HOW TO PREPARE AND STORE Fresh Greens

Ready in:
16 minutes

What you need:

- Fresh greens: Kale, collard greens, swiss chard, spinach
- Cutting board
- Sharp knife
- Baking sheet
- Large pot
- Ice (if blanching greens)
- Freezer-safe storage bags

Directions

1. Fill large bowl or clean sink with cold water. Add greens and shake in the water to start to remove dirt. Use fingers to brush away any dirt left after shaking and give a quick rinse over the sink.

2. Place cleaned greens in salad spinner or place greens on paper towels or dish towel to let dry.

3. Place clean greens on cutting board. Fold leaves together and cut the stem away from the leaves using a sharp knife. Do this with all the greens.

4. Stack a few leaves with the stem cut away on top of each other on the cutting board. Holding greens in place with one hand, cut greens into strips and then chop strips into smaller pieces. Do this with all the greens.

Follow steps 5 to 8 if freezing extra greens to use later. Blanching prepares the greens to be frozen.

5 Blanching (optional): Boil water in large pot. Line baking sheet with paper towel.

6 Cook chopped greens in boiling water for 20 to 30 seconds, then move greens to the bowl of ice water with slotted spoon (this stops it from cooking).

7 After 30 to 60 seconds, drain greens from ice water and spread out on baking sheet lined with a paper towel. Press out any remaining water using paper towels.

8 To freeze, spread chopped greens in an even layer on baking sheet. Freeze until fully hard (about 1 hour.) Transfer to freezer-safe storage bag and store in freezer.

Tips

- Any of the above greens can be prepped with steps 1 to 4 and can be added directly to meals.
- Blanching and freezing can help to store greens for up to a year.
- Greens can be eaten raw or added to soups, stews or other hot meals.
- Collard greens tend to be tough and are best when cooked.

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