

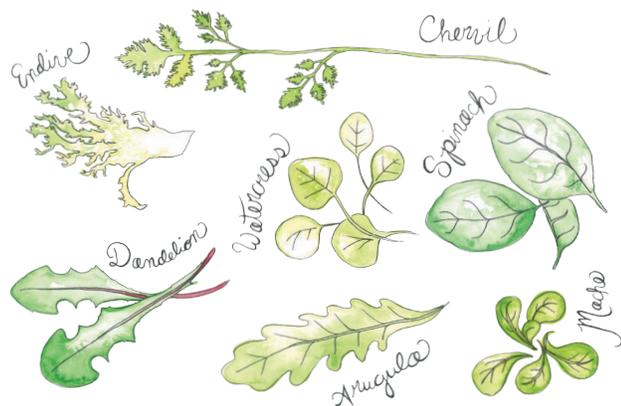


# MIXED GREENS

## IN THE CAFETERIA

New Hampshire Harvest of the Month provides resources for the cafeteria, classroom, and community to promote the use of local, seasonal foods.

[www.nhharvestofthemonth.org](http://www.nhharvestofthemonth.org)



### Tidbit

The versatility of greens, in flavor, shape and application, is enormous! They can accompany any type of dish and, many varieties can be eaten raw or cooked. No matter what the season, fresh greens can end up on your plate.

### Cooking Tips

- To avoid spoilage, wash greens right before use; use a large basin to rapidly immerse, then shake leaves or use a colander. A salad spinner will remove the most moisture.
- Arugula can be eaten raw or cooked.
- Spinach cooks quickly (1-3 minutes) and reduces considerably in volume.
- To freeze: Blanch for two minutes.

## RECIPES

### Honey-Dijon Vinaigrette Dressing

**Yield:** 1½ cups

**Ingredients:**

1 cup olive oil  
5 Tbsp. cider vinegar  
3 Tbsp. honey  
2½ tsp. fresh grated ginger or 1 tsp. dried ginger  
2½ tsp. dijon mustard  
1¼ tsp. garlic, minced  
salt and pepper, to taste

**Directions:**

1. Mix together all ingredients, pour over salad.
2. Be sure to shake up the dressing before you pour.

### Sesame-Soy Dressing

**Yield:** approx. 2½ cups

**Ingredients:**

1 cup canola oil  
1 cup rice vinegar  
6 Tbsp. soy sauce  
1 Tbsp. sesame oil  
1 Tbsp. honey  
½ tsp. pepper  
optional: fresh chives

**Directions:**

1. Mix together all ingredients, pour over salad.
2. Be sure to shake up the dressing before you pour.

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## Storage Tips

- **Arugula & Lettuce:** Store 2-5 days in the fridge, depending on the variety; place in a perforated plastic bag, loosely wrapped in a damp paper towel.
- **Spinach:** Store 4-5 days in the fridge.

## Benefits

- **Arugula:** An excellent source of vitamin A, B9 (folic acid) and C and the minerals magnesium, manganese and calcium. It is a very good source of vitamin B2 (riboflavin) and the minerals copper, iron and potassium.
- **Lettuce:** Most varieties are rich in B9 (folic acid) and the mineral potassium. Romaine lettuce is typically viewed as the most nutrient-rich. It is an excellent source of vitamin A, B1 (thiamine), B2 (riboflavin), B9 (folic acid) and C, as well as the minerals chromium and manganese.
- **Spinach:** An excellent source of vitamin A, B9 (folic acid) and C. It is a very good source of vitamin B2 (riboflavin) and the minerals iron, magnesium and manganese.

## Mini Activities

- Sauté several types of greens with fresh garlic, olive oil, salt and pepper to see what green students like best.
- Use any type of green to taste test several dressing types, such as Maple Balsamic Vinaigrette, Honey-Dijon Vinaigrette, Sesame-Soy, or Yogurt Ranch

## Kid-Friendly Eating Tips

- Give arugula pesto a try as a sandwich spread!
- Use bibb or butterhead lettuce as a wrap.
- Sauté chard, collards, pac choy or spinach with fresh garlic, olive oil, salt, and pepper; serve it on its own or add to scrambled eggs, soup, or a baked dish.
- Toss pea or sunflower shoots in with a pasta dish or potato salad.
- Taste test a variety of dressings on any type green.

## VARIETIES OF GREENS:



Arugula



Bibb & Butterhead Lettuce



Green Romaine Lettuce



Red Oak Leaf Lettuce



Pac Choy



Pea Shoots



Sunflower Shoots



Spinach