

Joy of Living Cooking School

March 2021 Greens

Asian Kale Slaw (8 Servings)

Dressing

- Zest from 1 lemon
- 1/2 cup Fresh Lemon Juice
- 1/4 cup Bragg's Liquid Aminos
- 1 tablespoon Ginger, grated
- 1 clove Garlic, grated
- 1/2 teaspoon Maple Syrup
- 3 Green Onions (white parts only), chopped

Slaw

- 1 bunch Kale, thinly shredded
- 1/2 Red Cabbage, shredded
- 1 cup Carrots, grated
- 1/2 cup Jicama, grated
- 1/2 bunch Cilantro, chopped
- 3 Green Onions (green parts only), sliced thinly
- 1 tablespoon White Sesame Seeds



Nutrition Facts	
Servings: 8	
Amount per serving	
Calories	55
	% Daily Value*
Total Fat 1.3g	2%
Saturated Fat 0.3g	2%
Cholesterol 0mg	0%
Sodium 200mg	12%
Total Carbohydrate 9.9g	4%
Dietary Fiber 2.3g	8%
Total Sugars 3.8g	
Protein 2.4g	
Vitamin D 0mcg	0%
Calcium 77mg	6%
Iron 1mg	6%
Potassium 278mg	6%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by **verywell**

In a large bowl, add all the dressing ingredients and whisk until combined. Add the kale and cabbage to the bowl and toss until thoroughly coated with the dressing. Allow to sit for 15 minutes or until ready to serve. Add remaining slaw ingredients and toss to combine.

Caldo Verde (Portuguese Collard Soup) (6 Servings)

- 1 small Yellow Onion, sliced
- 4 cloves Garlic, minced
- 3 large (5 small) Yukon Gold Potatoes
- 6 cups Low-Sodium Vegetable Broth
- 2 Bay Leaves
- 1 bunch Collard Greens, cut into ribbons
- 3 small Tomatoes, diced



Nutrition Facts	
Servings: 6	
Amount per serving	
Calories	81
	% Daily Value*
Total Fat 0.4g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 67mg	3%
Total Carbohydrate 16.7g	6%
Dietary Fiber 2.6g	9%
Total Sugars 1.7g	
Protein 4.1g	
Vitamin D 0mcg	0%
Calcium 54mg	4%
Iron 1mg	5%
Potassium 371mg	8%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by **verywell**

Add onions to a large pot and place over medium-low heat. Stir as needed and cook until soft, about 5 minutes. Add the garlic and cook for another minute until the garlic is fragrant, but not brown.

Peel and cut the potatoes into 3/4" cubes and add to the pot with the vegetable Broth and bay leaves. Bring to a boil, reduce to a simmer, cover and cook until the potatoes are fork tender, about 20 minutes.

Remove about 2 cups of the potatoes from the pot and set aside. Using a potato masher or immersion blender, blend the remaining potatoes into the broth until it reaches your preferred consistency. Add the greens and tomatoes and cook for 15 minutes, until the greens are softened.

Serve hot.