

## **Have A Plant® Cook Along: Love Your Greens**

**March 16, 5:30pm EST**

**With Liz Weiss, MS, RD**

### **Shopping List**

- Arugula
- Avocado
- Baby spinach leaves
- Brussels sprouts
- English cucumber
- Fresh parsley leaves
- Fresh mint leaves
- Large ripe banana
- Small green apple
- 100% orange juice
- Plain or vanilla Greek yogurt
- Frozen mango chunks
- Honey or agave nectar, optional
- Extra virgin olive oil
- Lemon juice
- Dijon mustard
- Balsamic vinegar
- Garlic clove, minced
- Kosher salt
- Freshly ground black pepper
- 8 ounces frozen shelled and deveined shrimp

## Garden Green Smoothie

Makes 2 servings (total yield: 2 cups)

For kids (or adults) who are skeptical about trying spinach, broccoli, or anything green, try a green smoothie to get their eyes and taste buds used to “green.” This slightly sweet, refreshingly delicious fruit (and spinach!) smoothie is easy and fun for kids to make, so chances are that they’ll take a sip ... or two. This smoothie is bursting with flavor, fiber, vitamins C and A, and protein. Use the recipe as a guide (a formula, if you will), but feel free to adapt as you go.

### Ingredients

- $\frac{3}{4}$  to 1 cup 100% orange juice
- $\frac{1}{2}$  cup plain or vanilla Greek yogurt
- 1 cup baby spinach leaves
- 3 to 4 fresh mint leaves
- One 2-inch piece English cucumber, sliced
- $\frac{1}{2}$  cup frozen mango chunks
- $\frac{1}{2}$  peeled large ripe banana
- 1 drizzle honey or agave nectar to taste, optional

## **Instructions**

1. Place the juice, yogurt, spinach, mint, cucumber, mango, and honey as desired in a blender, and blend until well combined.
2. Pour into individual glasses and serve with a straw.

Tip: If you don't have frozen mango, use frozen or canned pineapple. See below for more smoothie modification ideas.

### **Want a sweeter smoothie?**

- \* Add another half banana
- \* Add 1 to 2 pitted dates (soak in warm water for about 10 minutes to soften)
- \* Drizzle in more honey

### **Want a thicker smoothie?**

- \* Add 2/3 cup orange juice
- \* Add more yogurt
- \* Add 1 tablespoon chia seeds

### **Want a greener smoothie?**

- \* Add another 1/2 cup spinach
- \* Toss in a few slices of peeled kiwi fruit

### **Want to change up the flavor?**

- \* Add some grated fresh ginger root
- \* Sprinkle in some dried cinnamon
- \* Use almond or cow's milk instead of orange juice

## Arugula Salad with Green Mix-Ins and Sautéed Shrimp

Makes 2 Servings

This salad celebrates spring with a medley of green fruits and veggies including peppery arugula, crunchy sliced Brussels sprouts, crisp green apple, and creamy avocado. Assemble and serve this salad for dinner or omit the shrimp and serve as a side dish. The dressing makes enough for four salads; leftovers can be stored up to two weeks in the fridge.

### Ingredients

For the Dressing:

- ¼ cup extra virgin olive oil
- 2 tablespoons lemon juice
- 2 teaspoons Dijon mustard
- 1 teaspoon balsamic vinegar
- 1 small garlic clove, minced
- Drizzle honey or maple syrup
- Kosher salt
- Freshly ground black pepper

For the Salad:

- 1 tablespoon extra virgin olive oil
- 8 ounces frozen shelled and deveined shrimp, thawed
- 3 cups arugula

- 4 large Brussels sprouts, trimmed, outer leaves removed, cut in half lengthwise, and thinly sliced (1½ to 2 cups)
- 2-inch piece English cucumber, sliced in half and cut into thin half-moon shapes
- ½ avocado, peeled and diced
- 1/4 small green apple, cut into 1/2-inch dice
- A generous handful of fresh parsley leaves

## **Instructions**

1. To make the dressing, place the olive oil, lemon juice, mustard, vinegar, garlic, honey, and salt and pepper to taste in a small bowl or Mason jar. Whisk to combine or secure the Mason jar with a tight-fitting lid and shake to combine; set aside to let flavors mellow and meld.
2. To make the salad, heat the oil in a large nonstick skillet over medium heat. Add the shrimp and cook until golden and cooked through, about 3 minutes per side. Set aside.
3. Arrange the arugula, Brussels sprouts, cucumber, avocado, apple, and parsley evenly between two dinner-size salad bowls. Top evenly with the cooked shrimp, and drizzle with 1 to 2 tablespoons salad dressing.