



# Beet & Turnip Au Gratin

**Serving Size:** ½ cup (16 servings per recipe)

## Ingredients

- About 6 turnips
- About 4 beets
- 2 garlic cloves
- 3 tablespoons butter
- 3 tablespoons flour
- 1 teaspoon salt
- 4 sprigs thyme
- 1 cup shredded cheese
- 2 cups 2% milk
- Green onions for garnish

## Directions

1. Grease a 9x13 baking sheet.
2. Preheat the oven to 375 degrees Fahrenheit.
3. Remove the greens from the turnips and beets and then wash them to remove all the dirt.
4. Slice the turnips and beets into thin discs, about ¼ inch thick.
5. Place a layer of these discs along the full base of the sheet pan, so that they overlap slightly.
6. For the cheese sauce:
  - a. Mince the garlic cloves into tiny pieces.
  - b. Melt the butter in a saucepan over medium heat.
  - c. Once melted, add the garlic, flour, salt, thyme, ½ cup of the cheese, and milk.
  - d. Allow the sauce to bubble on medium heat for 5-10 minutes. Keep stirring so it doesn't stick to the pan.
  - e. Take the saucepan off the heat once the cheese has melted and it has become a thick liquid.
7. Pour the cheese mixture over the first layer of turnip and beet discs.
8. Place another layer of turnip and beet discs over the cheese sauce.
9. Top the second layer with any remaining cheese sauce and the rest of the shredded cheese.
10. Bake for 40-45 minutes, until the cheese on top has turned golden brown and the turnips and beets are soft.



## Nutrition Facts

16 servings per container  
**Serving size** 1/2 cup

**Amount per serving**  
**Calories** 100

% Daily Value\*

**Total Fat** 7g 9%

Saturated Fat 3.5g 18%

Trans Fat 0g

**Cholesterol** 15mg 5%

**Sodium** 340mg 15%

**Total Carbohydrate** 7g 3%

Dietary Fiber 1g 4%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 106mg 8%

Iron 1mg 6%

Potassium 163mg 4%

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# Mexican-Inspired Swiss Chard Enchiladas

**Serving Size:** 1 enchilada (12 servings per recipe)

## Ingredients

- 1 bunch of Swiss chard
- 1 jalapeño pepper
- 1 teaspoon oil
- 1 can black beans, drained and rinsed
- 12 ounces salsa
- 12 6-inch corn tortillas
- 2 cups shredded cheddar cheese
- 3-4 green onions
- 2 tablespoons cilantro for garnish

## Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Chop the Swiss chard into one-inch chunks.
3. Dice the jalapeño pepper into small pieces. If you do not want the dish to be too spicy, you may first slice the jalapeno pepper in half and remove the seeds.
4. Heat the oil in a saucepan and sauté the Swiss chard and jalapeño pepper over medium heat.
5. After the Swiss chard and jalapeño pepper are soft, take the saucepan off of the heat.
6. Combine the sauteed Swiss chard and jalapeño pepper with the rinsed black beans and ¼ cup of the salsa in a bowl.
7. If you are using corn tortillas, microwave them for 10 seconds so they are easier to roll.
8. Stuff each tortilla with two tablespoons of the Swiss chard, jalapeño pepper, and black bean mixture; roll the stuffed tortilla tightly.
9. Tightly pack the rolled tortillas into a baking pan so the seams are on the bottom. The tortillas should be touching each other.
10. Cover the tortillas with the remaining salsa.
11. Add the shredded cheese on top of the rolled tortillas in the baking pan.
12. Cook the enchiladas for 20-25 minutes, until the cheese is fully melted.
13. Top with diced green onions and cilantro leaves.



## Nutrition Facts

12 servings per container  
**Serving size 1 enchilada**

Amount per serving  
**Calories 180**

% Daily Value\*

**Total Fat 8g 10%**

Saturated Fat 3.5g 18%

Trans Fat 0g

**Cholesterol 20mg 7%**

**Sodium 400mg 17%**

**Total Carbohydrate 21g 8%**

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein 8g**

Vitamin D 0mcg 0%

Calcium 212mg 15%

Iron 2mg 10%

Potassium 316mg 6%

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*\*This recipe was adapted from Cycle Farm Kitchen*

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# Roasted Beet Salad

**Serving Size:** 1 cup (6 servings per recipe)

## Ingredients

- 2-3 beets, washed and with the greens removed
- 1 teaspoon + ¼ cup oil
- A pinch of salt
- 1 can chickpeas, drained, rinsed, and dried
- ¾ cup fresh-squeezed orange juice
- 1 small green onion
- Chives, minced into tiny pieces
- Zest from one orange
- 1 teaspoon lemon juice
- ¾ cup feta cheese
- ¾ cup walnuts
- 2 cups spinach
- 2 cups arugula

## Directions

1. Preheat the oven to 425 degrees Fahrenheit.
2. Chop the beets down the middle. Then, chop these pieces in half once more.
3. Place chopped beets on a 9x13 sheet pan that is either greased or lined with parchment paper.
4. Drizzle the beets with 1 teaspoon of oil and sprinkle with a pinch of salt.
5. Bake the beets for 20 minutes.
6. Add the chickpeas to the same sheet pan and cook both the beets and chickpeas for another 20 minutes.
7. To make the dressing:
  - a. Place the orange juice in a small saucepan over medium heat and stir for about 10 minutes.
  - b. Dice the green onions and chives into tiny pieces.
  - c. Add the zest, lemon juice, green onions, and chives to the orange juice, and let the mixture cool for 15 minutes.
  - d. Slowly whisk in the ⅓ cup oil.
8. Once the beets and chickpeas have finished baking, serve on a bed of spinach and arugula topped with the cheese, nuts, and the orange dressing.



## Nutrition Facts

6 servings per container  
**Serving size** 1 cup

Amount per serving  
**Calories** 350

% Daily Value\*

**Total Fat** 26g 33%

Saturated Fat 5g 25%

Trans Fat 0g

**Cholesterol** 15mg 5%

**Sodium** 360mg 16%

**Total Carbohydrate** 24g 9%

Dietary Fiber 6g 21%

Total Sugars 9g

Includes 0g Added Sugars 0%

**Protein** 10g

Vitamin D 0mcg 0%

Calcium 175mg 15%

Iron 2mg 10%

Potassium 434mg 10%

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# Chicken Salad Lettuce Cups

**Serving Size:** ~½ cup (4 servings per recipe)

## Ingredients

- 12.5 ounces canned chicken
- 2 tablespoons parsley
- 2 tablespoons dill
- ¼ red onion
- 2 stalks celery
- 2 cloves garlic
- 1 teaspoon lemon juice
- 2 tablespoons mayo
- 1 teaspoon mustard
- 2 tablespoons plain Greek yogurt
- 1 head Romaine OR butter lettuce
- Chives for garnish

## Directions

1. Drain the canned chicken and add to a large mixing bowl.
2. Finely chop the parsley, dill, red onion, and celery. Mince the garlic cloves into tiny pieces. Add all of the chopped ingredients to the bowl.
3. Add the lemon juice, mayo, mustard, and Greek yogurt to the bowl.
4. Mix until everything is well combined.
5. Peel the lettuce leaves off of the head, thoroughly rinse, and dry.
6. Add the chicken salad mixture to the lettuce “cups” and top with diced chives.



## Nutrition Facts

4 servings per container  
**Serving size** 1/2 cup

Amount per serving

**Calories** 210

% Daily Value\*

**Total Fat** 10g 13%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 65mg 22%

**Sodium** 320mg 14%

**Total Carbohydrate** 7g 3%

Dietary Fiber 4g 14%

Total Sugars 3g

Includes 0g Added Sugars 0%

**Protein** 23g

Vitamin D 0mcg 0%

Calcium 86mg 6%

Iron 3mg 15%

Potassium 617mg 15%

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# Bok Choy & Snap Pea Noodles

**Serving Size:** 1 cup (4 servings per recipe)

## Ingredients

- 5 heads of Bok choy
- 2 cups snap peas
- 2 garlic cloves, minced into tiny pieces
- 2 tablespoons oil
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon sweetener (such as sugar, maple syrup, or honey)
- 2 packs of ramen noodles (prepared without the seasoning packets)
- 1-2 green onions for garnish

## Directions

1. Whisk together minced garlic, oil, soy sauce, and sweetener in a small bowl.
2. Cut the Bok choy heads into 4 strips, or separate by the leaves.
3. In a large saucepan on medium heat, add the sauce quickly followed by the chopped bok choy and snap peas.
4. Sauté the Bok choy and snap peas in the sauce until they are soft.
5. Prepare the ramen as directed by package and sauté with the vegetables and sauce for 1-2 minutes.
6. Add the green onions for garnish and serve.

*Note: To make this a complete meal, you can add a protein such as tofu or cooked ground beef to step 5.*



## Nutrition Facts

4 servings per container  
**Serving size** 1 cup

Amount per serving  
**Calories** 310

% Daily Value\*

**Total Fat** 14g 18%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 820mg 36%

**Total Carbohydrate** 40g 15%

Dietary Fiber 3g 11%

Total Sugars 8g

Includes 3g Added Sugars 6%

**Protein** 6g

Vitamin D 0mcg 0%

Calcium 73mg 6%

Iron 4mg 20%

Potassium 270mg 6%

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# Green Flat Joes

**Serving Size:** 1 stuffed tortilla (6 servings per recipe)

## Ingredients

- About 2 cups mustard greens
- About 2 cups spinach
- About 2 cups turnip greens
- 1 teaspoon oil
- 2 garlic cloves
- 2 green onions
- 6 eggs
- 6 6-inch corn tortillas
- Salt and pepper to taste

## Directions

1. Mince the garlic cloves into tiny pieces and finely chop the greens.
2. Heat the oil in a medium saucepan and add the garlic and greens.
3. Sauté the garlic and chopped greens until the greens begin to wilt.
4. Set the sauteed greens aside in a bowl.
5. Crack an egg into the saucepan and immediately press a tortilla into the egg so that the egg cooks to the tortilla.
6. Once the egg is cooked, flip the tortilla onto a plate and load it with the sauteed garlic greens.
7. Repeat with the rest of the eggs and tortillas.
8. Wrap the tortillas like burritos and serve.

*\*This recipe was adapted from Cycle Farm Kitchen*



## Nutrition Facts

6 servings per container  
**Serving size** 1 tortilla

**Amount per serving**  
**Calories** 170

% Daily Value\*

**Total Fat** 9g 12%

Saturated Fat 2g 10%

Trans Fat 0g

**Cholesterol** 195mg 65%

**Sodium** 140mg 6%

**Total Carbohydrate** 16g 6%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 8g

Vitamin D 1mcg 6%

Calcium 135mg 10%

Iron 2mg 10%

Potassium 279mg 6%

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# Radish & Kohlrabi Slaw

**Serving Size:** ½ cup (6 servings per recipe)

## Ingredients

- 1 head kohlrabi
- 6-7 small radishes
- 2 green onions
- 2 tablespoons cilantro
- 2 tablespoons parsley
- 1 garlic clove
- 4 tablespoons Lemon juice
- 2 tablespoons oil
- 1 tablespoon sugar
- A pinch of salt

## Directions

1. Wash and dry the kohlrabi and radishes and remove the greens.
2. Peel the first layer off of the kohlrabi and dispose.
3. Thinly slice the kohlrabi and radishes into discs, then chop the discs lengthwise into thin strips.
4. Dice the green onions, cilantro, parsley, and garlic cloves, and combine them in a bowl with the sliced kohlrabi and radishes.
5. Add the lemon juice, oil, sugar, and salt to the bowl.
6. Stir until well combined and let it sit for 10 minutes before serving so the kohlrabi and radishes can absorb the liquid.

*\*This recipe was adapted from Just Say Yes to Fruits and Vegetables*



## Nutrition Facts

6 servings per container  
**Serving size** 1/2 cup

**Amount per serving**  
**Calories** 60

	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 30mg	<b>1%</b>
<b>Total Carbohydrate</b> 5g	<b>2%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 2g Added Sugars	<b>4%</b>

<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 0mg	0%
Potassium 118mg	2%

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