

Healthier Greens

Great Day Houston – October 23rd

Making little changes in your diet can have a big impact on your diet. One of these little changes is switching from iceberg lettuce (with little nutritional value) to darker more colorful greens.

Spinach, arugula, watercress and romaine lettuce supply beta carotene, vitamin K, potassium, and folate. All nutrients that many Americans are lacking. (I think we should have a graphic of the Compared to iceberg ... at the bottom of the article)

Studies have found that a diet rich in greens can protect against birth defects, heart disease, high blood pressure and osteoporosis.

Cooking greens such as kale, collards and chard are considered good calcium sources and they play a crucial role in boosting your immune system and giving your skin a radiant glow.

A vegetable rich diet in conjunction with exercise and no smoking may be able to cut cancer risk by as much as 30%.

It is recommended to consume two daily servings of dark green leafy vegetables per day.

How to Incorporate More Greens into your diet:

Romaine salad with Lemon Parmesan Dressing

Add spinach or other greens into casseroles such as layering spinach leaves in lasagna

Adding arugula or other greens to sandwiches

Or stirring in kale or swiss chard into soups

Other ideas:

- Sauté spinach lightly with a flavorful olive oil and a bit of lemon juice
- Sauté cabbage slice to make a bed for grilled chicken breast with a teriyaki glaze
- Add grapefruit slices to spinach salad
- Scramble egg whites with greens for a high protein breakfast

Grilled Chicken Sandwiches with Arugula and Chutney

4 (6-ounce) skinless, boneless chicken breast halves
1/2 teaspoon salt
1/2 teaspoon freshly ground black pepper
2 tablespoons light mayonnaise, divided
Cooking spray
6 tablespoons mango chutney, divided
4 (1-ounce) slices sourdough bread
2 cups trimmed arugula

Prepare grill.

Sprinkle chicken with 1/2 teaspoon salt and 1/2 teaspoon black pepper. Coat both sides of each chicken breast half with 1 1/2 teaspoons mayonnaise. Place chicken on grill rack coated with cooking spray. Grill for 3 minutes on each side or until done. Brush 1 1/2 teaspoons chutney over each chicken breast half. Place bread slices on grill rack, and grill for 1 minute on each side or until golden. Spread 1 tablespoon chutney onto each of 4 bread slices, and top each serving with 1/2 cup arugula and 1 chicken breast half.

Yield: 4 servings (serving size: 1 sandwich)

NUTRITION PER SERVING

CALORIES 323(15% from fat); FAT 5.3g (sat 1.1g,mono 1.4g,poly 2.1g); PROTEIN 42.3g;
CHOLESTEROL 101mg; CALCIUM 70mg; SODIUM 622mg; FIBER 1.7g; IRON 2.9mg;
CARBOHYDRATE 25.2g

Turkey-Spinach Lasagna

Cooking spray
1 pound ground turkey breast
1 1/2 cups chopped onion
2 garlic cloves, chopped
2 (26-ounce) jars low-fat marinara sauce
1 (16-ounce) carton fat-free cottage cheese
1/4 cup egg substitute
1/4 cup (1 ounce) preshredded fresh Parmesan cheese
1 tablespoon dried parsley flakes
1/4 teaspoon black pepper
1 (10-ounce) package frozen chopped spinach, thawed and drained
8 cooked lasagna noodles
2 cups (8 ounces) shredded part-skim mozzarella cheese

Preheat oven to 350°.

Coat a large skillet with cooking spray, and place over medium-high heat until hot. Add turkey, onion, and garlic; cook until meat is browned, stirring to crumble. Add 5 3/4 cups marinara sauce; cook 5 minutes, stirring occasionally. Remove from heat.

Combine cottage cheese, egg substitute, Parmesan, parsley, pepper, and spinach; stir well.

Spread remaining marinara sauce in bottom of a 13 x 9-inch baking dish coated with cooking spray. Arrange 4 noodles over marinara; top with cottage cheese mixture and half of the mozzarella. Spoon half of the turkey mixture over the mozzarella. Arrange the remaining noodles over turkey mixture. Top with remaining turkey mixture and mozzarella.

Bake at 350° for 50 minutes or until cheese melts and sauce is bubbly. Let stand 10 minutes before serving.

Yield: 9 servings (serving size: 1 square of lasagna)

NUTRITION PER SERVING

CALORIES 352(27% from fat); FAT 10.6g (sat 4.5g,mono 3.4g,poly 2.2g); PROTEIN 28.3g;
CHOLESTEROL 57mg; CALCIUM 436mg; SODIUM 969mg; FIBER 4.6g; IRON 3.8mg;
CARBOHYDRATE 35.6g

Late Fall Garden Soup with Kale and Rice

2 teaspoons olive oil
2 cups sliced leek (about 2 large)
2 cups cubed baking potato
5 cups water, divided
2 cups thinly sliced kale
1/4 cup uncooked long-grain rice
3/4 teaspoon sea salt
1/2 teaspoon dried thyme
1/4 teaspoon freshly ground black pepper
1 garlic clove, minced
2 vegetable-flavored dry bouillon cubes
1/2 cup (2 ounces) grated Asiago cheese

Heat oil in a large Dutch oven over medium heat. Add leek and potato; cook 8 minutes or until leek is tender, stirring frequently. Add 1/3 cup water, kale, rice, salt, thyme, pepper, and garlic; cook 5 minutes or until kale wilts, stirring frequently. Add remaining 4 2/3 cups water and bouillon cubes; bring to a boil. Reduce heat, and simmer 20 minutes. Sprinkle each serving with 2 tablespoons cheese. Yield: 4 servings (serving size: 1 1/2 cups).

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NUTRITION PER SERVING

CALORIES 222(28% from fat); FAT 6.9g (sat 3g,mono 2.8g,poly 0.6g); PROTEIN 8.5g;
CHOLESTEROL 13mg; CALCIUM 225mg; SODIUM 832mg; FIBER 2.7g; IRON 2.9mg;
CARBOHYDRATE 33.1g

Romaine Salad with Lemon-Parmesan Dressing

2 tablespoons grated fresh Parmesan cheese
2 tablespoons fresh lemon juice
1 tablespoon extra-virgin olive oil
1 tablespoon Dijon mustard
1/4 teaspoon black pepper
1/8 teaspoon salt
1 garlic clove, halved
18 cups torn romaine lettuce
5 oil-packed sun-dried tomato halves, drained and chopped

Combine first 6 ingredients in a small bowl, stirring with a whisk.

Rub garlic halves on the inside of a salad bowl; discard. Add lettuce and tomatoes to bowl. Drizzle with dressing, tossing well to coat.

Yield: 10 servings (serving size: about 1 3/4 cups)

NUTRITION PER SERVING

CALORIES 38(54% from fat); FAT 2.3g (sat 0.5g,mono 1.3g,poly 0.3g); PROTEIN 2.4g;
CHOLESTEROL 1mg; CALCIUM 57mg; SODIUM 102mg; FIBER 1.8g; IRON 1.2mg; CARBOHYDRATE
3.3g