

# EATING HEALTHY

## Leafy Greens

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When it comes to nutrition, leafy greens top the charts in vitamins A, C and K, potassium and fiber with only five to 40 calories per cup. Cruciferous vegetables such as kale, collards and cabbage are natural defenders recognized for their potential roles in cancer prevention. Kale, spinach and turnip greens are high in lutein, a phytochemical that may reduce the risk of age-related macular degeneration.



### CABBAGE CABBAGE

Enjoy cabbage raw in slaw, steamed, stuffed or tossed into soup. Prevent the release of its smelly sulfuric compounds by cooking cabbage quickly.

### KALE KALE

Choose kale with dark green, small to medium-sized leaves free of any bruising. Kale can be added to soups and cooked pasta dishes but when eaten raw as in a salad, use an acid such as lemon juice or vinegar to soften the leaves.



### SPINACH SPINACH

A natural hydrator, raw spinach is 91 percent water. Spinach should be cooked very quickly, either by steam or sautéing in minimal liquid, just until the leaves wilt.



### ROMAINE ROMAINE

Best eaten raw, romaine is a perfect crunchy and refreshing salad base, sandwich topper or wrap. Tear the leaves instead of cutting them to avoid the release of an enzyme that destroys vitamin C.



## GREEK SALAD BOWL

### INGREDIENTS

- 8 cups torn romaine lettuce
- 2 cups chopped cooked chicken breast
- 1 (14 ounce) can hearts of palm, drained and sliced
- 1 (14 ounce) can quartered artichoke hearts, drained
- 1 cup grape tomatoes, halved
- ½ cup pitted Kalamata olives, halved
- ½ cup thinly sliced red onion
- 1/3 cup light Greek vinaigrette

### DIRECTIONS

Combine all ingredients in a large bowl, toss well to coat. Serves 6.

### NUTRITION PER SERVING

Serving Size: 2 Cups

182 CALORIES, 8 G FAT, 18 G PROTEIN,  
11 G CARBOHYDRATE, 3 G FIBER, 695 MG SODIUM