into each steamtable pan over the brown rice. Stir. Cover the pans tightly.
4. Bake at 350°F for 40 minutes in a conventional oven or at 325°F for 40 minutes in a convection oven. Remove from the oven and let stand covered for 5 minutes.
5. Transfer the brown rice to a large bowl and add the bok choy pieces, pineapple tidbits, chicken, sweet-and-sour sauce and soy sauce. Divide the mixture evenly into four 12x20x2 ½-in. steamtable pans.
6. Bake at 350°F for 30 minutes in a conventional oven or at 350°F for 20 minutes in a convection oven. Heat to 165°F or higher for at least 15 seconds. Hold for hot service at 135°F or higher.
7. For each serving (2 lettuce wraps): Top each Romaine lettuce leaf with a 6-oz. spoodle (¾ cup) of the rice-bok choy filling.* Optional: Garnish with a small amount of diced red peppers. Fold the sides of the lettuce in toward the center and roll up like a burrito. Place seam side down. Serve immediately.

Photo, recipe & recipe analysis: Kara Sample, RD, SNS, dietitian, Weld County School District 6, Greeley, Colo.; Chef Amanda Smith; and AmeriCorps VISTA Volunteer Emily Wigington, U.S. Department of Agriculture (USDA), *Recipes for Healthy Kids Cookbook for Schools*, <http://teamnutrition.usda.gov>

***Notes:** Students can assemble their own lettuce wraps; provide a 1 ½-cup portion of the filling with two Romaine lettuce leaves. According to USDA: Two wraps provide 1 oz. equivalent meat, ¾ cup dark green vegetables, ½ cup fruit and 1 ½ ozs. equivalent grains. One wrap provides ½ oz. equivalent meat, ¾ cup dark green vegetable and ¾ oz. equivalent grains. One hundred servings produce about 54 lbs. or 6 gals. + 3 qts. of filling and about 10 lbs. or about 6 qts. of Romaine lettuce. This recipe also may be served over a bed of Romaine lettuce (see above photo) and portioned as desired for different customer segments.



The New Cool Kids

As schools experiment with different offerings, some enjoy greater success than others. For Shepherd, the key is to roast the vegetables in the oven. “I cannot make enough kale chips or roasted broccolini,” she asserts.

Densham affirms the rising acceptability of kale. “Kale is obviously very trendy, and it’s amazingly popular with kids when prepared properly. Kids actually like a bit of texture, so it is important not to overcook greens,” she advises. In addition to trying kale chips, she encourages schools to try kale-based salads, “where the dressing helps to tone down the bitterness.”

Meanwhile, Culver is pleased that her cooked broccoli enjoys popularity, even though “We serve it ‘naked.’ We want children to eat food for what it is, not for what is on top of it,” she explains. “We steam our broccoli until it is tender-crisp and bright green, and we never drown it in cheese. Kids love it this way.”

Try, Try, Try Again

It’s not easy to persuade kids to try something at school that they haven’t seen in the comfort of their own homes before. But school nutrition professionals know that perseverance is the secret! “Sample, sample, sample,” advises Berdan. “We all love free samples. If it’s a new spinach lasagna, beef with broccoli or raw kale salad, give samples both the day before and the day the item is served.”

Culver is grateful to turn to a team of volunteers. “We leverage our ‘outside experts’ to help encourage/coach children to eat new and unfamiliar foods,” she credits. “Our volunteer chefs do a great job of getting kids excited about vegetables, and the dietetic interns spend lots of time in the cafeteria, talking with kids about the new foods and encouraging them to ‘Try it, you might like it.’”

Meanwhile, Densham is awed by the dedication of the cafeteria team. “The school nutrition professionals on the line in cafeterias have a truly amazing ability to engage students in a positive way,” she notes. “When kids feel that connection to someone who has cooked kale or collards *for them*, they will take it and they will try it. *Every* adult in the

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cafeteria has the opportunity *every day* to teach kids about food.”

Shepherd, one of those dedicated site managers, has hit on an interesting approach: “I have found that if I can let my students try an item—either fresh or cooked—in a way that they feel they are ‘helping’ me research whether it is good enough to add to the menu, they will try anything!” She regularly puts a positive spin on the process. When offering a sampling of baked kale chips, “I presented the tasting as, ‘Wow! You won an opportunity to try the baked kale chips!’”

As the school year rolls along, many operators are testing the limits of their creativity—and finding it has no bounds! Consider these ideas collected through my School Meals That Rock social media campaign.

- Give your salads a fun name, like our “Popeye Salad” (with Romaine, spinach,

tomatoes, green onions, cucumbers and radishes).—*Lori Sanders, Rome, Ga.*

- Add cooked kale to the top of cheese pizza.—*School Nutrition Team, Portland (Ore.) Public Schools*

- Offer a side salad with a Romaine base, carrot and jicama sticks, grape tomatoes and chickpeas (garbanzo beans) tossed in a chili-lime dressing.—*School Nutrition Team, Cypress-Fairbanks (Texas) Independent School District*

- Add uncooked frozen spinach to pasta sauce, meatballs and soups.—*Susan Eaton, N.J.*

- Add fresh spinach to soups, such as an Italian Wedding Soup, just before serving. Or serve a spinach salad with bright, contrasting fruit, such as strawberries, pomegranate seeds,

mandarin oranges or persimmon wedges.—*School Nutrition Team, Provo (Utah) School District*

- Make red, white and green lasagna, with a layer of bright spinach.—*Jennifer Hoffman, Ohio*

- Offer cooked broccoli and grated cheese on a baked potato bar.—*Marsha Wartick, Ronan, Mont.*

- Add spinach or other greens to turkey for a Florentine Wrap.—*Chef Dave Mac, Michigan Team Nutrition*

- Menu sautéed spinach and garlic and sautéed citrusy broccoli; our customers love it!—*Mary Ann Lopez, SNS, South Windsor (Conn.) School District*

OODLES OF NOODLES

YIELD: 100 servings

PER SERVING: 235 cal., 9 g pro., 43 g carb., 5 g fiber, 4 g fat, 1 g sat. fat, 0 mg chol., 323 mg sod., 5 mg iron, 50 mg cal.

INGREDIENTS

Water—8 gals.

Penne pasta, whole-wheat, dry—11 lbs. or 3 gals. + 2 qts.

Olive oil, extra virgin—1 ½ cups

Grape tomatoes, fresh—12 lbs. or 2 gals.

Basil, dried—½ cup

Sea salt—¼ cup

Black pepper, ground—2 Tbsps.

Garlic, fresh—8 ozs. or 1 cup

Flour, whole-wheat—14 ozs. or 3 cups

Vegetable broth, low-sodium—2 gals. + 1 cup

Swiss chard, fresh—5 lbs. or 1 gal. + 2 ½ qts.

DIRECTIONS

1. Halve the tomatoes. Mince the garlic. Remove the stems from the chard and chop the chard head. Set all aside.

2. Heat the water to a rolling boil.

3. Slowly add the pasta. Stir constantly until the water boils again.

Cook about 8 minutes or until the pasta is *al dente*. Stir occasionally. Do not overcook. Drain well.

4. Heat the olive oil in a roasting pan or 20" x 17" x 7-in. square head pan on top of the stove and sauté half of the tomatoes (6 lbs. or 1



gal.) over medium heat for 2 minutes until the skins soften. Do not overcook. Tomatoes should maintain their shape. Reserve the remaining uncooked tomatoes for Step 7.

5. Add the basil, salt, pepper and garlic to the cooked tomatoes.

6. Sprinkle the whole-wheat flour over the tomato mixture. Sauté over medium heat for an additional 1-2 minutes. When the mixture begins to thicken, add the vegetable broth. Bring to a boil uncovered. Reduce heat to low.

7. Add the Swiss chard and the remaining 6 lbs. (or 1 gal.) tomatoes. Simmer over low heat, uncovered, for 2 minutes or until the chard is wilted. Heat to 135°F or higher for at least 15 seconds.

8. Pour the tomatoes over the pasta. Hold for hot service at 135°F or higher. To serve: Portion with an 8-oz. ladle (1 cup).

Photo, recipe & recipe analysis: Kathy Jones, foodservice coordinator, Skokie/Morton Grove School District 69, Skokie, Ill.; Chef Patsy Bentivegna; Joe Cullota, teacher; and Maggie Nessim (board member and parent), U.S. Department of Agriculture (USDA), *Recipes for Healthy Kids Cookbook for Schools*, <http://teamnutrition.usda.gov>

***Notes:** According to USDA: A one cup (8-oz. ladle) portion provides ½ cup red/orange vegetable, ⅓ cup other vegetable and 2 ozs. equivalent grains. One hundred servings of the recipe produce about 40 lbs. or 5 gals.



BRAISED COLLARD GREENS

YIELD: 4 servings*
PER SERVING: 50 cal., 1 g pro., 5 g carb., 3 g fat, 30 mg sod.

INGREDIENTS

Collard greens—1 large bunch
Olive oil, extra virgin—1 Tbsp.
Garlic cloves—3
Onion—1
Juice—1 lemon
Salt—to taste
Pepper—to taste

DIRECTIONS

1. Rinse and chop the collard greens. Mince the garlic. Dice the onion. Set all aside.
2. In a large pan, sauté the garlic and onions in the olive oil for 2 minutes over medium heat.
3. Add the collard greens to the mix and squeeze fresh lemon juice from one lemon over all of the ingredients. Sprinkle the salt and pepper onto the greens and stir over medium-high heat until the garlic and onions have browned, about 4 minutes.
4. For each serving: Portion 1 cup.

Recipe & recipe analysis: Oldways, www.oldwayspt.org

***Note:** If this recipe passes the test with a small group of students, adjust the quantities for batch preparation and conduct a complete nutrient analysis.



TO YOUR CREDIT: For CEUs toward SNA certification, complete the "To Your Credit" test on page 58.

GOIN' GREEN

Do you know which vegetables USDA has identified as being a part of the Dark Green Vegetable Subgroup for compliance with school meal nutrition standards? Only those vegetables marked in dark green print can be credited.

Asparagus	Grape Leaves	Spinach
Beet Greens	Green Beans	Swiss Chard
Bok Choy	Green Pepper	Turnip Greens
Broccoli	Kale	Watercress
Brussels Sprouts	Lettuce, Iceberg	Zucchini
Cabbage, Chinese	Lettuce, Leaf	
Cabbage, Green	Lettuce, Romaine	
Chicory	Mustard Greens	
Collard Greens	Okra	
Edamame	Olives, Green	
Endive (aka Escarole)	Parsley	



Finally, be sure to check out the recipes featured in this article, as well as additional selections available online at www.schoolnutrition.org/snmagazinebonuscontent. Look for USDA's recently released *Recipes for Healthy Kids Cookbook* (http://teamnutrition.usda.gov/Resources/recipes_for_healthy_kids.html). Visit farm-to-school websites for other recipes and menuing ideas. For example, the Oklahoma Farm-to-School initiative has a cookbook with several recipes featuring dark green vegetables, as well as some related trivia! You can find it online at <http://www.kitchenexpedition.com/cookbook>.

Kermit the Frog acknowledged that "it's not easy being green." But isn't there a saying about how nothing that is worthwhile comes easy? I hope that you will join me, Kermit and hundreds of school nutrition peers in joining the green team in 2013! **SN**

Dayle Hayes is a nutrition consultant and speaker based in Billings, Mont. She also maintains the *School Meals That Rock* Facebook page (www.facebook.com/SchoolMealsThatRock). You can reach her at EatWellatSchool@gmail.com.
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