

COOKING WITH GREENS & HERBS



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Excellent source of:

- Dietary fiber
 - Vitamin C
 - Calcium
 - Folate
 - Carotenoids
 - Glucosinolates
- } Support antioxidant and anti-inflammatory activities

Adding kale to your plate:

- Enjoy cooked or raw
- If raw, "massage" kale with clean hands or salad tongs to soften and lessen the natural bitter taste

Kale Chips

Ingredients

- 1 bunch of kale, washed and dried
- 1-2 TBSP oil
- Your favorite spices such as garlic powder or paprika

Preparation

1. Preheat oven to 275 degrees F.
2. Remove woody stem from kale. Chop into bite size pieces.
3. Spread kale onto baking sheet in a single layer. Drizzle on oil and spices.
4. Bake for 20 minutes, flipping half way through.

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Swiss Chard



Excellent source of:
Vitamin A

- Vitamin C
- Vitamin E
- Magnesium
- Catechin
- Quercetin

} Support antioxidant and
anti-inflammatory
activities

Adding swiss chard to your plate:

- Cut and discard bottom 1-inch of stem prior to cooking
- Sauté in oil with onions and garlic for a quick side dish

Chard & Feta breakfast toast

Ingredients

- 1 slice whole grain bread
- 2 large swiss chard leaves, washed and chopped
- 1 tsp olive oil
- 1 tsp feta
- 1 hard boiled egg, thinly sliced or scrambled eggs

Preparation

1. Toast bread.
2. Sauté chard in oil until soft and tender.
3. Layer chard on toast. Top with feta and egg.

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Collards



Excellent source of:

- Dietary fiber
- Vitamin C
- Vitamin A
- Calcium
- Glucosinolates — Support antioxidant and detox activities

Adding collards to your plate:

- Sauté or steam to add to stews or stir fry
- Use a wrap! See recipe below

Collards

Ingredients

- 4-6 collard leaves to make at least 4 wraps
- Your favorite burrito or wrap filling

Preparation

1. Bring 1-2 inches of water in a pot to a boil. Reduce heat to simmer and dip each leaf into water for 10-20 seconds.
2. Trim thick part of stem from leaf.
3. Add wrap filling to center.
4. To fold, pull in two sides of leaf (including cut stem side).
5. With the sides kept folded in, grab the bottom of the leaf and fold to roll up to make a wrap.

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Sage



Excellent source of:

- Vitamin K
 - Flavonoids
 - Rosmarinic acid
- } Support antioxidant and anti-inflammatory activities

Adding sage to your plate:

- Sprinkle diced fresh sage on top of any meal from pizza to salads
- Add to chicken or fish when baking

Beans with sage

Ingredients

- 1 15-oz can of navy, Great Northern, or cannellini beans
- 1/4 cup olive oil
- 1 1/2 TBSP chopped fresh sage
- 2 garlic cloves, minced

Preparation

1. Heat a pot or skillet on medium-low heat.
2. Drain and rinse beans. Add beans and olive oil. Allow beans to warm, about 5 minutes.
3. Add garlic and sauté 2-3 minutes.
4. Add sage and stir to combine with beans. Serve!

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Thyme



Excellent source of:

- Vitamin C
- Thymol - an essential oil — Antibacterial properties
- Flavonoids — Support antioxidant activities

Adding thyme to your plate:

- Add towards the end of the cooking process for a recipe
- Use the lemon thyme dressing both for salads and as a marinade

Lemon thyme dressing

Ingredients

- 1/4 cup olive oil
- 2 TBSP lemon juice
- 1 TBSP Dijon mustard
- 1 tsp fresh thyme, chopped
- 1/2 tsp salt (optional)

Preparation

1. In a small airtight container, combine all ingredients.
2. Shake well to combine.
3. Adjust seasonings as needed - feel free to add black pepper.

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Mint



Excellent source of:

- Vitamin C
 - Vitamin A
 - Flavonoids
 - Carotenoids
- } Support antioxidant and anti-inflammatory activities

Adding mint to your plate:

- Supports digestion and the aroma can help improve mood and focus
- Add fresh chopped mint to water or seltzer

Cucumber mint water

Ingredients

- 1/2 medium cucumber, sliced
- 6 fresh mint leaves
- 1/2 lime, sliced
- 10-12 cups of water

Preparation

1. Combine all ingredients in a large pitcher.
2. Cover pitcher and refrigerate from 1 - 8 hours. The longer the water is infused, the stronger the flavor will taste.
3. Strain water into a glass and serve with a slice of cucumber as garnish.

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Lavender



Excellent source of:

- Vitamin A
- Vitamin C
- Polyphenols — Support antioxidant activities

Adding lavender to your plate:

- Pair with other fresh herbs like oregano, thyme, or sage
- Combine with citrus fruit

Berry lavender smoothie

Ingredients

- 1/2 cup strawberries
- 1/2 cup raspberries
- 1/4 cup Greek yogurt
- 1/2 cup milk or non-dairy milk
- 1 TBSP lavender
- 1 tsp honey

Preparation

1. In a blender, combine fruit, yogurt, milk, lavender, and honey. Blend until smooth.
2. Add ice as desired and blend again.
3. Pour into a glass and enjoy.

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Tomatoes



Excellent source of:

- Vitamin A
 - Vitamin C
 - Biotin
 - Lycopene
 - Beta-carotene
- } Support antioxidant and anti-inflammatory activities

Adding tomatoes to your plate:

- Include in sandwiches, salads, and wraps
- Fresh tomatoes can be frozen to add to sauces and soups at a later date

Roasted tomatoes

Ingredients

- 6 tomatoes, washed
- 2 Tbsp olive oil
- 1/2 tsp pepper
- 1 Tbsp dried parsley
- 1 Tbsp garlic, minced
- 2 Tbsp Parmesan cheese (optional)

Preparation

1. Preheat oven to 425 degrees F.
2. Spray large baking sheet with cooking spray or add parchment paper.
3. Cut each tomato in half. Place tomato on the baking tray, cut side up.
4. Drizzle tomatoes with half of the oil and season with pepper.
5. Cook for 30 minutes, or until tomatoes are beginning to brown on the bottom.
6. Mix the remaining oil, parsley, garlic, and cheese in a small bowl.
7. Remove tomatoes from oven and sprinkle the herb mixture on top.
8. Return to oven for another 10 minutes.

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Sautéed tomatoes

Ingredients

- 4-6 tomatoes, washed
- 3 Tbsp olive oil
- 1/2 tsp pepper
- 1/2 (4.5oz) can green chilies
- Small bunch of fresh mint leaves, finely chopped

Preparation

1. Slice each tomato horizontally in half.
2. Arrange tomato halves cut-side down in a large skillet. Add olive oil and set pan over medium heat for about 5 minutes.
3. Flip the tomatoes over and add garlic and chilies. Sprinkle with pepper, cover pan, reduce heat, and cook until tomatoes are softened, about 15 minutes. While cooking, spoon oil mixture over the tomatoes.
4. When tomatoes are about done cooking, add mint on top and cook for another minute or two.
5. Remove from heat and serve.

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Eggplant



Good source of:

- Fiber
 - Thiamin
 - Phenolic acids
 - Anthocyanins
- } Support antioxidant and anti-inflammatory activities

Adding eggplant to your plate:

- Cut into cubes and add to stir fry
- Roast then mash into a dip
- Slice thinly and add to sandwiches or wraps

Veggie quesadillas

Ingredients

- Olive oil or cooking spray
- 4 tortillas (10 inch)
- 1 15-oz can black beans, drained and rinsed
- 1/2 medium eggplant, thinly sliced
- 1 yellow onion, chopped
- 1 cup tomatoes, chopped
- 1 cup grated cheese, low-fat
- 1 tsp dried oregano, divided

Preparation

1. Heat large skillet to medium high. Add oil and sauté vegetables for 5-10 minutes, stirring frequently for desired tenderness. Remove from pan and set aside.
2. While vegetables are cooking, add beans to a microwave safe bowl. Sprinkle with oregano and other spices as preferred. Heat in microwave for 2 minutes. Mash beans slightly with a fork.
3. Add more oil back into pan. Place tortilla in pan. Add cheese on entire tortilla. On half of the tortilla, add beans and vegetables.
4. Fold tortilla in half and cook for about 4 minutes on each side.

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Bell pepper



Good source of:

- Vitamin C
- Vitamin A
- Vitamin B6
- Carotenoids
- Flavonoids

} Support antioxidant
and anti-inflammatory
activities

Adding peppers to your plate:

- Slice & serve with your favorite dip
- Add chopped pepper to tuna or chicken salad
- Sauté into scrambled eggs

Stuffed peppers

Ingredients

- 1 Tbsp olive oil
- 1/2 medium onion, chopped
- 1 cup chopped mushrooms
- 1 lb ground turkey
- 2 cups spinach, chopped
- 1 cup diced tomatoes
- 2 cloves garlic, minced
- 1 tsp paprika
- 1 tsp oregano
- 1 1/2 cups cooked rice
- 4 large bell peppers, tops and seeds removed

Preparation

1. Preheat oven to 350 degrees F.
2. Heat a skillet on medium-high heat. Add oil then sauté onion and mushrooms for 5 minutes. Add turkey, spinach, tomatoes, garlic, and seasonings. Cook until turkey is browned through, about 5-6 minutes.
3. Place turkey mixture in a large mixing bowl and add rice. Stir to combine.
4. Using a spoon, lightly pack turkey and rice mixture into peppers.
5. Place peppers in a square oven dish or baking tray. Add about 1/4 cup water to bottom of the pan and bake 45-50 minutes or until peppers are tender.