

Prepping and Storing Healthy Foods

Prep Time: 5 Min

Ingredients:

- Greens (mustard greens, kale, or collards)
- Apples
- Carrots

Directions:

1. Wash all produce thoroughly
2. Set greens aside and let them dry off while you prep other produce
3. Peel and cut carrots and place in a transparent container or ziplock
4. Place washed apples and carrots on the top or middle shelf of your refrigerator where you can see them and easily access them
5. Wrap greens with paper towels, cheese cloth or a thin cotton baby blanket and keep in the crisper to prevent them from wilting quickly

