



# GET YOUR GREENS 3-WAYS



Green veggies and dark leafy greens are a source of fiber as well as a variety of vitamins and minerals! Add in some greens for nutritious meals and snacks!



## BROCCOLI BAKED POTATO

Sweet or Russet Potato  
Broccoli  
(Frozen or Fresh)  
Cheddar Cheese



## TROPICAL KALE SMOOTHIE



Frozen Kale  
Banana  
Pineapple  
Greek Yogurt  
Orange Juice

## SPINACH MAC & CHEESE

Pasta Noodles  
Milk  
Spinach (Frozen or Fresh)  
Cheddar Cheese

