

How I get my kids to eat their greens!!!

-Jennie (mom of 3!!!)

Below are 2 of my family's favorite leafy green recipes. My children picked these to share because not only do my kids ask for seconds, but often their friends will also. I like them both because they are quick, easy and only use one dish to prepare. These recipes are also easily adapted to suit your families taste or to use ingredients you may already have on hand.



ENJOY

Strawberry Spinach Salad

½ c. brown sugar	10 oz. fresh baby spinach leaves, washed
1/2c. light olive oil	1 quart. Strawberries, hulled and sliced
1/4c. apple cider vinegar	1/4c. toasted slivered almonds
¼ tsp. paprika	
¼ tsp. Worcester sauce	
1 tsp. onion powder	

In a large bowl whisk the first 6 ingredients until well blended. Add in the remaining 3 ingredients and toss to coat well. Refrigerate 15 minutes before serving.

Variations: This salad is good with many different kinds of fruits and nuts. It is also good with some crumbled goat cheese or shredded cheddar. The dressing does have a lot of oil and sugar in it and once I got my children hooked on eating their spinach using this salad I have been able to cut back dramatically the amount of oil and sugar when I am making this for our family.

Kale Soup

½ lb. ground linguica
2 cloves garlic, minced
1 onion chopped
2 bunches kale, leaves removed from the stems and roughly chopped
8 cups chicken or beef broth
2 bay leaves
5 potatoes peeled and cubed
2 carrots sliced
1 can, 16 oz. pinto beans, undrained
Salt and pepper to taste

In large stock pot cook linguica, garlic, onion and kale over medium heat until meat is browned. Add the rest of the ingredients and simmer until vegetables are tender. Cool slightly, remove bay leaves before serving.

Variations: If your kids like spicy try substituting chorizo for the linguica. Any of your families favorite canned beans can be substituted as well as vegetables. This is a great way to get your kids to try beans or veggies that they are unsure of. This recipe can be doubled or tripled easily and frozen for up to 2 months for a quick and easy meal when you have a busy week ahead.