

### Introduction

Leafy greens such as kale, spinach, and arugula are bursting with nutrients. Eating more of them has been shown to help detoxify your body, reduce inflammation, and fight disease—but we're not always eager to make them the star of our plate.

Source: <https://www.cookinglight.com/food/in-season/leafy-greens--recipes#stack-onto-sandwiches>

### Tips 1 - 8

#### 1. Sneak them into a smoothie.

Adding a handful of greens into a fruit-based smoothie is an easy and tasty way to get a healthy serving of leafy greens.

#### 2. Pack them into pesto.

Although pesto is traditionally made with basil, leafy greens can easily be subbed in. Our spinach pesto is a gorgeous twist on the original, while our arugula version adds a peppery bite.

#### 3. Put them in a bowl

We put everything else in bowls. Why not pack them full of leafy greens for added nutritional benefits? Spinach, kale, and arugula all make excellent additions to any bowl.

#### 4. Bring them to breakfast.

Starting your day with a serving of greens ensures you're fueling your body with essential vitamins, minerals, and antioxidants. Eggs are a great blank slate for greens—they pair well with just about any variety.

#### 5. Wrap them up.

Yes, lettuce wraps are great, but there's nothing wrong with wrapping up your leafy greens for a quick and easy lunch. Use Flatout Light whole-grain flatbreads to keep calories in check; you can find them at most supermarkets, usually in the bakery section.

#### 6. Pile it on a pizza.

Pizzas are made for piling on the toppings—but instead of pepperoni, try a handful of arugula or spinach. Whether you bake it under the cheese or scatter it on top, it's a tasty way to get your greens.

#### 7. Add them to bread pudding.

You just can't go wrong with a savory bread pudding—think of it as a cross between holiday stuffing and a cheesy breakfast casserole. It is one of the most comfort food-esque ways to introduce greens into a meal.

#### 8. Put them in pie.

Make this classic comfort food and family favorite more healthy by adding some hearty sautéed greens. This recipe is so good the kids will never know there are greens underneath this tasty crust. Trust us.

### Tips 9 - 19

#### 9. Stir them into soup.

Use tender, silky greens in soups and stews, especially during the winter when comfort foods are a dinnertime staple. Kale works well in Italian soups, while chard gives bean-based broths a boost.

#### 10. Toss them into pasta.

Kale, spinach, and arugula all taste great stirred into pasta dishes. Even if the recipe doesn't call for it, greens can be easily tossed in at the end of the cooking time for added nutrients, color, and flavor.

#### 11. Top tarts with them.

This cheesy spinach tart is something the whole family will enjoy--leafy green lovers or not.

#### 12. Tuck them into tacos.

Any hearty green will work for this delicious taco recipe. This recipe is all the proof we need that greens can taste good and be good for you. Of course you don't have to stick to this recipe. Mix it up by adding chicken, fish, or any other topping of your choosing. (Just don't forget the greens.)

#### 13. Put them in potato salad.

Use some lush leafy greens to dress your summer potato salad at any upcoming cookout.

#### 14. Mix them into a stir-fry.

Stir-fries and sautés are great for using up odds and ends from the week, so throw in leftover greens and enjoy a hearty one-dish meal.

#### 15. Use As a Wrap

Instead of reaching for a tortilla or flatbread, use a leafy green as the base for your wrap. Bibb lettuce, romaine, and cabbage all work well—just fill with toppings, roll, and enjoy!

#### 16. Stuff them into potatoes.

Stuffed potatoes are such a simple weeknight meal. Add some vitamins and nutrients by stuffing some extra leafy greens like kale, arugula, spinach, or collards.

#### 17. Add to Appetizers.

From crostini and tartines to smooth and creamy dips, leafy greens can spruce up any app. Spinach is an obvious choice, but Swiss chard and arugula work beautifully as well.

#### 18. Bake Into Chips.

Kale chips make a healthy, delicious snack, and they can take on all sorts of fun flavors. Keep it simple with olive oil and salt, or go bold with chipotle chile powder.

#### 19. Stack Onto Sandwiches

Whether you're pressing a panini or assembling a pita, there's plenty of room for greens of all sorts. If your sandwich is cold, try crisp arugula or romaine, while hot sandwiches pair well with spinach and kale.