

Eat 3 vegetables and 2 fruits every day!

- Discover fast ways to cook
- Color your plate
- Stock up
- Focus on whole fruits
- Shop what's in season
- Eating out



Harvest of the Month: Greens (Collards, Mustard and Turnips)

Benefits:

- **Winter greens** are high in vitamin C, which helps boost the immune system
- Two cups of raw **winter greens** makes about ½ cup cooked

Buying Tips:

1. **Winter greens** are available year round and taste sweeter during their peak time (December-March)
2. Store **winter greens** in a plastic bag in the refrigerator for two to five days

Harvest of the Month Recipe: *Shrimp and Collard Greens Stir Fry*

Ingredients:

- ½ lb. shrimp
- 1 lb. **collard greens**
- 1 tbsp. canola oil
- 1 clove garlic, minced
- ½ tsp. grated ginger
- 1 ½ tbsp. water
- ⅛ tsp. salt
- 1 tsp. sesame oil
- 4 cups brown rice, cooked

Instructions:

1. Trim the ends off the stems of the **greens**
2. Cut stems into 1-inch pieces and cut the leaves
3. Add canola oil, sesame oil and ginger to a pan
4. Add **collard** stems, **collard** leaves and shrimp
5. Toss well to coat with the oil
6. Cook for three minutes
7. Serve with cooked brown rice
8. Enjoy!



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Share your winter
greens recipes on social
media!



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