Foods For Though

From the Vegetable Garden Team of Eden Mill Nature Center

Volume 4 | Issue 1



Featuring:

SPRING GREENS



Directions

Ingredients

10 oz. raw kale leaves

Parmesan cheese

1/2 cup grated or shaved

3 tablespoons lemon juice

3 tablespoons olive oil

Salt and pepper to taste

Wash kale leaves and dry with a paper towel. Cut out the thick ribs of kale; then slice leaves into ribbons 1/2 inch wide. Put kale



Chicken and Spinach Skillet Pasta

into a bowl and add the grated cheese, and toss. In a small bowl, whisk together the lemon juice and olive oil. Pour over kale and cheese and stir the salad. Let salad sit at room temperature for 1 hour. Season to taste with salt and pepper and serve.

Nutrition Info per serving (serves 6): Calories 336; Total Fat 16g; Saturated Fat 9g; Sodium 521mg; Carbs. 8g; Protein 19g

Ingredients 8 oz. penne pasta

2 tablespoons olive oil 1/2 pound chicken cut into bite-size pieces 4 cloves of garlic minced 1/2 cup low sodium vegetable broth

Juice of one lemon 10 cups chopped fresh spinach 2 tablespoons grated Parmesan cheese, divided

Salt and pepper to taste Directions

Cook pasta according to package directions.

Drain and set aside. Heat oil in a large skillet over medium heat. Add chicken, salt and pepper; cook until done for 5 to 7 minutes. Add garlic and cook for 1 minute. Stir in lemon juice and simmer. Remove from heat and stir in spinach and the

cooked pasta. Cover and let stand

until the spinach is wilted. Divide into 4 servings and top each serving with 1 tablespoon Parmesan.

Nutrition info per serving (serves 4): Calories 716; Carbs 25g; Protein 41; Total Fat 31g; Saturated Fat 8g; Sodium 420mg.

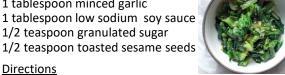


Harford County Family & Consumer

Ingredients

1 tablespoon olive oil 1 tablespoon minced garlic 1 tablespoon low sodium soy sauce 1/2 teaspoon granulated sugar

14 oz. romaine lettuce hearts (about 2)



Trim romaine lettuce and cut into bite-size pieces, and pat dry. Place a medium size skillet over medium heat for 1 minute and swirl in the oil. When the oil is hot, add the garlic and toss in the romaine lettuce in



Nutrition Info per serving: Calories 175; Carbs 11g; Protein 4g; Total Fat, 14g; Saturated Fat 2g; Sodium 520 mg; Fiber 4g.









Who said this?

- Feeling blue? Try some greens. Anonymous
- Vibrant salad, vibrant life. Anonymous
- "The greatest wealth is health." Virgil, Roman poet
- What did the lettuce say to the celery at the salad bar?
 Lettuce "romaine" friends.
- Where does spinach eat its dinner? At the vege-table.

The essence of a good salad is simplicity. Clean, bright flavors that, when brought together, bring out the best in one another.

- Chuck Williams, founder of Williams-Sonoma and author of cookbooks

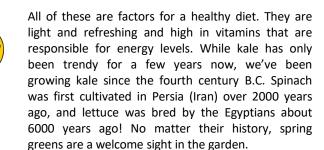
Believe It or Not!

- 1. Greens are packed with protein. One cup of chopped kale contains 3 grams of protein.
- 2. Eating a large salad supports weight loss by signaling satiety the satisfied feeling of being full after eating.
- 3. For kale, be sure to choose the right variety. Tougher curly kale is best for adding to soups or stews. Tender baby kale is best for salads.
- 4. In the 10 years from 1992-2002, the annual consumption of spinach jumped 66% mostly due to the availability of pre-cut bagged spinach.
- 5. Popeye, a cartoon, was introduced in 1929, and U.S. spinach growers credited him with a 33% increase in domestic spinach consumption. It was a welcome boost especially during the depression era. Popeye was very strong because he ate spinach every day—that was the message he delivered in each cartoon. For many years, spinach was the third most popular children's food after turkey and ice cream.
- 6. The average American eats about 30 lbs. of lettuce a year! That's a whole lotta salads!

What are... spring greens?

Spring greens are the foundation of a healthy diet. Kale, spinach, and lettuce are hardy, cool weather crops that can be eaten raw or cooked. These delicious greens are used in salads, soups, pasta dishes, smoothies, omelets and even as pizza toppings. These leafy vegetables are low in calories, fat, and sodium but high in fiber.





Health Benefits

Get those greens in however you can! Kale, spinach, and lettuce provide vitamins and minerals necessary for good health. Kale provides Vitamin A (important for eye and bone health) and Vitamin C (aids in chronic disease prevention). Spinach provides Vitamins K, C, A, and E; and therefore, also contributes to good eye health and bone health. Lettuce is an excellent source of Vitamin K which helps strengthen bones. Water makes up over 95% of raw lettuce. As a result, eating lettuce hydrates the body. Because of their high content of antioxidants, green leafy vegetables may be one of the best cancer-preventing foods. Fortunately many leafy greens can be found year-round in the grocery store, and they can easily be incorporated into your meals. Be sure to include a variety of these vegetables in your diet. Source: healthline.com



Peter Rabbit Garden at the Eden Mill Demonstration Garden. Lettuce, spinach, and kale are featured here along with other greens.

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