

Title:

Who Says Vegetables Have To Be Boring?

Word Count:

559

Summary:

Eat your veggies - especially your lettuce. But don't confine yourself to iceberg lettuce or salads! Darker greens have about the same number of calories and carbs -very low! - but pack a lot more punch in the vitamins and other nutrient categories. By substituting radicchio, watercress, escarole or spinach for the iceberg lettuce, you add vitamin C, riboflavin's, manganese and other essential vitamins that aren't present in lettuce. Try them braised, steamed or grilled for s...

Keywords:

Article Body:

Eat your veggies - especially your lettuce. But don't confine yourself to iceberg lettuce or salads! Darker greens have about the same number of calories and carbs -very low! - but pack a lot more punch in the vitamins and other nutrient categories. By substituting radicchio, watercress, escarole or spinach for the iceberg lettuce, you add vitamin C, riboflavin's, manganese and other essential vitamins that aren't present in lettuce. Try them braised, steamed or grilled for something a little different from the usual salad.

Here are some recipes for greens that will tickle your taste buds and make your heart happy!

Wilted Spinach Salad:

The onions take on a natural sweetness that contrasts with the tangy yogurt and the bite of the spinach. A family favorite that's low in calories and high in important nutrients.

Here's what you need:

2 cups spinach leaves
1 medium onion peeled, sliced
2 tbs. olive oil

1/2 cup plain yogurt

Sauté onions in olive oil till transparent. Add spinach and toss in pan to coat with oil until leaves are barely wilted. Stir in yogurt while the spinach is still warm. Eat hot or cold. Only 50 calories per serving!

With this recipe, you'll get: protein, calcium, vitamin c, manganese, iron, vitamin B12, vitamin A, selenium, magnesium, phosphorus, potassium, beta carotene, vitamin K, ALA

Grilled Radicchio:

Dijon mustard and Worcestershire sauce add spice to heart-healthy radicchio without adding much in the way of calories.

1 head radicchio
1 tbs. olive oil
1/4 cup balsamic vinegar
1 tbs. Dijon mustard
A splash of Worcestershire sauce

Combine all ingredients except radicchio in small bowl. Cut head of radicchio in 1/4 inch slices. Brush cut side with marinade mixture. Grill over hot coals till browned. Only 25 calories per serving!

With this recipe, you'll get: magnesium, phosphorus, potassium, vitamin A, vitamin E, foliate, vitamin K, beta carotene,

Spinach, Mushroom & Anchovy Salad:

Anchovies are one of the best sources of omega 3 fatty acids AND they're low in calories. Simple to fix and delicious for dinner, on its own, or with a bowl of chunky pasta.

6 cups spinach leaves, loosely packed
1 2 oz can anchovies in oil
10-12 small mushrooms
Juice of 1 lemon

Wash and dry spinach. Drain anchovy oil into sauté pan and warm. Add anchovies and gently stir over heat till anchovies are dissolved in oil. Slice mushrooms thickly and add to anchovy oil, sautéing till browned. Add spinach, tossing with oil and anchovies till just wilted. Spritz with squeezed lemon. Only 50 calories

per serving!

With this recipe, you'll get: magnesium, phosphorus, potassium, vitamin A, vitamin E, foliate, vitamin K, beta carotene, niacin, thiamine, vitamin B6, vitamin B12, omega 3 fatty acids, riboflavin, and calcium

Walnut & Raisin Greens:

Get even more essential fatty acids and antioxidants in this great tasting warm salad.

6 cups greens, loosely packed (spinach, collard, turnip will all work well)
2 tbs. walnut oil
3 cloves garlic
1/2 cup raisins
1/4 cup chopped walnuts

Chop greens and place in shallow bowl. Heat walnut oil slowly over low heat. Mash garlic cloves and sauté in walnut oil till soft and browned. Add raisins and toss, and then add walnuts and heat through. Pour over greens and toss to coat well. Only 150 calories per serving!

With this recipe, you'll get: magnesium, phosphorus, potassium, vitamin A, vitamin E, foliate, vitamin K, beta carotene, niacin, thiamine, vitamin B6, vitamin B12, omega 3 fatty acids, riboflavin, and calcium.