

# Collard Greens, Bacon, & Beans

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Collard greens are an excellent source of vitamin K, vitamin A, manganese, vitamin C, dietary fiber and calcium.

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Stephanie Small  
NUTRITION AND FITNESS



# Collard Greens, Bacon, & Beans

**1**HOUR  
TOTAL**15**MINUTES  
ACTIVE**2**

SERVINGS

## Ingredients

- 3 slices bacon
- 8 cup collard greens chopped (remove stems)
- 1 ½ cups water
- 1 tbsp honey
- 1 tbsp apple cider vinegar
- 1 cup canned Fave beans (or beans of choice)

## Directions

1. In a large pan or dutch oven, add the bacon. Cook until browned and crispy, about five to six minutes. Set aside and chop into pieces.
2. Add the collard greens and the water, honey, and apple cider vinegar. Stir and bring to a simmer. Cover and cook for 40 to 45 minutes or until the collard greens have softened.
3. Stir in the beans and bacon. Divide evenly between plates and enjoy!

## Nutrition Fact

(per serving)

Calories: 336

Protein: 17g

Fats: 17g

Carbs: 33g

Fiber: 10g

Sugar: 10g

Sodium: 348mg

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# One Pan Chicken, Radishes, & Broccoli

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Florida produces the largest crop of radishes in the US. Radishes provide a great source of Vitamin C, calcium, and potassium.

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# One Pan Chicken, Radishes, & Broccoli

**45**MINUTES  
TOTAL**15**MINUTES  
ACTIVE**2**

SERVINGS

## Ingredients

10oz chicken breast

½ lemon

2 cups chopped radishes

3 cups broccoli

2 tbsp oil

## Directions

1. Preheat oven to 375°F (191°C) and line a baking sheet with foil. Place chicken breasts in the middle of the sheet, sprinkle with sea salt and black pepper (if desired), and top with sliced lemon.

2. Toss the radishes and broccoli with avocado oil and sea salt. Add veggies to the pan, around the chicken. Bake for 30 minutes, or until chicken is cooked through.

3. To serve, divide chicken and veggies between plates, and squeeze lemon juice over top. Enjoy!

## Nutrition Fact

(per serving)

Calories: 361

Protein: 36g

Fats: 18g

Carbs: 14g

Fiber: 5g

Sugar: 5g

Sodium: 154mg

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# Smashes Parmesan Brussel Sprouts

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Florida produces the largest crop of radishes in the US. Radishes provide a great source of Vitamin C, calcium, and potassium.

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35

MINUTES  
TOTAL

15

MINUTES  
ACTIVE

2

SERVINGS

# Smashes Parmesan Brussel Sprouts

## Ingredients

- 2 cups Brussels sprouts
- 1 tbsp oil
- 1 tsp apple cider vinegar
- Salt to taste
- 2 tbsp grated parmesan

## Directions

1. Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
2. Add the Brussels sprouts to a pot of water and bring to a boil. Boil for eight to ten minutes. Drain the water.
3. In a bowl, toss together the Brussels sprouts, oil, apple cider vinegar, sea salt, and red pepper flakes.
4. Transfer the sprouts to the baking sheet and use a measuring cup to smash down the sprouts until lightly crushed. Top with grated cheese and bake for ten minutes. Serve immediately and enjoy!

## Nutrition Fact

(per serving)

Calories: 126

Protein: 5g

Fats: 9g

Carbs: 8g

Fiber: 3g

Sugar: 2g

Sodium: 362mg

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# Honey Mustard Chicken with Carrots & Brussel Spouts

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Brussel spouts and carrots are a great source of vitamin A. Vitamin A is an important nutrient for eye sight, growth, and immune function.

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# Honey Mustard Chicken with Carrots & Brussel Spouts

**50**MINUTES  
TOTAL**20**MINUTES  
ACTIVE**2**

SERVINGS

## Ingredients

1lbs chicken thighs	1 tbsp lemon juice
Salt and pepper to taste	1.5 cups brussel sprout halves
1/3 cup oil	1.5 cup chopped carrots
i2 tbsp Dijon mustard	½ cup red onion chopped into wedged
1 tbsp honey	

## Directions

1. Preheat the oven to 425°F (220°C). Season the chicken thighs with salt and pepper.
2. In a large bowl, whisk together 3/4 of the oil, mustard, honey, and lemon juice. Use tongs to dip the chicken in the mixture, coating all sides. Place on a baking sheet and bake for 30 minutes.
3. Meanwhile, in a medium sized bowl, toss the Brussels sprouts, carrots, and onion with the remaining oil and season with salt and pepper.
4. Remove the baking sheet and scatter the Brussels sprouts and onion around the chicken. Place back in the oven for 15 minutes, until the sprouts are charred and the chicken is cooked through. Divide onto plates and enjoy!

## Nutrition Fact

(per serving)

Calories: 460

Protein: 21g

Fats: 36g

Carbs: 13g

Fiber: 3g

Sugar: 6g

Sodium: 192mg

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# Cheesy Sweet Potato Bake

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Sweet potatoes are rich in a variety of vitamins and nutrients providing an excellent healthy food choice that can be prepared in a variety of ways.

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**1:30**HOUR  
TOTAL**20**MINUTES  
ACTIVE**6**

SERVINGS

# Cheesy Sweet Potato Bake

## Ingredients

- |                                   |                       |
|-----------------------------------|-----------------------|
| 2 tbsp butter                     | 1 cup vegetable broth |
| ½ red onion chopped               | 1 tsp garlic powder   |
| 3 medium sweet potato chopped     | 1 pinch of nutmeg     |
| 1/3 cup of chopped, glazed pecans |                       |
| 2 cups of shredded cheese         |                       |

## Directions

1. Preheat oven to 200°C (180°C fan-forced). Grease a 5-cup ovenproof baking dish (16 x 26 x 5cm).
2. Melt butter in a large frying pan over medium-high heat. Add the onions and cook for 5 minutes. Stir through garlic and nutmeg and cook for 1 minute.
3. Arrange sweet potato in prepared dish in flat layers, interspersing with onion mixture and half of the cheese. Press down. Pour over vegetable broth. Cover with foil and bake for 1 hour. Remove foil and bake for another 15 minutes or until golden and tender.
4. Sprinkle the remaining cheese and baked for 5 minutes or until golden. Serve sweet potato bake sprinkled with glazed pecans.

## Nutrition Fact

(per serving)

Calories: 323

Protein: 14g

Fats: 18g

Carbs: 26g

Fiber: 5g

Sugar: 9g

Sodium: 651mg

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# Apple Cinnamon Stuffed Sweet Potato

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Some minerals and vitamins are lost during cooking, but keeping the skin on the potatoes minimizes the loss of abundant nutrients in a sweet potato.

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# Apple Cinnamon Stuffed Sweet Potato

<b>55</b>	<b>10</b>	<b>1</b>
MINUTES TOTAL	MINUTES ACTIVE	SERVING

## Ingredients

- 1 medium sweet potato
- ½ tbs butter or oil of choice
- ½ apple chopped
- ½ tsp cinnamon
- 1 tbsp peanut butter
- 2 tbsp granola

## Directions

1. Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper. Place the sweet potato on the baking sheet and pierce a few times all over with a fork. Place in the oven to bake for 45 to 50 minutes, until cooked through.
2. Meanwhile, heat a small saucepan over medium-low heat. Add the butter and then the apple and cinnamon and sauté, stirring often until softened, about 8 to 10 minutes.
3. Slice the sweet potato open down the middle and add the apple. Add the peanut butter and granola, if using. Enjoy!

## Nutrition Fact

(per serving)

Calories: 314

Protein: 8g

Fats: 14g

Carbs: 43g

Fiber: 8g

Sugar: 16g

Sodium: 74mg

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# Southern Black Eye Peas & Greens

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Black eyed peas are highly nutritious and are a good stable food. Providing a great source of both fiber and plant-based protein.

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# Southern Black Eye Peas & Greens

**1**HOUR  
TOTAL**15**MINUTES  
ACTIVE**4**

SERVINGS

## Ingredients

2 cups dried black eye peas      2 garlic cloves  
4 cups low sodium vegetable broth      Creole seasoning to taste  
1 cup collard greens chopped  
1 cup mustard greens chopped  
½ chopped white onion

## Directions

1. Soak the dry black-eyed peas in water overnight or for at least four hours. Be sure to cover by several inches. Drain, rinse, and set aside.
2. Heat a few tablespoons of the broth in a large pot over medium-high heat. Cook the onion and garlic for five minutes or until soft. Season with salt and black pepper to taste.
3. Stir in the creole seasoning until well coated then add the remaining broth and black eyed peas. Bring to a boil, then lower to a simmer. Cover and let simmer for 20 minutes or until the beans are cooked through.
4. Add the collard and mustard greens and cook for one to two minutes or until wilted. Adjust seasoning as needed, and enjoy!

## Nutrition Fact

(per serving)

Calories: 304

Protein: 21g

Fats: 1g

Carbs: 55g

Fiber: 10g

Sugar: 8g

Sodium: 632mg

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# Chicken & Turnip Greens

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Turnip greens are considered a Super Food packed full of nutrients such as thiamin, riboflavin, iron, and phosphorus.

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# Chicken & Turnip Greens

**45**MINUTES  
TOTAL**30**MINUTES  
ACTIVE**4**

SERVINGS

## Ingredients

- |                               |                     |
|-------------------------------|---------------------|
| 2.5lb chicken leg             | 1 tsp garlic powder |
| 4 cups chopped collard greens | ½ tsp salt          |
| 6 oz mushrooms                |                     |
| 2 tbsp oil                    |                     |

## Directions

1. Preheat the oven to 400°F (204°C).
2. Season the chicken with garlic powder and salt on all sides. Heat a pan over medium heat with oil. Once the skillet is hot, add the chicken skin side down. Cook for 12 to 15 minutes without moving the chicken.
3. Flip the chicken over and add the mushrooms. Place in the oven for 18 to 20 minutes or until the chicken is cooked.
4. Remove the chicken and mushrooms from the oven and transfer to a plate, leaving the drippings in the pan. Add the turnips to the pan, and sauté over medium heat for 1 to 2 minutes or until wilted. Turn off the heat.
5. Divide the chicken, mushrooms and turnips onto plates and enjoy!

## Nutrition Fact

(per serving)

Calories: 661

Protein: 51g

Fats: 48g

Carbs: 6g

Fiber: 3g

Sugar: 2g

Sodium: 404mg

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# Hidden Vegetable Chili

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Carrots are an excellent source of vitamin A and vitamin K and may boost heart health. One ounce of carrots provides your daily dose of vitamin A.

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40

MINUTES  
TOTAL

10

MINUTES  
ACTIVE

4

SERVINGS

# Hidden Vegetable Chili

## Ingredients

8 oz lean ground turkey or beef	1 cup chopped carrots
½ chopped onion	1 chopped bell pepper
1 can diced tomatoes	1 tbsp chili powder
1 can black beans	
1 can Kidney beans	

## Directions

1. Heat oil in a pot over medium heat. Add the ground turkey and onion and sauté for about five to seven minutes, or until the turkey is cooked through.
2. Add all of the remaining ingredients and stir to combine. Bring to a boil, then reduce the heat and simmer for 30 minutes.
3. Divide into bowls, serve and enjoy!

## Nutrition Fact

(per serving)

Calories: 226

Protein: 20g

Fats: 7g

Carbs: 31g

Fiber: 12g

Sugar: 7g

Sodium: 577mg

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# Chicken & Wild Rice Soup

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Mustard greens contain cancer preventing benefits, including antioxidants, anti-inflammatory, and immune boosting properties.

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# Chicken & Wild Rice Soup

**4**HOUR  
TOTAL**10**MINUTES  
ACTIVE**8**

SERVINGS

## Ingredients

- 1 large can of chicken
- 5 cups water or low sodium vegetable broth
- 1 cup chopped carrots
- 2/3 cup wild rice
- ½ cup chopped green leaf of choice (collard, turnip, mustard)
- ½ tsp salt or seasoning to taste

## Directions

1. Add the chicken, water, carrot, rice, salt, and bay leaves, if using, into the slow cooker. Cook on high for at least 4 hours or on low for approximately 6 hours.
2. Stir in the kale just before serving and adjust seasoning as needed. Remove bay leaves. Enjoy!

## Nutrition Fact

(per serving)

Calories: 152

Protein: 14g

Fats: 2g

Carbs: 20g

Fiber: 2g

Sugar: 1g

Sodium: 335 mg

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