



YOUTH GARDENING IN TENNESSEE: **EASY RECIPES FOR YOUR HARVEST**

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Photo Credit: Emily A. Gonzalez

Simple Bok Choy Stir Fry

4 SERVINGS

INGREDIENTS

- ½ cup almonds (whole or chopped) or sunflower seeds
- Fresh chives (10 stems)
- 3 cups of chopped bok choy
- 1 tablespoon canola or olive oil
- 2-3 tablespoons of teriyaki sauce (look for one with fresh garlic and ginger for extra flavor)

COOKING INSTRUCTIONS

1. Wash the bok choy and cut it into 1-inch pieces.
2. Cut the chives into small pieces.
3. Heat the oil over medium heat in a large skillet or wok.
4. Add the almonds and chives.
5. Add the white stem pieces of bok choy, stir and cook for 1-2 minutes. Add half of the teriyaki sauce.
6. Then add the green, leafy pieces of bok choy and cook for another minute, adding the remaining teriyaki sauce.
7. Remove the pan from the heat, and serve and enjoy!

Nutrition Facts

Serving Size (86g)
Servings Per Container

Amount Per Serving

Calories 150 Calories from Fat 110

% Daily Value*

Total Fat 12g 18%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 420mg 18%

Total Carbohydrate 6g 2%

Dietary Fiber 3g 12%

Sugars 3g

Protein 5g

Vitamin A 50% • Vitamin C 40%

Calcium 10% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Calories: 2,000 2,500

Total Fat Less than 65g 80g

Saturated Fat Less than 20g 25g

Cholesterol Less than 300mg 300mg

Sodium Less than 2,400mg 2,400mg

Total Carbohydrate 300g 375g

Dietary Fiber 25g 30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



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Super Salad!

INGREDIENTS

Go to your garden and harvest the following:

- Arugula (spring or fall)
- Mini bell peppers (late summer to mid-fall)
- Cherry tomatoes (late summer to mid-fall)
- Kale (spring or fall)
- Leaf lettuce (spring or fall)
- Radishes (spring or fall)
- Strawberries (spring)

INSTRUCTIONS

Wash, chop and toss into a salad!

Additional salad toppings you might want to include: sunflower seeds, almonds, dried cranberries or raisins, crumbled cheese and salad dressing.

Kids agree that this is the best salad, ever!



Photo Credit: Emily A. Gonzalez

Sweet Potato Sliders

2 SERVINGS



Photo Credit: Emily A. Gonzalez

INGREDIENTS

- 1 medium-sized sweet potato or 2 small ones
- 1 tablespoon coconut oil
- Salt (Kosher or sea salt are especially tasty, but any salt will do fine.)

COOKING INSTRUCTIONS

1. Wash and slice sweet potatoes (with skin) into 1/8-inch to ¼-inch circular pieces.
2. Heat the oil over low to medium heat. Note: coconut oil is delicious, but be careful not to overheat it or it will smoke!
3. Add your sweet potato circles to the pan and sprinkle with a little salt. Be careful not to add too much or they will taste salty.
4. Let the sweet potatoes brown lightly on each side, and once you can insert a fork into them easily and they feel like they're cooked through, remove the pan from the heat, serve and enjoy!

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| Total Carbohydrate | 6g | | 2% |
| Dietary Fiber | 3g | | 12% |
| Sugars | 3g | | |
| Protein 5g | | | |
| Vitamin A 50% | | Vitamin C 40% | |
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| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |
| Calories per gram: | | | |
| Fat 9 • Carbohydrate 4 • Protein 4 | | | |

Seasonal Smoothies

INGREDIENTS

Smoothies are easy to make and you can try adding different ingredients to make your own favorite, tasty treat. Smoothies made with fruits and veggies like spinach, kale, strawberries, bananas, peaches, mango, blueberries, raspberries and blackberries are also healthy! Some basic recipes include milk or soy, almond or coconut milk.

INSTRUCTIONS

Add your choice of milk, fruit (frozen works well), something green like kale or spinach, and a little dash of salt and vanilla in a blender. If you need to add a little sweetener to your smoothie, consider adding Stevia, honey, agave syrup or a little bit of sugar. To include protein in your smoothie, you can try adding a little Greek yogurt or whey protein. Blend until smooth and enjoy! If you're not using frozen fruit, you can add a few ice cubes to help thicken the smoothie and make it cold.



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