

# THE GIRLFRIENDS GUIDE FOR MOMS



# Hi There, Girlfriends!

The days are getting longer, school is almost out, and barbecues all over the country are happily firing up. That's right - it's SUMMERTIME! Can you tell I'm excited? You should be too, because Mann's has a brand new veggie slaw - Kale Beet Blend - for you to add to your alfresco dining line-up.

Kale Beet Blend disappears from our veggie fridge here at work almost as soon as it's stocked. And for good reason. An eye-popping combination of kale, golden beets, kohlrabi and red cabbage, it's as beautiful on the inside as it is on the outside. Each ingredient in Kale Beet Blend is a superfood on its own; combined it is a serious powerhouse of cancer-defying, heart healthy, nutrient- and fiber-packed goodness.

And the taste? Again, this is a serious winner of a blend. Crunchy kohlrabi, leafy green kale, crisp cabbage and sweet beets all add up to a party in your mouth. Raw, roasted or thrown in the blender as a boost to your smoothie are great options for this versatile veg slaw. We've put together some recipes for you to try – drop us a line on social media and let us know how they turned out for you. Don't forget the meatballs – these disappeared very quickly at my house!

Talk to you soon,









# Kale Beet Blend with Apples. Toasted Walnuts & Asiago Black Pepper Dressing

# INGREDIENTS

½ cup Grated Asiago cheese 1 Garlic clove, peeled

1/4 cup Champagne or white wine vinegar

½ Juiced lemon1 tsp. Dijon mustard

1 tsp. Honey

½ tsp. Coarsely ground black pepper

½ tsp. Salt

1/3 cup Light olive oil

8 oz. Package Mann's Kale Beet Blend

Apple, cored and diced 3 tbsp. Chopped, toasted walnuts

# DIRECTIONS

In a food processor, place cheese, garlic, vinegar, lemon juice, mustard, honey, pepper and salt. Process until the cheese has been chopped finely. With the motor still running, add the oil in a slow stream and process until creamy.

Add Kale Beet Blend, diced apple and toasted walnuts to a large salad bowl. Drizzle the dressing on top and toss to combine. If necessary, season to taste with additional salt.

Prep Time: 15 minutes

Servings: 4





# Roasted Kale Beet Blend with Tomato, Onion & Garlic

# INGREDIENTS

8 oz Package Mann's Kale Beet Blend 1 cup Grape or cherry tomatoes, halved

1 cup Diced onion

1 Garlic clove, minced

¼ cup Olive oil½ tsp. Dried oregano

½ tsp. Salt

1/4 tsp. Cushed red pepper flakes (optional)

# DIRECTIONS

Pre-heat oven to 425 degrees.

Combine Kale Beet Blend, tomatoes, onion, garlic in a mixing bowl and drizzle with oil & seasonings. Stir well to blend then spread in a single layer on a sheet pan and roast for 12-15 minutes. Serve as a side dish or top it with grilled chicken or fish.

Prep Time: 5 minutes Cook Time: 12-15 minutes

Servings: 4





# Hidden Greens Banana Cocoa Smoothie

# INGREDIENTS

1 cup Mann's Kale Beet Blend, packed down

1 Frozen banana, cut into pieces

1½ cup Milk

2 tsp. Unsweetened cocoa powder

1 tsp. Honey

1/4 tsp. Vanilla extract

# DIRECTIONS

Place all ingredients into a blender and blend on high speed until smooth. Note: Omit vanilla and honey if using vanilla flavored almond or soy milk.

Prep Time: 3 minutes

Servings: 2

# 6 REASONS TO ADD MORE BEETS TO YOUR DAY

- **1. Lower your blood pressure.** One study found that drinking one glass of beet juice lowered systolic blood pressure by an average of 4-5 points.
- **2. Boost your stamina.** Nitrates in beets convert to nitric oxide in your body, allowing it to use oxygen more efficiently. This leads to a longer workout!
- **3. Fight inflammation.** Beets are a unique source of betaine, a nutrient that protects your cells, fights inflammation, and prevents chronic disease.
- **4. Detox.** The betalin pigments in beets support your body's Phase 2 detoxification process. Been a little rough on your liver lately? Beets are your friend.
- **5. Anti-cancer properties.** The powerful phytonutrients that give beets their deep color may help ward off pancreatic, breast and prostate cancers.
- **6. Rich in valuable nutrients and fiber.** High in vitamin C, fiber, potassium and manganese, beets are also high in folate, the B vitamin that helps reduce the risk of birth defects.



# Veggie Meathalls Two Ways

# ITALIAN MEATBALLS

## INGREDIENTS

2 cups Mann's Kale Beet Blend, chopped finely in

food processor (or minced by hand)

1 lb. Ground turkey

1 eggBeaten1 tsp.Salt

¼ tsp. Black pepper½ tsp. Dried basil½ tsp. Dried oregano¼ tsp. Garlic powder

⅓ cup Grated Parmesan cheese26 oz. Jar marinara sauce

# DIRECTIONS

Pre-heat oven to 400 degrees.

Place all ingredients except marinara sauce in a mixing bowl, blend well then scoop 1 heaping tablespoon-sized balls onto a parchment-lined sheet pan. Bake for 12 minutes.

Transfer meatballs into warm marinara sauce and serve.

Prep Time: 5 minutes Cook Time: 12 minutes

Servings: 24 small meatballs

# BBQ GLAZED MEATBALLS

## INGREDIENTS

2 cups Mann's Kale Beet Blend, chopped finely in

food processor (or minced by hand)

1 lb. Ground turkey1 Egg, beaten

1 tsp. Salt

1/4 tsp. Black pepper 1/2 tsp. Cumin

½ tsp. Dried oregano ¼ tsp. Garlic powder

⅓ cup Grated Parmesan cheese⅓ cup BBQ sauce to brush on top

### DIRECTIONS

Pre-heat oven to 400 degrees.

Place all ingredients except BBQ sauce in a mixing bowl, blend well then scoop 1 heaping tablesppon-sized balls onto a parchment-lined sheet pan. Lightly brush BBQ sauce on top of meatballs and bake for 12 minutes.

Prep Time: 5 minutes Cook Time: 12 minutes Servings: 24 small meatballs





# Kale Beet Blend Mixed Berry Smoothie

# INGREDIENTS

2 cups Coconut water 1 Frozen banana 1 cup Frozen berries

1 cup Vanilla-flavored Greek yogurt

1 ½ cups Mann's Kale Beet Blend

## DIRECTIONS

Pour all ingredients into a blender and puree until smooth. Insider tip: pour the coconut water in first for a faster, smoother smoothie.

Prep time: 3 minutes

Servings: 2

# **HEALTHY LIFE HACKS**

Struggling to make time for your workouts? Follow the tips below to make the most of your lunch hour, your daughter's soccer practice, or your son's guitar lesson.

- If you have long hair, opt for a cute braided up-do that works for both the office and the gym. A well-placed braid will save time before your workout—no fussing required to put your hair up. After your workout, you can skip the long washing and drying routine as well.
- Start a power walk group with your co-workers or fellow moms. Thirty minutes goes by much faster when you have someone to talk to.
- Multitask! Find a circuit class that will keep your heart rate elevated to burn calories while you strength train to build muscle.
- The key to benefiting from a "quickie" workout is to work harder. Research has shown that just 15 minutes of exercise can net you nearly the same effects as 60 minutes of working out, if you increase the intensity.
- Eat after, not before, your workout. Go for a light, lower-fat lunch or snack, which is easier to digest after activity.