



# Get Your Greens!

**OUTPOST**  
CO-OP SINCE 1970

t's no secret that green and leafy vegetables are good for you. But while a side of steamed broccoli is nutritious, it lacks ... excitement. Even salads, with their endless potential for variety, can begin to feel too familiar.

Liven things up! To enjoy more of those glorious greens, start by making small additions to your daily diet: Snack on crunchy cucumbers and snap peas, or add a pop of flavor with fresh herbs. Toss leafy greens into any soup, smoothie, stir-fry or curry. Hungry for more ideas? Give these simple, green-themed recipes a try.

## Baby Kale Stir Fry

Serves: 2. Prep time: 15 minutes.

1 tablespoon tamari  
1 tablespoon rice vinegar  
1 tablespoon honey  
1 tablespoon avocado oil  
1 small carrot, sliced diagonally  
1 5-ounce package baby kale

1. In a small bowl, stir the tamari, rice vinegar and honey; set aside.
2. Place a wok or large saute pan over medium-high heat for a couple of seconds, then drizzle in the oil.
3. Add the carrot slices and stir for 1 minute, then add the kale and stir. As the kale starts to wilt, after about 1 minute, drizzle in the tamari mixture and stir to coat. Cook until kale is softened, about 1 minute longer.
4. Serve hot.

*Nutrient-dense dark leafy greens like kale, spinach and collards are an excellent source of vitamins A, C and K, minerals, antioxidants and fiber.*



## Great Green Goddess Salad

Serves: 4. Prep time: 20 minutes.

1 clove garlic  
1 small anchovy (optional)  
½ cup lightly packed fresh parsley  
2 medium scallions, white and green parts separated  
½ teaspoon dried tarragon  
¼ cup plain Greek yogurt  
2 tablespoons mayonnaise  
1 tablespoon white wine vinegar  
½ teaspoon salt  
2 tablespoons olive oil  
5 ounces baby spinach, washed and dried  
1 medium cucumber, peeled and sliced  
1 medium avocado, sliced

1. For the dressing, in the food processor, combine the garlic, anchovy (if using), parsley and the white parts of the scallions. Process to mince very finely. Scrape down and process again. Add the tarragon, yogurt, mayonnaise, vinegar and salt and process until smooth. With the machine running, drizzle in the olive oil until well mixed. Transfer to a pouring cup or jar; keeps for 4 days, tightly covered, in the refrigerator.
2. For the salad, spread the spinach on a platter or four small dinner plates. Cover with cucumber and avocado, and drizzle with dressing, then chop and sprinkle the scallion greens over the salads. Serve immediately.



## Mint Pesto Pea Soup

Serves: 6. Prep time: 30 minutes.

### Soup

1 tablespoon olive oil  
2 tablespoons butter  
1 cup yellow onion, diced  
2 cloves garlic, minced  
4 cups vegetable broth  
6 cups fresh or frozen peas  
2 green onions, diced  
2 tablespoons fresh mint, minced  
1/4 cup sour cream  
Salt and black pepper to taste

### Pesto

1/2 cup fresh parsley leaves  
1/4 cup fresh mint leaves  
1/4 cup pine nuts  
1 lemon, zest and juice  
2 ounces Parmesan cheese, shredded  
2 tablespoons olive oil

1. Heat 1 tablespoon olive oil with the butter in a large stock pot over medium-high heat. Add the onions and saute 5 to 10 minutes until onions are soft and translucent. Add half the minced garlic, and cook another minute, then add the vegetable broth and bring to a boil. Add the peas, return to a boil, and simmer for 1 to 2 minutes. Remove from heat, then stir in the green onions, mint, sour cream, and a pinch of salt and pepper. Puree the soup in a blender until smooth. Taste for salt and pepper.
2. To make the pesto, put the parsley, mint, remaining garlic, pine nuts and lemon zest and juice in a food processor and blend until smooth. Add the Parmesan cheese and blend. Slowly drizzle in the olive oil until blended well.
3. Top each bowl of soup with a large spoonful of pesto, and serve warm or chilled.

*This vibrant, refreshing soup can be served warm or chilled. Spread any extra pesto on toasted baguette slices or whole-wheat pita wedges, then top with a sprinkle of feta cheese.*



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## JANUARY SOUP MENU

ALL OF OUR CO-OP MADE SOUPS ARE MADE  
FROM SCRATCH USING OUR FROM-SCRATCH STOCK,  
FRESH ORGANIC OR ALL-NATURAL INGREDIENTS

YOU'LL TASTE THE DIFFERENCE!

01	CURRIED BLACK EYED PEA   V + WF
02	CHICKEN MULLIGATAWNY
03	MUSHROOM MISO   V + WF
04	CHEF'S CHOICE
05	GINGER CHICKEN NOODLE
06	POTATO FLORENTINE   WF
07	PERUVIAN QUINOA   V + WF
08	CHICKEN WILD RICE   WF
09	SPINACH COCONUT   V + WF
10	GOLDEN SPLIT PEA   V + WF
11	CHEF'S CHOICE
12	GINGER CHICKEN NOODLE
13	SPINACH LENTIL   V
14	SOUTHWEST CORN + POTATO CHOWDER   V + WF
15	CHICKEN MULLIGATAWNY
16	BROCCOLI CHEDDAR CHEESE   WF
17	TOMATO PARMESAN   WF
18	CHEF'S CHOICE
19	GINGER CHICKEN NOODLE
20	BEAN + BARLEY   V + WF
21	SPINACH COCONUT   V + WF
22	CHICKEN WILD RICE   WF
23	PERUVIAN QUINOA   V + WF
24	RED LENTIL COCONUT CURRY   V + WF
25	CHEF'S CHOICE
26	GINGER CHICKEN NOODLE
27	POTATO FLORENTINE   WF
28	TOMATO PARMESAN   WF
29	BROCCOLI CHEDDAR CHEESE   WF
30	CHICKEN TORTILLA   WF
31	SOUTHWEST CORN + POTATO CHOWDER   V + WF

MAMA'S VEGGIE CHILI SERVED DAILY

### Good Food Happy Mood

smoothies • juices • coffee, tea & more  
sandwiches • soups • garden & grain salads

