

YOUR GREENS

It goes without saying that green leafy vegetables are packed with nutrients and phytochemicals. Most green-coloured vegetables and fruits contain lutein, a type of carotenoid found in green vegetables and fruits. Some green vegetables also contain one phytochemical called Indoles



Help keep the digestive tract healthy



Help keep bones and teeth strong

WHAT DO GREENS DO TO THE BODY?



Help maintain good eyesight

Improve the immune system



Reduce risk of some cancer types

YOUR WHITE

White might not be the most appealing of all colour types but these healthy treats will surely provide you with vitamins and nutrients for an improved health.

White-coloured fruits and vegetables contain beta-glucans, Epigallocatechin gallate (EGCG), SDG, and lignans. These nutrients help improve your immune system keeping the body protected from diseases.



Help keep the digestive tract healthy



Lower blood pressure and provide protection against heart diseases



Help protect you from stroke

WHAT DO WHITES DO TO THE BODY?



Reduce the risk of certain types of cancer such as colon, breast, and prostate.



Help balance hormone levels

Zucchini Lasagna

8 servings

Source: Casserole Queens Make-a-Meal Cookbook

Ingredients:

- 2½ Tbsp olive oil
- 1 tsp salt
- 1 small onion, finely chopped
- 2 medium zucchini, sliced thin length-wise about 1/8 inch thick
- ½ tsp red pepper flakes (optional)
- 1C part-skim ricotta cheese
- 1 lb ground turkey
- ¼ tsp ground black pepper
- 1 (28 oz) can diced tomatoes, no salt added
- 1 tsp garlic powder
- 3 Tbsp chopped fresh oregano or 1Tbsp dried
- ½C freshly grated Parmesan cheese
- ½C part skim shredded mozzarella cheese

Directions: Preheat oven to 375°F. In a large skillet set over medium heat, heat 2 Tbsp of the oil. Add the onion and red pepper flakes and cook, stirring occasionally, until the onion is tender, about 8 minutes. Add the turkey and cook, breaking up any large pieces with the back of a spoon, until brown throughout, 3 to 4 minutes. Add the tomatoes and bring the mixture to a boil. Reduce the heat to medium and simmer until it thickens, about 20 minutes. Stir in the oregano, basil, garlic powder, and salt. Let cool. Place 5 to 6 of the thin zucchini slices, overlapping slightly, in the bottom of an 8 x 8-inch baking dish. Top with 1 cup of the sauce. Dot with 1/4 cup of the ricotta and 1/3 of the mozzarella. Repeat the layers twice, alternating the direction of the zucchini. Top with the remaining zucchini and brush the top with the remaining 1½ teaspoon oil. Dot with the remaining 1/4 cup ricotta and mozzarella and season with the black pepper. Top with Parmesan cheese. Bake for 50 to 60 minutes, until the lasagna is bubbling and the top is brown. Let stand for 10 minutes before serving.

Nutrition Facts: Calories 240, Fat 14 gm, Saturated Fat 5 gm, Sodium 510 mg, Carbohydrate 9 gm, Fiber 1 gm, Protein 19 gm

Creamed Kale

Yields 6 Servings

Source: eatingwell.com

Ingredients

- 2 tablespoons extra-virgin olive oil
- 1 cup sliced leek, white and light green parts only
- 12 cups chopped kale or collards (about 1 large bunch)
- 2 cloves garlic, minced
- ¼ teaspoon kosher salt
- ½ teaspoon ground pepper
- ¼- ¾ cup water, as needed
- 2 tablespoons all-purpose flour
- 1½ cups reduced-fat milk
- Pinch of nutmeg (optional)

Directions: Heat oil in a large pot over medium heat. Add leek and cook, stirring frequently, until starting to soften, 1 to 2 minutes. Add greens, garlic, salt and pepper; cook, stirring often, until very soft, 10 to 20 minutes, adding water ¼ cup at a time if the greens start to stick. Sprinkle with flour and cook, stirring, for 30 seconds. Stir in milk and nutmeg (if using); cook, stirring, until just starting to boil and thicken, 1 to 2 minutes. Serve hot.

Nutrition: 1/2 Cup: Calories 109, Total Fat 6g, Saturated Fat 1g, Sodium 279mg, Total Carbs 10g, Fiber 2g, Total Sugar 4g, Added Sugar 0g, Protein 4g.

Kale & Garlic Frittata

Serves 4

Source: foodwithfeeling.com

Ingredients

- 4 stems of kale, wash and de-stemmed
- 2 tablespoons of unsalted butter
- 1/2 diced white onion
- 2 cloves of garlic, finely minced
- salt and ground black pepper to taste
- 1 teaspoon of paprika
- 6 large eggs

Directions: Pre-heat the oven to 350°F. Grease a 2 quart baking dish. Cut the kale into bite sized pieces. Heat a few inches of water in a steamer pot over medium-high heat and steam the kale for 5 minutes. Remove from heat and set aside to cool. In a sauté pan, melt the butter over medium heat. Add the onion and cook until it becomes soft, about 3 minutes. Add the garlic, a bit of salt & pepper, and the paprika. Cook for an additional 2 minutes. Add in the kale, stir, and sauté for 2 more minutes. Beat the eggs in a medium bowl and season with salt and pepper if desired. Transfer the kale and onion mixture to the prepared baking pan and then pour the eggs over top of the kale, covering it evenly. Bake for 8-10 minutes until the eggs are firm. Let cool slightly, slice, and serve.

Nutrition: 1 serving=Calories 168, Total Fat 9g, Saturated Fat 4g, Sodium 225mg, Total Carbs 3g, Fiber 0.5g, Protein 7g.

Apple & Pear Fruit Salad

Serves 4

Adapted eatingwell.com

Ingredients

- 1 ripe green pear, cubed
- 2 Tbsp lemon juice
- ¼ C plain low-fat Greek yogurt
- Sprinkle of cinnamon (optional)
- 1 green apple, cubed
- 1/3C chopped almonds, toasted
- 1 Tbsp honey

Directions: Combine apple, pears and lemon juice in a medium bowl. Stir in almonds. Divide the pear/apple mixture among four serving bowls. Combine yogurt and honey in a small bowl. Top each serving of the pear mixture with a dollop of the yogurt mixture. If desired, sprinkle with cinnamon.

Nutrition Facts: Calories 133, Total Fat 4g, Saturated Fat 0.5g, Sodium 7mg, Total Carbs 23g, Fiber 3g, Sugar 15g, Added Sugar 4g, Protein 4g.