

It's March: Go Green!



OLIVIA

My favorite green food is broccoli roasted in the oven with some garlic and a pinch of seasoned salt!



KATIE

Our family enjoys fresh cilantro in a "burrito bowl." Lots of fresh leafy greens along with brown rice, black beans, tomatoes, corn, avocado, fresh cilantro, and salsa.



KRISTY

Homemade kale chips with a bit of olive oil and nutritional yeast, or whatever spices I want to play with. Melt in your mouth goodness!



NIKKI

I love to stir fry kale in low sodium vegetable broth, add a lot of fresh herbs & spices, pair with sweet potato, top with beans, & mix in a serving of whole grains!



WENDY

I love steamed broccoli with mustard powder and chia seeds sprinkled on. This gives it a delicious Asian flavor!



JESSE

My favorite way to eat brussel sprouts is fresh out of the oven and dipped into the incredibly tasty AND healthy non-dairy cashew-based queso dip!



KAREN

My favorite green food is edamame! I love the frozen edamame snack packs.



ANGELA

I love the Sweet Kale Vegetable Salad Kit with broccoli, cabbage, brussel sprouts, kale, chicory, cranberries, pumpkin seeds, and a poppy seed dressing.



MCKAYLA

I love zucchini sautéed with other veggies like tomatoes, onions, peppers, a little olive oil, and Mrs. Dash seasoning.



BETH

I love fresh asparagus drizzled with olive oil and tossed in spices like black pepper, garlic, etc. Grilled in the summer or baked in the winter!