

# Formula for Green Cubes

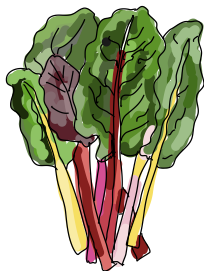
*An amazing exit strategy when your greens overwhelm you.*

## STEP 1

Assemble your greens. Rinse. Remove any roots or stems.



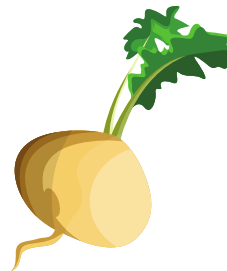
kale



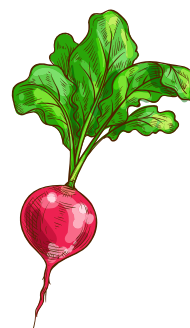
Swiss chard



beet greens



turnip greens



radish tops



spinach



carrot tops



bok choy leaves



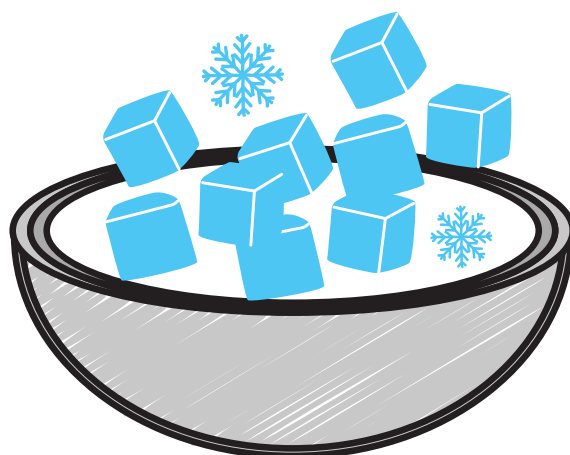
arugula



broccoli greens  
kohlraabi greens  
cauliflower greens

## STEP 2

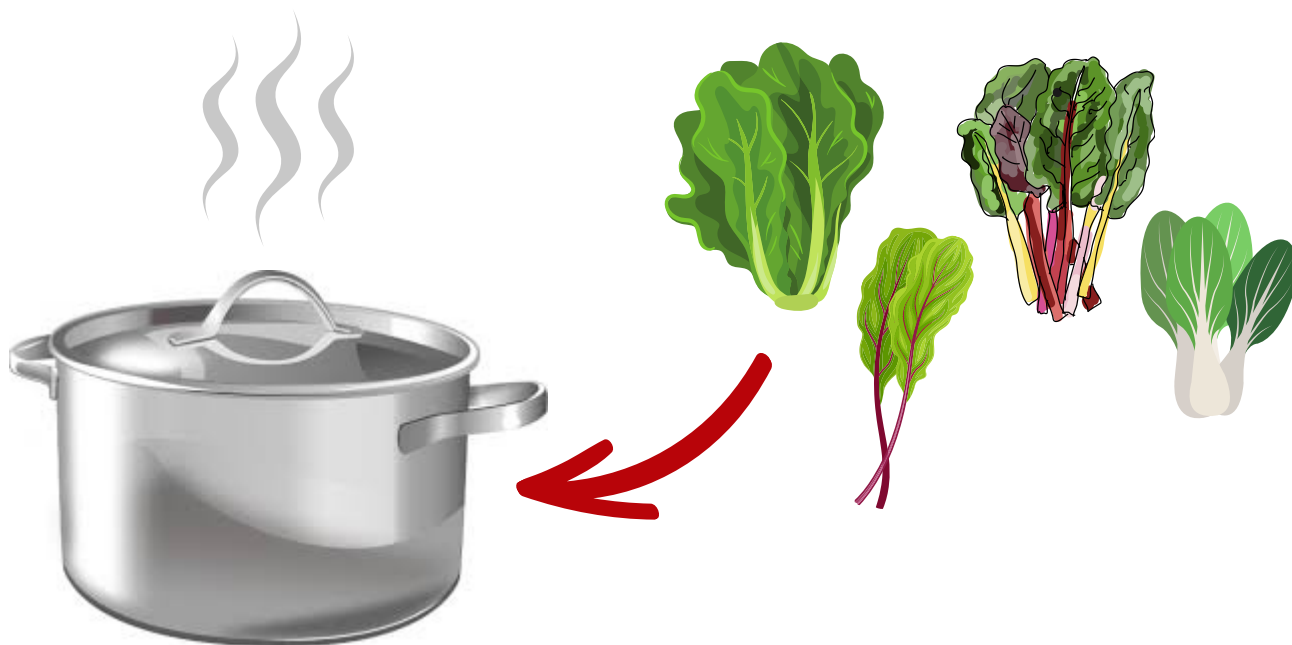
Create an ice bath. Fill a big bowl with cold water and ice cubes.



# Formula for **Green Cubes**

## **STEP 3**

Bring a large pot of salted water to a boil on the stove. Throw your greens into the water all at once. Cook for about 30 seconds until they have wilted down.



## **STEP 4**

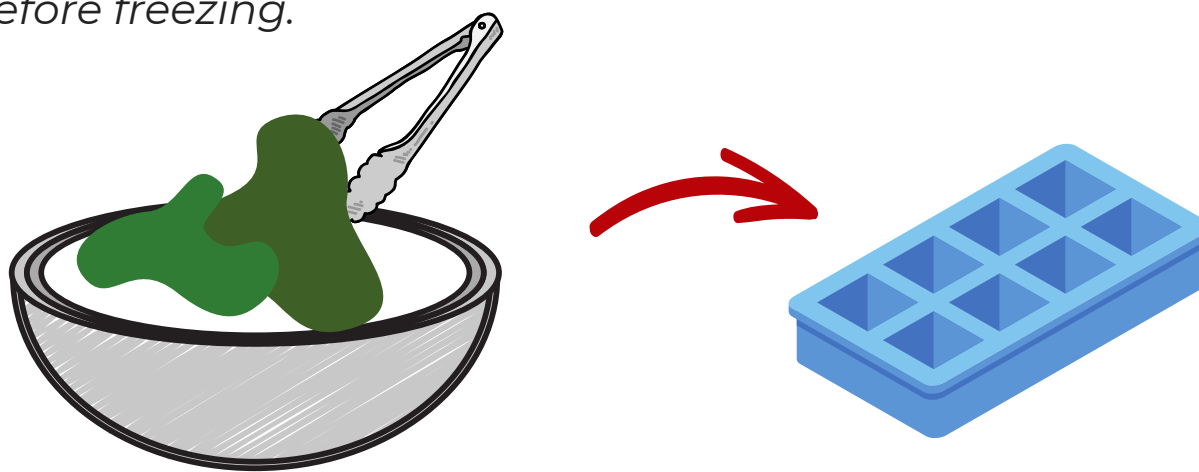
Using tongs or a spider strainer, transfer the wilted greens quickly into the ice bath and let soak for 1 minute until cool.



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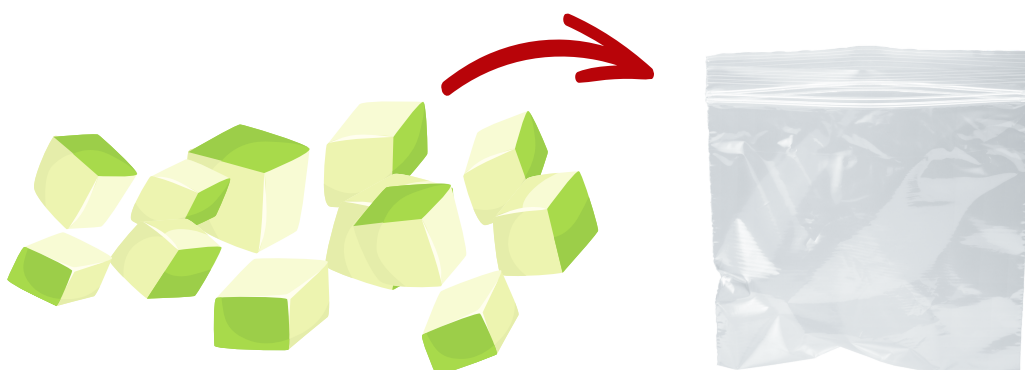
## **STEP 5**

Squeeze out the liquid from the wilted greens and stuff them into an ice cube tray. Place in freezer overnight. (Or just freeze green blobs on a cookie sheet). *Optional step: puree the cubes before freezing.*



## **STEP 6**

Pop the frozen cubes into a Ziplock bag and store in freezer up to 12 months. Label and date the bag!



**TO USE:** Add green cubes to chili, spaghetti sauce, soups, pastas, dips, frittatas, quiches, or pesto to sneak in some greens!