



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Greens

*Lakota: omníčǎ tǎŋkínkinyan*



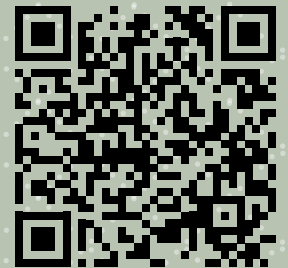
## Pick it!

Varieties include:  
collard, mustard,  
kale, Swiss  
chard, broccoli  
rabe.

## Try it!

Greens are good  
when eaten raw,  
boiled, steamed  
or sautéed.

## Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program--SNAP.

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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Greens

In season:



Spring and  
Summer

*Lakota: omníčā thāŋkínkinyan*

## Pick it!

Varieties of greens include collard, mustard, kale, Swiss chard, broccoli rabe.

Should have fresh, green leaves; remove wilted or yellow leaves and avoid any rot and rust.

Young leaves should be crisp, tender and about 8-12 inches long.

Keep un-rinsed greens in a plastic bag in refrigerator's crisper for 3 days; or 5 days if wrapped in moist paper towels.

To clean, rinse in cool water to remove dirt. Change water several times.

## Try it!

Each type of greens has a different flavor and popular cooking method.

Most make great additions to stir-fry, soups or stews.

Remove tough stems and central vein.

During boiling and steaming, nutrients are leached into cooking liquid, save liquid for soups.

Serve greens raw in salad, or cooked by boiling, steaming or sautéing.

## Types of Greens

**Collard:** Fairly tough, 20-60 minutes cook time, popular substitute for cabbage in Deep South.

**Chard:** Type of beet grown for leaves not root, use raw or cooked.

**Kale:** Slightly peppery-tasting; great raw, cooked in soups or baked as chips.



## Did you know...

Most greens are a good source of manganese. Manganese is important for bone formation, metabolism, breaking down carbohydrates and cartilage growth.



**Like it!**

## Wilted Swiss Chard with Garlic

### Ingredients

- 2 pounds Swiss chard; cleaned, coarsely chopped
- 3 Tablespoons olive oil
- 2 cloves garlic; minced
- Salt and ground black pepper to taste
- Fresh lemon juice, optional

### Directions

1. Rinse the greens in several changes of cold water. Remove stems and chop into 1-inch pieces. Set aside.
2. Stack the leaves and roll them into a tube shape. Using a sharp knife, cut across the tube until all the greens are prepared.
3. Mince the garlic and set aside.
4. Heat a skillet or sauce pan over medium-low to medium heat.
5. Add olive oil and chopped stems. Cook for 5 minutes.
6. Add garlic and cook an additional few seconds.
7. Add the wet chard 1 handful at a time stirring after each addition. Cover with a tight fitting lid.
8. Cook the greens about 5 minutes, keeping the bright color.
9. Remove the lid and cook over medium-high heat until all the liquid has evaporated, about 2-3 minutes.
10. Season with salt and pepper to taste. Serve with a squeeze of lemon juice if desired.

Yields 4 servings

Nutrition Facts per Serving:  
Calories 140; Fat 11g; Cholesterol 0mg; Sodium 480mg;  
Carbohydrates 9g; Fiber 4g; Sugar 3g; Protein 4g

## Baked Kale Chips

### Ingredients

- 1 bunch kale
- 2 teaspoons olive oil
- optional seasonings

### Directions

1. Preheat oven to 200 degrees F.
2. Lightly spray 2 large baking sheets with vegetable oil cooking spray.
3. Wash and thoroughly dry the kale. Cut with kitchen shears or tear leaves from stems and thick center ribs in middle of leaves, then tear into large sections.
4. Toss with 1 teaspoon oil in a large bowl. Use slightly more oil if needed.
5. Place in a single layer on baking sheets. Bake about 20 minutes.
6. Remove the baking sheets from the oven and turn kale chips over. Bake an additional 10 minutes, checking for even crispness. Continue baking if needed.
7. Let chips cool slightly on a baking sheet placed on a cooling rack.
8. Transfer to a bowl and sprinkle lightly with salt, grated Parmesan cheese or your favorite spice if desired.

Nutrition Facts per Serving:  
Calories 58; Fat 4.8g; Cholesterol 0g; Sodium 15g;  
Carbohydrate 3.7g; Fiber 1.3g; Sugar .8g; Protein 1.2g

**Find more recipes  
and videos at  
[extension.sdstate.edu](https://extension.sdstate.edu)**

*Lakota word translated by Jeshua Estes*

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# Greens

*Lakota: omníčá thánkínkinyan*

- Varieties include: collard, mustard, kale, Swiss chard, broccoli rabe.
- Fresh, green leaves; avoid wilted, yellow, rotted and rusted leaves.
- Young leaves should be crisp and tender.
- Keep unrinsed greens in a plastic bag in crisper for 3 days; 5 days if wrapped in moist paper towels.
- Varieties have different flavors and uses.
- Good when eaten raw, boiled, steamed and sautéed.
- To clean: rinse in many changes of cool water; remove tough stems, central vein.
- If boiling or steaming, the nutrients are leached into the water. Save the water and use it in soups.

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## Wilted Swiss Chard with Garlic

### Ingredients

- 2 pounds Swiss chard; cleaned, coarsely chopped
- 3 Tablespoons olive oil
- 2 cloves garlic; minced
- Salt and ground black pepper to taste
- Fresh lemon juice, optional

### Directions

1. Rinse the greens in several changes of cold water. Remove stems and chop into 1-inch pieces. Set aside.
2. Stack the leaves and roll them into a tube shape. Using a sharp knife, cut across the tube until all the greens are prepared.
3. Mince the garlic and set aside.
4. Heat a skillet or sauce pan over medium-low to medium heat.
5. Add olive oil and chopped stems. Cook for 5 minutes.
6. Add garlic and cook an additional few seconds.
7. Add the wet chard 1 handful at a time stirring after each addition. Cover with a tight fitting lid.
8. Cook the greens about 5 minutes, keeping the bright color.
9. Remove the lid and cook over medium-high heat until all the liquid has evaporated, about 2-3 minutes.
10. Season with salt and pepper to taste. Serve with a squeeze of lemon juice if desired.

Yields 4 servings.

### Nutrition Facts per Serving:

Calories 140; Fat 11g; Cholesterol 0mg; Sodium 480mg;  
Carbohydrates 9g; Fiber 4g; Sugar 3g; Protein 4g

## Baked Kale Chips

### Ingredients

- 1 bunch kale
- 2 teaspoons olive oil
- optional seasonings

### Directions

1. Preheat oven to 200 degrees F.
2. Lightly spray 2 large baking sheets with vegetable oil cooking spray.
3. Wash and thoroughly dry the kale. Cut with kitchen shears or tear leaves from stems and thick center ribs in middle of leaves, then tear into large sections.
4. Toss with 1 teaspoon oil in a large bowl. Use slightly more oil if needed.
5. Place in a single layer on baking sheets. Bake about 20 minutes.
6. Remove the baking sheets from the oven and turn kale chips over. Bake an additional 10 minutes, checking for even crispness. Continue baking if needed.
7. Let chips cool slightly on a baking sheet placed on a cooling rack.
8. Transfer to a bowl and sprinkle lightly with salt, grated Parmesan cheese or your favorite spice if desired.

### Nutrition Facts per Serving:

Calories 58; Fat 4.8g; Cholesterol 0g; Sodium 15g; Carbohydrate 3.7g; Fiber 1.3g; Sugar .8g; Protein 1.2g



SOUTH DAKOTA STATE  
UNIVERSITY EXTENSION

# Greens

In season:



Spring and  
Summer

*Lakota: omníča thąnkínkinyan*

## Sampling Display Instructions

### Wilted Swiss Chard with Garlic

| Ingredients                               | 24 Samples      | 32 Samples    | 48 Samples      |
|---|-----------------|---------------|-----------------|
| Samples: 2 Tablespoons serving            |                 |               |                 |
| Swiss chard; cleaned and coarsely chopped | 1 lb.           | 2 lbs.        | 3 lbs.          |
| Olive oil                                 | 2 ½ Tablespoons | 3 Tablespoons | 4 ½ Tablespoons |
| Garlic; minced                            | 1 clove         | 2 cloves      | 3 cloves        |
| Salt and ground black pepper              | To taste        | To taste      | To taste        |
| Fresh lemon juice, optional               | As desired      | As desired    | As desired      |

### Directions:

1. Rinse the greens in cold water. Remove the stems and chop them into 1-inch pieces. Set aside.
2. Stack the leaves and roll them into a tube shape. Using a sharp knife, cut across each tube until all the greens are prepared.
3. Mince the garlic and set aside.
4. Heat a skillet over medium-low heat. Add olive oil and chopped stems. Cook 5 minutes.
5. Add garlic and cook an additional few seconds. Add the wet chard 1 handful at a time. Stir after each addition. Cover with a tight fitting lid. Cook the greens about 5 minutes, keeping the bright color, careful not to overcook.
6. Transfer to a warm slow cooker for transport. Season with salt and pepper to taste. Serve with a squeeze of lemon juice, if desired.

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates, plastic forks
- Spoon, fork, spatula for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional) [youtube.com/watch?v=tnp4E-NjAtw](https://youtube.com/watch?v=tnp4E-NjAtw)



### Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post the Allergy Alert sign.
- Place only a few samples out at a time, using small plates and forks.
- Ask parents permission before giving children a sample.
- Ask them if they use greens, like chard, often in their meals. Ask them if they could use this recipe.
- Remind them that this recipe is a great side to beef, chicken or fish.
- Lakota word translated by Jeshua Estes.

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# Greens

In season:



Spring and  
Summer

*Lakota: omníča thąnkínkinyan*

## Sampling Display Instructions

### Baked Kale Chips

| Ingredients         | 24 Samples  | 32 Samples  | 48 Samples                     |
|---------------------|-------------|-------------|--------------------------------|
| Samples: 1-2 chips  |             |             |                                |
| Kale                | 1 bunch     | 1 ½ bunches | 2 bunches                      |
| Olive oil           | 2 teaspoons | 3 teaspoons | 1 tablespoon and<br>1 teaspoon |
| Optional seasonings | If desired  | If desired  | If desired                     |

### Directions:

1. Preheat oven to 200 degrees Fahrenheit. Lightly spray 2 large baking sheets with vegetable oil and cooking spray.
2. Wash and thoroughly dry the kale. Cut with kitchen shears or tear leaves from stems and thick center rib in middle of leaves, then tear into large sections.
3. Toss with half of the oil in a large bowl. Use slightly more oil if needed.
4. Place in a single layer on baking sheets. Bake about 20 minutes, then remove the baking sheets from the oven, turn kale chips over.
5. Check after an additional 10 minutes to determine if they are evenly crisp. Continue baking if needed.
6. Let chips cool slightly on a baking sheet placed on a cooking rack. Finally, transfer to an air-tight container, using parchment paper to layer the chips.

### Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Paper plates or napkins
- Spatula or thongs for serving
- Pick It! Try It! Like It! Preserve It! sign as table tent and fact sheet or recipe card
- Allergy Alert sign on table
- Recipe video (optional)  
[youtube.com/playlist?list=PLlIdDb7IZYqIWYg\\_nH3tCtQgNv0DcsstO](https://youtube.com/playlist?list=PLlIdDb7IZYqIWYg_nH3tCtQgNv0DcsstO)



### Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post Allergy Alert sign.
- To serve, place 1-2 chips on a small plate or napkin. Allow tasters to choose a seasoning or Parmesan cheese, if desired.
- Place only a few samples out at a time.
- Ask parents permission before giving children a sample.
- Ask them if they use greens, like kale, often in their meals. Ask them if they could use this recipe.
- Lakota word translated by Jeshua Estes.

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