

Knowledge @ Noon

“A Taste of Green”



Wednesday, March 19, 2014
12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
K-State Research & Extension, Miami County

Instructors:
Miami County Extension Master Food Volunteers

K-State Research and Extension is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision or hearing disability, or a dietary restriction please contact Diane Burnett at 913-294-4306.

Today's Featured Flavor: Greens

There are tons of greens in the market today, but most people still aren't eating enough of them. The Dietary Guidelines for Americans advise people to "Eat a variety of vegetables, especially dark green [...] vegetables." There are tons of amazing greens out there — which ones will be your next favorite?

- Mustard greens and arugula are spicy — a little bit goes a long way in salads or soups.
- Spinach is very mellow and is delicious either raw or cooked.
- Kale, collard greens, and chard are tougher than other greens, which makes them tastier when cooked, though there are ways to make them delicious when raw too. We especially like them in stews and braises.
- Lettuces like Bibb, Romaine, and butter lettuce are all wonderful in salads. Generally they taste better raw than cooked.

There are tons of different ways to buy your greens. Our favorite approach is to pick up pre-washed raw greens from the produce section. That gives us the flexibility to serve them either raw or cooked throughout the week. You can also get unwashed greens and clean them up yourself at home. Frozen spinach with no added sodium is a good alternative to fresh greens when you need a freezer staple or two, and greens featured in no-salt-added stir-fry mixes are always welcome at our table. You can even get dehydrated and flavored kale chips for a healthful snack on the run. The possibilities are endless!

Greens and Your Health:

But why should you pick up a container or two of fresh greens? Well, the long and short of it is that they're good for your health.

Dark leafy greens rock the vitamin count, with excellent supplies of vitamins A, C, and K. These vitamins protect your bones, decrease inflammation, support cell growth and development, protect vision, support your circulatory system, and improve immune function. Some greens are also good sources of vitamin E, which protects your cells from free radical damage while boosting your immune system.

Furthermore, dark green leafy vegetables are good sources of folate, which is key for several vital functions in the body. It's especially important during early pregnancy. According to the [National Institutes of Health](#), "Due to its role in the synthesis of DNA and other critical cell components, folate is especially important during phases of rapid cell growth." Unfortunately, the Dietary Guidelines for Americans has found that "many women capable of becoming pregnant still do not meet the recommended intake for folic acid." Don't be one of those people!

But wait, there's more!

The [Agricultural Research Service](#) asserts that "Because of their high content of antioxidants, green leafy vegetables may be one of the best cancer-preventing foods. Studies have shown that eating 2 to 3 servings of green leafy vegetables per week may lower the risk of stomach, breast and skin cancer. These same antioxidants have also been proven to decrease the risk of heart disease."

There's simply no stopping the health benefits of leafy greens!

Greens as Flavor Boosters:

Greens are as versatile as they are healthful. There's simply a ton of ways to eat them.

When it comes to salads, we love a mix of raw greens, whether they're crunchy Romaine or peppery arugula.

Try mixing a few different types of greens for side salads and see which ones are your favorite.

Stemming and steaming collard greens and chard is a quick and simple way to soften their tasty leaves into a fun side dish. Top the steamed greens with a squeeze of lemon juice and a bit of salt or grated Parmesan.

Of course, there's lots to be said for sautéing too. Spinach is super tasty when cooked with sliced garlic in just a teaspoon of olive oil.

Have you made kale chips? Slice some kale leaves into bite-size pieces and toss them with a little olive oil, salt, and pepper before spreading them on a baking sheet and roasting them at 350 degrees Fahrenheit for 10-15 minutes, until they're nice and crispy.

We could keep going, but we don't want to keep you here all day. How will you add greens to your diet? If you're looking for more inspiration, check out our recipe database, with over 1,000 free recipes that you can try. Some of our very favorite recipes with greens include...

Ten Super Green Foods to Eat Every Day

By now most of us know that for a healthy immune system and body it is wise to incorporate green foods into our diet every single day. What many do not know is that eating super green “real” foods will give the immune system the “ump” it needs especially during cold and flu season as well as other times when illness is going around. The super green food list below provides many extra benefits to the body such as anti-inflammatory components (some believe that inflammation is the beginning to all disease) as well as protection from many serious diseases. I highly suggest that these foods be organic or purchased from your local farmers’ markets. These foods are very easy to incorporate into your daily diet and many of them grow well in gardens and container gardens thus making them more budget friendly.

Kale – Kale’s nutrient richness stands out in three particular areas which are antioxidant nutrients, anti-inflammatory nutrients, and anti-cancer nutrients in the form of glucosinolates. Kale contains effective cholesterol-lowering ability and a definite role in supporting the body’s detoxification processes.

Avocado – Research shows that people who consume avocado on a regular basis weigh less and have a lower body mass index than non-consumers. Total fat intake, total monounsaturated fat intake, and total polyunsaturated fat intake was higher in people who eat avocado, even though overall calorie intake was not significantly different from those who do not eat avocado. Avocado has tremendous anti-inflammatory effects on the body, supports cardiovascular health, promotes blood sugar regulation and has anti-cancer benefits.

Green Tea – Green tea is the best food source of a group called catechins. In test tubes, catechins are more powerful than vitamins C and E in halting oxidative damage to cells and appear to have other disease-fighting properties. Studies have found an association between consuming green tea and a reduced risk for several cancers, including, skin, breast, lung, colon, esophageal, and bladder. Additional benefits for the regular consumption of green tea includes a reduced risk for heart disease. The antioxidants in green, black, and oolong teas can help block the oxidation of LDL (bad) cholesterol, increase HDL (good) cholesterol and improve artery function. A Chinese study published recently in the Archives of Internal Medicine showed a 46%-65% reduction in hypertension risk in regular consumers of oolong or green tea, compared to non-consumers of tea.

Bell Peppers – Bell peppers are an excellent source of vitamin C at a whopping 117 milligrams per cup — more than twice the amount of vitamin C found in a typical orange. Bell pepper is also a good source of vitamin E. In addition to these antioxidant vitamins, bell pepper is also a good source of the antioxidant mineral manganese. Alongside of the antioxidant and anti-inflammatory components of bell peppers’ anti-cancer benefits there is a second component. This second component involves the metabolism of sulfur compounds in bell pepper, and in particular the metabolism of the sulfur-containing amino acid cysteine. Several recent studies have taken a close look at the presence of enzymes in bell peppers called cysteine S-conjugate beta-lyases and their role in a sulfur-containing metabolic pathway called the thiomethyl shunt. These enzymes and this pathway may be involved in some of the anti-cancer benefits that bell pepper has shown in some animal and lab studies.

Brussels Sprouts – Brussels sprouts provide special nutrient support for three body systems that are closely connected with cancer development as well as cancer prevention. These three systems are the body’s detox system, its antioxidant system, and its inflammatory/anti-inflammatory system. Brussels sprouts are an important dietary source of many vitamin antioxidants, including vitamins C, E, and A (in the form of beta-carotene). The antioxidant mineral manganese is also provided by Brussels sprouts. Most people do not realize that 100 calories’ worth of Brussels sprouts (about 1.5 cups) provides about 430 milligrams of the most basic omega-3 fatty acid (called alpha-linolenic acid, or ALA) which definitely boosts it’s anti-inflammatory benefits. Brussels sprouts also provide cardiovascular support and digestive tract support.

Kiwi – Research indicates that kiwi protects DNA in the nucleus of human cells from oxygen-related damage. Kiwi is an excellent source of vitamin C. Kiwi also provides a good amount of fiber which may provide help with blood sugar control, cardiovascular health as well as colon health. Kiwi may help protect against respiratory symptoms such as wheezing from asthma. Kiwi also is beneficial to eye health.

Green Beans – Along with important amounts of the antioxidant mineral manganese, green beans contain a wide variety of carotenoids (including lutein, beta-carotene, violaxanthin, and neoxanthin) and flavonoids (including quercetin, kaempferol, catechins, epicatechins, and procyanidins) that have all been shown to have health-supportive antioxidant properties. Green beans are also another vegetable that contains omega-3 fatty acids which makes an important contribution to their cardiovascular and anti-inflammatory benefits.

Cucumbers – Cucumbers are now known to contain lariciresinol, pinoresinol, and secoisolariciresinol—three lignans that have a strong history of research in connection with reduced risk of cardiovascular disease as well as several cancer types, including breast, uterine, ovarian, and prostate cancers. Cucumbers are also a rich source of triterpene phytonutrients called cucurbitacins. Cucurbitacins A, B, C, D and E are all contained in fresh cucumber. A second group of cucumber phytonutrients known to provide anti-cancer benefits are its lignans. The lignans pinoresinol, lariciresinol, and secoisolariciresinol have all been identified within cucumber. Interestingly, the role of these plant lignans in cancer protection involves the role of bacteria in our digestive tract. When we consume plant lignans like those found in cucumber, bacteria in our digestive tract take hold of these lignans and convert them into enterolignans like enterodiol and enterolactone. Enterolignans have the ability to bind onto estrogen receptors and can have both pro-estrogenic and anti-estrogenic effects. Reduced risk of estrogen-related cancers, including cancers of the breast, ovary, uterus, and prostate has been associated with intake of dietary lignans from plant foods like cucumber.

Green Olives – Olives are technically classified as fruits. The high monounsaturated fat content of olives has been associated with reduced risk of cardiovascular disease. Recent research studies have also shown that the monounsaturated fat found in olives (and cold-pressed olive oil) can help to decrease blood pressure. Green olives offer a diverse range of antioxidant and anti-inflammatory nutrients. Green olives provide potent antioxidant, anti-cancer and anti-inflammatory benefits to the body.

Spinach – Spinach is among the world's healthiest vegetables and comes out on top of in ranking for nutrient richness. Rich in vitamins and minerals, spinach is concentrated in phytonutrients such as carotenoids (beta-carotene, lutein, and zeaxanthin) and flavonoids which provide the body with powerful antioxidant protection. Spinach also helps to protect the body against inflammatory concerns, oxidative stress-related concerns, cardiovascular concerns, bone concerns, and cancers at the same time.

Read more at WPBeginner: Ten Super Green Foods to Eat Every Day <http://www.exhibithealth.com/general-health/ten-super-green-foods-to-eat-every-day-601/>

Add Color To Your Plate: Green Group Families, Food and Fitness - October 28, 2009 (20091028)

Green foods are a great source of lutein and zeaxanthin.

Fruits, Vegetables, and Vision

Eating plenty of fruits and vegetables also keeps your eyes in good shape. You may have learned that the vitamin A in carrots aids night vision. Other fruits and vegetables help prevent two common aging-related eye diseases - cataract and macular degeneration - which afflict millions of Americans over age sixty-five.

Consumption of fruits and vegetables containing two carotenoid pigments may be linked to a reduced risk for age-related macular degeneration, the leading cause of vision loss in people over the age of 55. According to research, lutein and zeaxanthin, a component of the central region of the retina, may play a role in some aspects of visual acuity. Increasing the concentration of these green pigments in the eye may prevent the devastating vision loss caused by age-related macular degeneration. Macular degeneration is the deterioration of the central portion of the retina, the inside back layer of the eye that records the images we see and sends them via the optic nerve from the eye to the brain.

Carotenoids are phytochemicals (chemicals found in plants) commonly found in certain fruits and vegetables that provide the red, orange and yellow colors of these foods. Lutein and zeaxanthin are found primarily in broccoli, corn, squash and dark green leafy vegetables like spinach and kale.

Fruits, Vegetables, and Cancer

Considering all evidence from human epidemiological, animal, and other types of studies, it appears that eating more fruit "probably lowers the risk of cancers of the esophagus, stomach and lung " and" possibly reduces the risk of cancers of the mouth, pharynx , colon-rectum, larynx , kidney , and urinary bladder." Eating more vegetables "probably lowers the risk of cancers of the esophagus and colon-rectum" and "possibly reduces the risk of cancers of the mouth, pharynx , stomach, larynx , lung, ovary and kidney ."

Green Fruits

- Apples
- Green Grapes
- Green Pears
- Honey dew Melon
- Kiwifruit
- Limes
- Green Pears

Green Vegetables (Cont.)

- Brussels Sprout
- Celery
- Chayote Squash
- Chinese Cabbage
- Cucumbers
- Endive
- Iceberg Lettuce
- Green Beans
- Green Cabbage
- Leafy Lettuce
- Green Onions
- Green Bell Pepper
- Leafy Greens
- Leeks
- Okra
- Peas
- Romaine
- Snow Peas
- Spinach
- Sugar Snap Peas
- Watercress
- Zucchini

Green Vegetables

- Artichokes
- Arugula
- Asparagus
- Avocados
- Broccoflower
- Broccoli Rabe
- Brussels Sprouts

Indoles

The crucifer family – which includes broccoli, Brussels sprouts, cabbage, cauliflower, mustard greens, radishes and turnips – has many sulfur-containing compounds as well as indoles, a phytochemical that helps detoxify carcinogens, they work mostly in the gastrointestinal tract.

Indoles in cruciferous vegetables also stimulate enzymes that make the hormone estrogen less effective, possibly reducing the risk of breast cancer. In one study, women with the highest consumption of cruciferous vegetables had 24% lower risk of breast cancer than women with the lowest consumption.

Sulforaphane

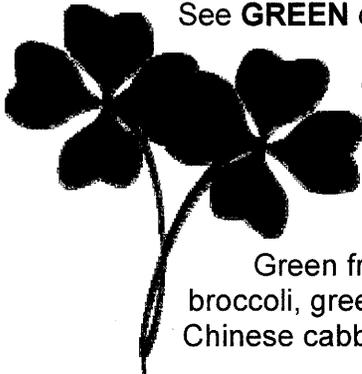
Isothiocyanates and sulforaphane are sulfur-containing compounds, found in cruciferous vegetables that may block the effects of carcinogens and suppress tumor growth. Young sprouts of broccoli and cauliflower, compared to mature counterparts, contain much higher levels of isothiocyanates.

Go for the **GREEN** on St. Patrick's Day

Alice Henneman, MS, RD, UNL Lancaster County Extension
E-mail: ahenneman1@unl.edu Website: food.unl.edu

UNIVERSITY OF
Nebraska
Lincoln

EXTENSION



See **GREEN** on St. Patrick's Day and throughout the year.

Green fruits and vegetables contain many health-promoting phytochemicals including lutein and indoles. They help protect against certain cancers and help maintain vision health and strong bones and teeth.



Green fruits and vegetables include leafy greens, asparagus, green peppers, broccoli, green beans, peas, cabbage, green onion, Brussels sprouts, okra, zucchini, Chinese cabbage, green apples, green grapes, honeydew melon, kiwifruit and limes.

Some **GREEN** ideas for St. Patrick's Day (or any day) include:

- Tossed **LETTUCE** salad. Add extra green with green peppers if you like!
- Corned beef with **CABBAGE** is a natural for St. Patrick's!
- Include some **KIWI FRUIT, GREEN GRAPES AND/OR HONEYDEW MELON** in your fruit salad.
- Add **AVOCADO** slices to salads and sandwiches. To maintain avocados' green color, eat them immediately or sprinkle them with lemon or lime juice. Though 2 tablespoons of avocado have about 5 grams of fat, it's mostly heart-healthy monounsaturated fat.
- Enjoy your favorite veggie dip in combination **BROCCOLI** florets or a favorite fruit dip with **GREEN APPLE** slices.
- Vegetable pizza with **GREEN PEPPERS**.
- Serve thinly sliced **GREEN ONIONS** over rice, pasta dishes, broiled or baked fish, soups -- you're limited only by your imagination!
- Start thinking **GREEN** — here are some more ideas graciously shared by Jan Patenaude, RD: Spinach noodles (topping of choice); spinach soufflé; spinach, asparagus and/or green pepper omelets with parsley garnish; pesto on anything; cream of broccoli or spinach soups; finely diced spinach

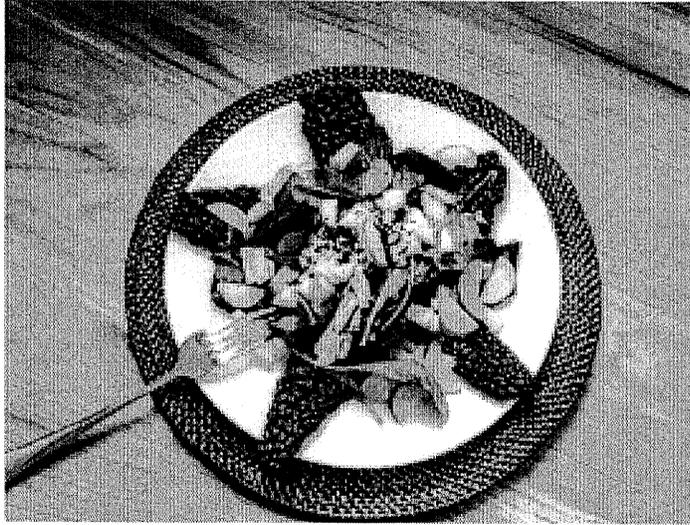
Know how. Know now.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

Kale is the Best!



Kale is the Star Salad

Serves: 4 | Serving Size: 2 cups

Ingredients:

1 bunch lacinato kale
6 cups raw baby kale
1 teaspoon olive oil
Juice from 1 lemon
1 cup shredded radishes
1 cup diced apples
1 tablespoon black sesame seeds
2 tablespoons light poppy seed dressing

Directions:

Remove the stems from the lacinato kale and rinse well. Place the undried lacinato kale in a covered container and steam lightly in the microwave for 30 seconds to 1 minute. The color will intensify and the leaves will be crisp tender.

Place the lacinato leaves on the plate as pictured. Toss the baby kale with the olive oil and lemon juice. Put it on a plate and top with the radishes and apples. Drizzle a thin ribbon of poppy seed dressing over the greens and add the black sesame seeds. Serve immediately.

Nutrition Information:

Serves 4. Each serving contains 157 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 2 mg cholesterol, 213 mg sodium, 27 g carbohydrate, 5 g dietary fiber, 9 g sugar, and 6 g protein.

Each serving has 464% DV vitamin A, 320% DV vitamin C, 23% DV calcium, and 16% DV iron.

Did You Know?

Kale is high in many different nutrients. It has tons of antioxidants, which protect your cells from free radical damage.

One cup of chopped kale has more vitamin C than an orange. A single serving of this salad has 320% of your daily value of vitamin C.

Kale plants don't die after the first frost -- they get sweeter! Kale is one of the heartiest leafy greens around and is grown all over the world.

Kale is a good source of fiber, manganese, and copper, all of which are key to good health!

BROUGHT TO YOU BY:

Speedy Spinach Lasagna

1 lb. ricotta cheese
2 cup shredded Mozzarella cheese
2 egg whites
1 (10 oz.) pkg. frozen chopped spinach, thawed and drained
1 cup water
1 teaspoon oregano
4 cups spaghetti sauce
9 lasagna noodles, uncooked

Preheat oven to 350° F. In a large bowl, mix ricotta cheese, 1 cup Mozzarella cheese, egg whites, spinach, and oregano.

In a greased 9x13 inch pan, layer 1 cup spaghetti sauce, 3 lasagna noodles, and half the cheese mixture. Repeat. Top with remaining noodles and sauce. Sprinkle remainder of Mozzarella cheese on top. Pour water around the edges of the pan. Cover tightly with aluminum foil. Bake for 1 hour 15 minutes. Let stand 15 minutes before serving. Serves 8-12.

VARIATION: Add ¼ cup Parmesan cheese to spinach mixture. Sprinkle top with ¼ cup Parmesan cheese.

NUTRITIONAL ANALYSIS Per Serving (Serving 10): Calories 360; Carbohydrates 48; Fat 9; Protein 21; Sodium 481; Sugar 9 From Cook's.com

Garden and Vegetable Soup

Total Servings (Yield): 6 servings Serving Size: 1 cup

1 1/2 cups cabbage, finely shredded
3 cups chicken, beef, or vegetable broth
1 tablespoon tomato paste
1/2 cup onion, chopped
4 carrots, sliced
1/2 cup frozen or canned green beans
1/2 cup zucchini, diced
1/2 teaspoon dried basil
1/4 teaspoon dried oregano
1/4 teaspoon salt
2 garlic cloves, minced

In a large saucepan combine all ingredients. Cover and cook on medium heat for 30 minutes or until vegetables are tender.

Nutritional Analysis per serving: 60 calories, 9 from fat; Total fat 1 g, Cholesterol 5 mg; Sodium 700 mg; Total Carbohydrates 10 g, Fiber 3 g, Sugar 5 g, Protein 3 g

Quick and Healthy Recipes, Mississippi State Extension

Chicken and Broccoli Quiche

Total Servings (Yield): 1 (9-inch) quiche, 6 servings Serving Size: 1/6 quiche

1 (9 inch) ready-made pie crust, baked
1 cup low-fat or skim milk
3/4 cup low-fat cheddar cheese, shredded
3/4 cup cooked, chopped chicken
10 ounces frozen, chopped broccoli
4 Eggs
¼ cup carrots, shredded
¼ cup finely chopped onion
pepper to taste
½ - ¾ -teaspoon garlic salt

Preheat oven to 350° F. Bake pie crust according to package directions. In a mixing bowl, combine eggs, milk, salt and pepper. Mix well. Place frozen chopped broccoli in microwave. Cook according to package directions. Pour off liquid. Let cool, squeeze broccoli to remove some more water. Layer the meat, vegetables and cheese into baked pie crust. Pour the egg mixture over the ingredients. Bake at 350° F for 30 to 40 minutes or until top is browned and a knife inserted in the center comes out clean. Let stand 5 minutes before cutting.

Nutritional Analysis per serving: 320 calories 153 from fat; Total fat 17 g, saturated fat 6 g; Cholesterol 165 mg; Sodium 590 mg; Total Carbohydrates 23 g, Fiber 2 g, Sugar 4 g, Protein 16 g

Quick and Healthy Recipes, Mississippi State Extension

Confetti Appleslaw

Total Servings (Yield): 8 servings Serving Size: ½ Cup

Ingredients:

2 tablespoons orange juice concentrate, thawed	½ teaspoon dry mustard
1 tablespoons low-fat mayonnaise	1 red or green bell pepper, thinly sliced
1 apple, diced	1 teaspoon paprika
½ cup plain low-fat yogurt	3 tablespoons raisins
4 cups cabbage, shredded	1 teaspoon black pepper

In a large bowl, stir together juice concentrate and apple. Add cabbage, bell pepper, and raisins. Stir gently.

In a small bowl, stir together mayonnaise, yogurt, dry mustard, paprika, and black pepper. Add to vegetable mixture. Mix well. Cover and refrigerate until ready to serve.

Nutritional Analysis Per Serving: Calories 50, from fat 9: Total Fat: 1 g; Sodium 40 mg; Total Carbohydrates 11 g, Fiber 2 g, Sugar 7 g, Protein 1 g

Quick and Healthy Recipes, Mississippi State Extension

Asparagus with Lemon

Total Servings (Yield): 4 Serving Size: 1 cup

2 pounds asparagus, tough ends trimmed	3 teaspoons lemon juice
2 teaspoons olive oil	Salt and black pepper

In a large saucepan, place asparagus in 1 inch boiling water. Cover and steam for 5 minutes or until asparagus is bright green and tender. Rinse asparagus under cold water and drain. In a small bowl, combine oil and lemon juice. Pour over asparagus. Season with salt and pepper, to taste.

NUTRITIONAL ANALYSIS: Calories 70, Fat 27; Total fat 3 g; Total Carbohydrates 9 g, Fiber 5 g, Sugar 4 g; Protein 5 g

Quick and Healthy Recipes, Mississippi State Extension

Garlic 'n' Herb Irish Champ

*Calories cut and sweetness upped using turnips for some of the potatoes

1 ½ lbs. potatoes, peeled and cubed	¾ cup buttermilk
½ lb. turnips, peeled and cubed	3 Tablespoons butter-canola spread
1 small onion, chopped	½ cup scallions, chopped
4 wedges light garlic-and-herb spreadable cheese, (like The Laughing Cow brand)	

In pot, bring to a boil first 3 ingredients and enough salted water to cover. Cook 10 min. more or until potatoes are tender. Drain; return to pot.

Add buttermilk, cheese and butter spread to potato mixture; mash until desired consistency.

Season to taste with salt and pepper. Stir in scallions.

Nutritional Analysis Per serving: Cal. 191 Pro. 5g Carb. 25g Fiber 3g Sug. 5g Chol. 17mg Sod. 323mg Total fat: 8g Sat.3g Trans. 0g

Zucchini Pizza Bites

These are a perfect way to use up all the zucchini in your garden and satisfy your craving for pizza in a low-carb way. They are gluten-free and perfect for meatless Mondays. Of course, you could add some leftover sausage, pepperoni, basil, or whatever you like on your pizza.

Note: My zucchini was very large, if your zucchini is smaller, you can cut them on an angle for large ovals.

Ingredients:

4 slices large zucchini 1/4" thick (or 1 medium zucchini cut on diagonal)

Olive oil spray

Salt and pepper

2 Tablespoons quick marinara sauce

1/4 cup shredded part skim mozzarella

Cut zucchini about 1/4 inch thick. Spray both side lightly with oil and season with salt and pepper. Broil or grill the zucchini for about 2 minute on each side. Top with sauce and cheese and broil for an additional minute or two. (Careful not to burn cheese)

Nutritional Analyses Per Servings: Serving Size: 4 pieces Calories: 124.8 Fat: 5.7 g Protein: 8.2 g Carb: 10.4 g Fiber: 3.0 g *Recipe from Skinnytaste.com*

Roast Zucchini Salsa

A tasty roast zucchini and jalapeno salsa that is just bursting with summery flavors!

Servings: makes 2 cups Prep Time: 5 minutes Cook Time: 45 minutes Total Time: 50 minutes

2 medium zucchini, halved lengthwise

1/4 cup pepitas, toasted

1 handful cilantro, coarsely chopped

1/4 cup olive oil

1 jalapeno, coarsely chopped

1/2 lime, juice

2 cloves garlic

Salt and pepper to taste

Brush the zucchini in oil, place it on a baking sheet with the cut side up and roast on the top shelf in a preheated 450° F oven until tender, about 45 minutes.

Puree everything in a food processor. *Recipe from Closet Cooking*

Baked Asparagus with Balsamic Butter Sauce

1 bunch fresh asparagus, trimmed,

2 Tablespoons butter

choose asparagus of similar thickness for even cooking

1 Tablespoon soy sauce

Cooking spray

1 teaspoon balsamic vinegar

Salt & black pepper to taste

Preheat oven to 400° F.

Wash & dry asparagus and arrange on 16 1/2 by 11 1/2 inch baking sheet. Coat with cooking spray, and season with salt & pepper to taste.

Bake asparagus 12 minutes or until tender.

Melt butter in sauce pan over medium heat or in microwave safe bowl. Remove from heat, stir in soy sauce, and vinegar. Pour over baked asparagus to serve.

Serves 4 Per 2.7 ounce serving 77 cal; 5.9 g fat (3.7g sat); 2.8g protein; 4.9g carb; 2.4g fiber; 366 mg sodium; 15 mg chol.

Jerri Hefling note (I used 1 pound of asparagus) *Recipe from Allrecipes.com magazine A/M2014*

Cashew Green Beans and Mushrooms

In a large skillet, in 1 Tablespoon Olive oil sauté ½ lb. Green Beans, trimmed & cut 1 1/2 inch, ½ lb Mushrooms. Sauté until tender.

Stir in ¼ Cup coarsely chopped Unsalted Cashews & ¼ tsp salt.

Serves 4, **Nutrition facts:** ¾ cup equals 109 cal., 8gm fat, 154 mg sodium, 9g carbohydrate, 4g protein Diabetic Exchange: 1 1/2 fat, 1 vegetable

Recipe from Healthy Cooking/Dec-Jan 2013

Garlic Roasted Asparagus

1 pound asparagus spears, ends trimmed

Sea salt and ground black pepper

1 Tablespoon olive oil

3 Tablespoons lemon juice (one lemon)

1 clove garlic, crushed

3 ounces Parmesan cheese, shaved (1/2 cup)

Lemon juice brightens the flavor of asparagus, don't skip it.

Toss asparagus with olive oil, sea salt, black pepper in a shallow baking dish.

Roast in a 450°F. oven, uncovered, 5-7 minutes or until asparagus is crisp-tender.

Transfer to a platter; sprinkle with lemon juice and cheese. Makes 4 servings.

Nutrition facts: 115 cal, 7g fat, 10 mg chol, 381 mg sodium, 6 g carbo, 2 g fiber, 8 g pro

From April 2014 issue of Midwest Living Page 20 & 21 (From Julie Zoller, owner of Fire Lake Camp)

Spinach-Asparagus Quiche

Prep 20 minutes Bake 35 minutes Cook 1 minute Stand 10 minutes

1/2 (14.1 ounce) package rolled refrigerated unbaked pie crust (1 crust)

1/2 teaspoon dried basil, crushed

6 ounces asparagus spears, ends trimmed

1/4 cup shredded parmesan cheese

1/4 cup fresh baby spinach

1/2 cup shredded sharp or aged cheddar cheese (2 ounces)

8 eggs, lightly beaten

3/4 cup whipped cream or half & half

Let piecrust stand at room temperature according to package directions. Unroll into a 9 inch pie plate. Crimp edge as desired. Line the pastry shell with double thickness of heavy-duty foil. Bake 450°F for 8 minutes. Remove foil. Bake for 5-6 minutes more or until pastry is set and lightly browned. Remove from oven. Reduce oven to 400 degrees. Do not bake pastry shell ahead of time, it should still be hot when filling is added.

Meanwhile, cut trimmed asparagus into 1-inch pieces and cook in a small amount of salted boiling water for 1 minute. Drain and set aside.

Sprinkle bottom of hot pastry with dried basil; top with parmesan cheese, spinach, cheddar cheese and asparagus. Beat together eggs and whipping cream. Pour over asparagus and cheese mixture.

Bake for 15 minutes. Reduce oven to 350. Bake 25-30 minutes more until egg mixture is set in the center.

If necessary cover edge of crust with foil to prevent over browning. Let stand 10 minutes.

Makes 6 servings. **Nutritional facts per serving:** 405 calories, 30g fat, 301mg chol, 360mg sodium, 20 g carbo, 1 g fiber, 14 g protein.

April 2014 issue of Midwest Living Page 20 & 21 (From Julie Zoller, owner of Fire Lake Camp)

Roasted Squash and Kale Salad

1 butternut squash	2 teaspoons low-sodium soy sauce
2 tablespoons olive oil	1 Tablespoon lime juice
2 tablespoons brown sugar	2 teaspoons sesame oil
½ teaspoon salt	1 teaspoon sugar
1/3 teaspoon pepper	2 Tablespoon creamy peanut butter
1 pound kale, thinly sliced	2 teaspoons grated fresh ginger
1 cucumber, peeled and julienned	1 Tablespoon water
¼ cup thinly sliced red onion	

Preheat oven to 400° F. Peel, seed, and cut squash into 1 inch cubes. Toss with olive oil, brown sugar, salt, and pepper; bake for 25 minutes; cool. Toss with kale, cucumber and red onion. In a blender puree soy sauce, lime juice, sesame oil, sugar, peanut butter, ginger, and water. Drizzle salad with dressing and serve. Makes 4 servings of 1 ½ cups each.

Nutrition per serving: calories 299, fat 14 grams, protein 8 grams, carbohydrates 42 grams, sodium 325 mg .

Orzo Comfort Dish

¼ cup canola oil	1 cup baby spinach
1 cup chopped onions	2 (15 oz) cans reduced-sodium chicken broth
1 cup chopped celery	1 (16 oz) can red kidney beans, rinsed and drained
4 garlic cloves, sliced	1 teaspoon salt
1 cup orzo	Freshly ground black pepper

Heat oil in a large skillet. Add onions, celery and garlic and sauté until tender.

Cook orzo according to package directions, using chicken broth instead of water.

During last 2 minutes of cooking time, add spinach. Drain well in a colander.

Add beans, onion mixture, salt and pepper. Mix gently until well combined.

Serves 4. **Nutritional facts per serving:** 217 calories, 15g fat, 4 mg cholesterol, 15g protein, 56 g carbohydrates, 9g fiber, 723 mg sodium.

Roasted Brussels Sprouts (serves 4)

1 ½ pounds fresh Brussels sprouts, trimmed	1 teaspoon kosher salt
3 tablespoons olive oil	½ teaspoon black pepper

Preheat oven to 400° degrees. Put Brussels sprouts in a large resealable plastic bag. Seal tightly, and shake to coat. Pour sprouts onto a baking sheet. Roast for 30 to 45 minutes, shaking pan every 5 to 7 minutes for even browning. Reduce heat if necessary to prevent burning. Season with more salt if necessary. Serve immediately.

Nutrition: ¾ cup serving 156 calories, 109 grams fat) 4 grams protein, 15 grams carbohydrates, 516 mg. sodium.

Kale & Brussel Sprouts Salad

Baby kale – chopped very small (if using large kale, remove the ribs)
Brussel sprouts, preferably young – chopped tiny
Feta or parmesan cheese
Chopped walnuts (I used toasted slivered almonds)
Craisins (dried cherries are yummy)
Apple – chopped

Dressing: 2 parts olive oil (blood orange or other citrus flavored)
1 part balsamic vinegar (black current or black cherry are good)

Amounts vary depending on the situation. Use more kale and less Brussel sprouts. Use a fair amount of dressing as the kale and Brussel sprouts have enough integrity to stand up to it. You can dress the salad ahead of time and it will not go limp on you.

Recipe from (Linda Fronk – friend of EMFV Anne Byrd)

Broccoli Salad

1 large head or 2 small heads broccoli, broken up ¼ to ½ cup red onion, chopped
10 to 12 slices bacon (cooked crisp) ½ cup raisins

Blend together the following:

1 cup mayonnaise (I use Miracle Whip) 2 Tablespoons vinegar
1/3 cup sugar 1 Tablespoon bacon grease

Add to the vegetable mixture. This is best used the same day you make it.

Recipe submitted by Viola Lee, MFV

Spinach Pesto Salad

Total Servings (Yield): 4 servings Serving Size: 1 cup vegetables plus 1 cup pasta

8 ounces fettucine ½ cup low-fat, low-sodium chicken broth*
1 tablespoon olive oil ¼ cup Parmesan cheese, grated
1 garlic clove, minced 1 teaspoon black pepper
3 cups fresh spinach, stems removed 1 (15 ounce) can white beans, drained and rinsed
1 cup fresh basil leaves, stems removed 1 cup red bell pepper, chopped

Cook pasta as directed on package. Drain and place in a large mixing bowl. In a blender, add oil, garlic, spinach, basil, chicken broth, Parmesan cheese, and black pepper. Blend until leaves are well blended. Pour sauce over pasta. Mix until pasta is well coated. Add beans and red bell pepper. Stir gently and serve. For a filling vegetarian entrée, substitute low-sodium vegetable broth for the chicken broth.

Nutritional Analysis: Calories: 360, 54 from fat; Total Fat 6 g, Saturated fat 2 g; Cholesterol 5 mg; Sodium 330 mg; Total Carbohydrates 62 g Fiber 8 g, Sugar 4 g, Protein 16 g

Quick and Healthy Recipes, Mississippi State Extension

Zucchini Pesto

This fresh zucchini pesto is a great way to use up the end of summer garden surplus without having to bake it into every muffin, bread and cookie you can think of.

- 2 cups grated zucchini
- 1 clove garlic
- 2 tablespoons pine nuts
- ½ cup grated parmesan cheese
- ¼ cup fresh basil leaves
- 1 leaf of kale (for color more than taste, you can substitute spinach for this or leave it out, your pesto just won't be as green)
- Salt & pepper to taste
- 2-4 tablespoons extra virgin olive oil (depends how liquidly you want your pesto)
- 1 pound dried pasta

Instructions

1. Thoroughly squeeze all excess water from the grated zucchini in a dish towel.
2. Place zucchini in a food processor along with garlic, pine nuts, parmesan, basil, kale/spinach and salt & pepper.
3. With the food processor running, drizzle in the olive oil until the pesto reaches the consistency you like.
4. Check for seasoning again and adjust as necessary.
5. Bring a pot of water to a boil and cook pasta according to package directions.
6. Drain pasta and toss with pesto to thoroughly coat.

Recipe by Running to the Kitchen at <http://www.runningtothekitchen.com/2013/08/zucchini-pesto/>

Presto Pesto Cups

Yield: 1 cup Prep Time: 15 Minutes Total Time: 15 Minutes

Frozen mini-cups of pesto for busy weeknight meals

- | | |
|---|------------------------------------|
| 2 cups Basil Leaves, packed | ½ teaspoon salt |
| ½ cup Extra Virgin Olive Oil | ¼ teaspoon pepper |
| 1/3 cup Pine nuts, or Walnuts | 4 cloves garlic |
| ½ cup Parmesan Cheese, shredded or flaked | 1 ½ teaspoon Lemon Juice, optional |

In food processor, add in basil, nuts, salt, pepper and garlic.

Pulse food processor until the ingredients are roughly chopped. About 6 pulses. Then turn on and while processing pour in olive oil. Allow to combine until nuts, garlic and basil have been thoroughly blended. Finish with squeeze of lemon juice if desired.

Spoon into mini muffin tin. Cover with plastic wrap and gently press plastic wrap to the top of each cup to make sure minimal air is allowing in. Cover with aluminum foil. Freeze.

Pop out of muffin tin when frozen through and place in a freezer safe container for later use.

When using in a recipe, allow them to defrost at room temperature. Or if making with pasta - drain pasta, and in the same pot that you used for boiling pasta, toss a couple of cubes per pasta serving into the empty warm pot, allow to melt and then toss in drained pasta to combine. Serve warm.

Cranberry Irish Soda Bread with Ginger-Mint Butter

Ginger-Mint Butter

- 1 stick (1/2 cup) butter, at room temp.
- 1 Tablespoon ginger preserves
- 1 teaspoon minced fresh mint leaves

In bowl, combine butter, preserves and mint; set aside

* Microwaving the cranberries in orange juice, plumps up their texture and adds just a touch of citrus tang.

- | | |
|----------------------------------|------------------------|
| 1 cup dried cranberries | 1/4 cup sugar |
| 1/4 cup orange juice | 1 cup light sour cream |
| 4 cups baking mix, like Bisquick | 1 large egg |

Heat oven to 375° F.

In covered bowl, microwave cranberries and orange juice 2 min. or until cranberries are plump. In bowl, toss cranberries with baking mix and sugar. Stir in sour cream and egg until soft dough forms; shape into round.

Place on greased baking sheet. Cut an X in center of dough.

Bake 25 min. or until done and loaf is golden brown. Let cool 15 min.

Slice and serve with flavored butter.

Per serving: Cal.332 Pro.5g Carb.43g Fiber 1g Sug. 15g Cho.45mg Sod 587mg Total fat. 17g Sat. fat 8g. Trans fat.2g

Irish Soda Bread Scones

- | | |
|------------------------------|--------------------------|
| 3 cups all-purpose flour | 1 1/2 cups buttermilk |
| 2 Tablespoons sugar | 1/2 cup currants |
| 2 teaspoons salt | 1/2 cup walnuts, chopped |
| 1 teaspoon baking soda | 1 egg |
| 2 Tablespoons butter, melted | |

Preheat oven to 425 ° F. Coat rimmed baking sheet with cooking spray. In large bowl, combine flour, sugar, salt and baking soda.

In separate bowl, slowly stir butter into buttermilk; stir into flour mixture with currants and walnuts until just blended.

Turn mixture out onto lightly floured surface; gently kneed until dough just forms. Press dough into 7" disk; cut into 8 wedges. With spatula, transfer wedges to baking sheet, placing them 2" apart.

Beat egg with 1 Tablespoon water; brush over tops of wedges. Bake until golden, 18-20 minutes.

Serve warm with Orange Maple butter.

Servings: 8

Cal.316 Pro.9g.Fat 10g (3g.sat.) Trans fat 0g Chol.35mg Carb.49g Sod.823mg. Fiber2g. Sugar 12g.

Orange Maple Butter

Stir together 1/2 cup butter (at room temperature), 1/4 cup maple syrup and 2 tsp. grated orange zest.

Chocolate Coconut Zucchini Bread with Coconut-Crumble Topping

Ingredients

2 cups zucchini, seeds removed and shredded*	1 ¼ cups all-purpose flour
1/2 cup unsweetened coconut flakes, shredded & toasted	¾ cup whole wheat flour
¾ cup packed brown sugar	½ teaspoon baking powder
5 Tablespoons coconut oil, melted	½ teaspoon soda
1/3 cup unsweetened applesauce	1 ½ teaspoon ground cinnamon
1 1/2 teaspoons vanilla extract	¼ teaspoon salt, plus more for zucchini
2 eggs	1 cup mini semi-sweet chocolate chips

Cooking spray, metal 9x5x3-inch pan**

Crumble Topping

1/4 cup brown sugar	2 Tablespoons butter, cut into small pieces
3 Tablespoons flour	1/3 cup unsweetened coconut, shredded

*You can also use frozen zucchini. Just thaw completely and really allow to drain, squeezing out as much moisture as possible, before adding to batter.

**The first time I made this, I used a glass pan, and the bread just would not set. I used a metal the second time and it worked like a dream, so I strongly suggest you do the same.

Instructions

Preheat oven to 350° F.

Prepare Zucchini:

Grate (or food process) zucchini and place in a strainer with a pinch of salt mixed in, to release extra moisture; let sit for at least 10 minutes. After that time (and before adding it to batter), dump zucchini on a triple layer of paper towels, form towel into a little sack, and gently squeeze as much moisture out of the zucchini as possible.

Toast Coconut:

Heat a small frying pan over medium heat (do not put any sort of cooking spray; keep it dry). Once hot, add the 1/2 c. shredded coconut and toast, stirring almost constantly, for about 4 minutes, or until coconut flakes start to turn golden in color and give off an incredible aroma. Keep an eye on this pan; coconut burns easily! Once toasted, remove to a plate and set aside.

Batter:

In a large bowl, whisk together brown sugar, coconut oil, applesauce, vanilla, and eggs.

In a medium bowl, mix together the flours, baking soda, baking powder, cinnamon, and salt.

Add flour mixture to egg mixture, and stir to combine well. Stir in grated zucchini, toasted coconut and chocolate chips.

Prepare a 9x5x3-inch metal bread pan by spraying it thoroughly with cooking spray. Pour in the batter, spreading evenly.

Prepare crumble topping:

Mix the brown sugar and flour together. Using quick fingers, cut in the butter until the mixture is crumbly.

Stir in the shredded coconut. Set aside.

Bake the bread:

Bake for 30 minutes.

After 30 minutes, sprinkle the crumble topping on and bake for an additional 30 minutes or until a toothpick inserted in center of loaf comes out clean, about 60 minutes TOTAL. If crumble topping begins to brown too much before the center is set, tent pan loosely with foil until the bread is completely done.

Cool completely in pan and then carefully transfer out of the pan.

Keeps well on the countertop for 2 days; after that it should go in the fridge.

Crème de Menthe Cheesecake

Crust:

1 ½ cups chocolate wafer crumbs
1/3 cup butter or margarine, melted (2/3 stick)

Preheat oven to 350° F. Combine chocolate wafer crumbs and butter in a small bowl. Stir to combine. Press firmly on bottom and sides of 9-inch deep dish pie plate. Chill.

Filling:

2 (8 oz) pkgs cream cheese, softened
2/3 cup C&H granulated sugar
2 eggs
1 cup sour cream
2 tablespoons crème de menthe
½ teaspoon mint extract

Beat cream cheese and sugar in large bowl at medium speed until blended. Add eggs, 1 at a time, mixing on low speed after each addition, just until blended. Stir in sour cream, crème de menthe and extract.

Pour into prepared crust. Bake 40 to 50 minutes or until center is almost set. Remove from oven. Cool. Refrigerate 3 hours or overnight.

Quick Tip : Top with whipped cream and garnish with chopped chocolate.

Luck o'the Irish Mint Brownies

*Mint filling is sandwiched between a brownie, white-chocolate cream topping and a delicious ganache for a sure-to-please treat

1 (19.9oz.) pkg. family-size brownie mix
1 (8 oz.) pkg. cream cheese, at room temp.
4 (1 oz.) squares white chocolate for baking, melted
2 cups whipped topping or whipped cream
1/4-1/2 teaspoon peppermint extract Green liquid food coloring
1 1/4 cups dark chocolate chips
1 stick (1/2 cup) butter

Heat oven to 350°F.

F. Line a 9"x13" baking pan with foil. Spray foil with cooking spray. Prepare brownie mix as package directs. Bake in pan as directed. Let cool.

Using mixer on medium speed, beat next 3 ingredients for 2 minutes or until smooth. Spread half mixture over cooled brownies.

Chill 20 min. Meanwhile, stir peppermint extract and enough food coloring into remaining mixture to create desired green color; spread in pan. Chill 20 min.

In microwave-safe bowl, microwave dark chocolate chips and butter 30 seconds or until melted, stirring until smooth. Let sit 5 minutes, spread over mint layer. Chill 30 min. or until set.

Perserving: Cal.452 Pro.4g Carb.43g Fiber.1g Sug.30g Chol.56mgSod.216mg Totalfat:30g Sat.14g Trans.0g

Turkey, Kale and Brown Rice Soup

2 Tablespoons extra-virgin olive oil	4 cups low-sodium chicken broth
5-6 large shallots, chopped	One 15-oz can diced tomatoes
3 medium carrots, cut into 1/2-pieces (about 1 1/3 cups)	1 cup cooked brown rice
1 large red bell pepper, cut into 1/2-inch pieces (about 1 1/2 cups)	1 small bunch kale, coarsely chopped (about 4 packed cups)
8 oz ground white turkey meat, broken into small chunks	1 teaspoon kosher salt
1 Tablespoons herbs 'de Provence	½ teaspoon freshly ground black pepper
	¼ cup chopped fresh flat-leaf parsley
	¼ cup freshly grated Parmesan

Heat oil in a large pot over medium-high heat. Add the shallots, carrots and bell pepper and sauté, stirring frequently, until the vegetables begin to brown and soften slightly, 8 to 10 minutes.

Add ground turkey and stir 5 to 7 minutes.

Add herbs 'de Provence and stir, 1 minute.

Add 4 cups broth, tomatoes and rice. Bring to a boil. Stir in kale and season with 3/4 teaspoons salt and freshly ground black pepper. Reduce heat to medium-low.

Cover and simmer until vegetables are tender, about 15 minutes.

Season with remaining 1/4 teaspoon salt. Ladle soup into bowls. Sprinkle each serving with parsley and Parmesan, if using, and serve. 4 to 6 servings.

Per Serving: Cal. 341 Total Fat 11.5g Sat Fat 2.5g Pro 27g Total Carb. 37g Sugar 7g Fiber 5g Sod. 740mg
(Kale soup recipe from *Angel Rhea*)

Citrus-Roasted Broccoli Medley

*Roasting the veggies in olive oil adds flavor and provides a dose of heart-healthy monounsaturated fat.

1 lemon	2 Tablespoons olive oil
6 cups (1 1/2 lbs.) broccoli and/or cauliflower florets	1 Tablespoon lemon-pepper seasoning
	3 Tablespoons minced fresh oregano

Heat oven to 400° F. Zest lemon. Cut lemons into wedges.

On baking sheet, toss vegetables with oil, lemon-pepper seasoning, 1 tsp. lemon zest and lemon wedges.

Roast 15 minutes, or until tender, stirring once. Carefully squeeze juice from lemon wedges onto vegetables.

Stir in oregano. Serve warm. 6 servings.

Per serving: Cal. 69 Pro.2g Carb.6g Fiber2g Sug.1g Chol.0mg Sod.187mg Total Fat:5g Sat.fat1g Trans.fat0g

** Two easy variations:

Spicy garlic: Omit the lemon-pepper seasoning. Add 3 minced garlic cloves and 1/4 tsp. red pepper flakes to veggie mixture before roasting.

Cheesy basil: Instead of oregano, use basil and toss cooked veggies with 1/4 cup grated Parmesan cheese.

Green Goodness

IN a blender, combine

1 ½ cups cold water	¼ cup fresh parsley
1 cup frozen kale	2 Tablespoons fresh mint
1 ½ cored and roughly chopped green apples	2 Tablespoon lemon juice
2 stalks roughly chopped celery	

Blend until smooth and pour through a fine mesh strainer. Serve over ice. Makes 2 servings.

Chocolate Lime Dessert

- 1 package lime gelatin
- 1 3/4 cups boiling water
- 2 cups crushed chocolate wafers
- 6 Tablespoons melted butter
- 1/4 cup lime juice
- 2 teaspoons lemon juice
- 1 cup sugar
- 1 can (12 ounces) evaporated milk

In a small mixing bowl, dissolve gelatin in boiling water. Refrigerate until partially set, about 1 1/2 hours. In a bowl, combine wafer crumbs and butter; press into 9 by 13 in. dish. set aside. beat gelatin with an electric mixer until foamy. Add the lime and lemon juices. Gradually add sugar, beating until dissolved. While beating, slowly add the milk; mix well. Pour over the prepared crust. Refrigerate until set. Yield 12 to 15 servings.