Swiss Chard
Milder than kale. A cup has up to 500% of your daily vitamin K needs.

RECIPE IDEAS
- Bok choy
- Baked lentils

Bok Choy
Toss raw baby bok choy with orange segments, cashews, and an Asian-inspired dressing.

Spinach
An iron champ with a light, easy taste. Sneak it into most anything.

RECIPE IDEAS
- Try it in stir-fries.
- Generous handfuls of vitamins A, C, and K; check, check, check.

Kale
Generous handfuls of vitamins A, C, and K; check, check, check.

RECIPE IDEAS
- Bake tasty chips.
- Plump your pasta.

Arugula
This peppery stuff is a good source of folate, iron, and beta-carotene.

RECIPE IDEAS
- Bake tasty chips.
- Plump your pasta.

Mustard Greens
Tons of sharp flavor plus some compounds linked to eye health.

RECIPE IDEAS
- Toss with lettuce.
- Swirl into soup.

Romaine
The salad bar go-to brings lots of vitamin A for only 6 cals per cup.

RECIPE IDEAS
- Swap with bread.
- Swirl into soup.

Veggie Tops
These deliver a dose of choline, a nutrient that supports brain health.

RECIPE IDEAS
- Do carrot-top pesto.
- Make a slaw.

Collard Greens
Those deliver a dose of choline, a nutrient that supports brain health.

RECIPE IDEAS
- Great crunch. Its phytochemicals may help to lower cancer risk.

Cabbage
Great crunch. Its phytochemicals may help to lower cancer risk.

RECIPE IDEAS
- Roast away.
- Have veggie tacos.

Bok choy goes in when everything else is about done cooking, right before adding sauce.

Make a salad.
Toss with chopped collards.

Bake tasty chips.
Drizzle cabbage wedges with olive oil, apple cider vinegar, salt, and pepper; broil just until wilted.

Put it on pizza.
Roughly chop arugula, pile it onto a cooked pie, then pop the whole thing in the oven for a minute or two.

Spinach
It’s in my green juice, under my salmon, inside my omelets...