



www.brownboxorganics.com

COOKING WITH GREENS

(and cooking GREENER
in the Kitchen)

Dr. Karen Benton,
Naturopathic Physician

Brown Box Organics not only offers free home or office organic produce and specialized grocery deliveries but also curbside pick up on call-ahead orders.

(208) 362-5677

Green "Facts"

Dark, leafy green vegetables are:

Low in calories (1 cup = approximately 25 calories)

High in Vitamins A and C

These vitamins are antioxidants and help your body neutralize the results of normal metabolism which produce reactive toxins from the liver and other cells. .

High in calcium, iron, potassium

Calcium is the most abundant mineral in the body and is very important for muscle contraction and cell membrane stabilization as well as bone/teeth structural integrity.

Iron is an essential component of hemoglobin which transports oxygen in the blood.

Potassium and sodium help maintain fluid balance in the body. A potassium deficiency leads to muscle weakness, fatigue, mental confusion, irritability, irregular heartbeat, and abdominal bloating.

High in folic acid (folate)

Folic acid is important for the formation of many amino acids in the body, hemoglobin and the maturation of red and white blood cells.

High in fiber

Insoluble fiber in plant materials increases the volume of bowel contents and decreases transit time. In short, it is good to prevent constipation and keep bowels moving.

Low on the glycemic index

Some good green choices:

Beet greens-tender, cook quickly by steaming, stir-frying or sautéing

Collard greens-highly flavored, blanch before cooking

Kale-may be the oldest known green, many varieties

Mustard greens-young leaves have a milder flavor

Spinach-fast cooking

Swiss chard-mild, can be used interchangeably with spinach or beet greens

Turnip greens-spicy flavor, remove leaves from stems and discard stems

Broccoli rabe-Italian broccoli

Bok Choy-fleshy, mild flavored, found in many stir fried dishes

Nettles-pick early in the spring, and steam. Very high in minerals!

For example, kale contains more beta carotene and lutein than any other vegetable. It helps regulate estrogen and fights colon cancer. It contains the 10 amino acids required for both children and adults. It contains 16 mg Vitamin C, Vitamin B-1, B-2, B-6, folate, niacin, pantothenic acid and zeaxanthin. Its minerals include sodium, calcium, magnesium, zinc, manganese, potassium, iron, copper and phosphorous. It provides 1.2 g. protein, 4 g. carbohydrates and .52 g. fiber for each ½ cup (cooked) serving.

White Bean Soup with Greens

- 2 Tablespoons olive oil
- 1 onion, finely chopped
- 2 carrots, finely chopped
- 1 garlic clove, minced
- 3 cups vegetable or chicken broth
- 2 16 oz. Cans white cannellini beans, drained
- 3 fresh sage leaves, thinly sliced (or dry equivalent)
- 8 oz. Escarole or romaine lettuce, cut into ¼- ½ “ strips
- ¼ cup chopped Italian parsley
- salt and pepper

Heat olive oil in a 4-quart saucepan. Add onion and carrots, cover and simmer 5 minutes or until tender. If vegetables stick to saucepan, add water, cover and continue to simmer. Add the garlic and sauté for a moment. Add 1 can of beans and mash with a potato masher (or hand held blender.) Add the second can of beans along with the broth and bring to a simmer with the sage. Simmer 10 minutes or until as thick as you like it. If too thick, add more water; if too thin, simmer uncovered until desired consistency. Stir the escarole or romaine lettuce into the pot, cover and simmer 5 minutes or until lettuce is tender. Uncover, add parsley and adjust seasoning. Yield 2-4 servings.

Nutritional Analysis: For each 1.5 cup serving 448 calories, 14 g fat, 0 mg cholesterol, 744 mg sodium, 64 g carbohydrate, 15 g fiber, 20 g protein.

Garlicky Greens with Sausage

- | |
|--------------|
| 1 bunch kale |
|--------------|
- 1.2 Tablespoons olive oil
 - 1 medium leek, halved lengthwise and thinly sliced
 - 1 cloves garlic, minced
 - balsamic vinegar and salt to taste
 - 1-2 links chicken or pork sausage of your choice, cooked

Cut cooked sausage into pieces and brown on both sides. Strip leafy part of kale from stems and finely chop stems and leaves separately. Saute leeks and garlic in oil for 1-2 minutes. Add kale stems, and cook until almost tender. Gradually add chopped leaves and continue cooking for several more minutes (may add more oil if necessary) until tender. Remove pan from heat and season with balsamic. Add vinegar and/or salt and a pinch of nutmeg.. Sesame seeds may be used as garnish.

Nutritional analysis: For each 1 cup serving 258 calories, 19 g fat, 24 mg cholesterol, 536 mg sodium, 13 g carbohydrate, 2 g fiber, 11 g protein.

Top Five Tips for Going GREENER in the Kitchen

1. Choose your food supply, locally, and buy organic meats, dairy and celery, peaches, strawberries, apples, blueberries, nectarines, bell peppers, spinach kale, cherries, potatoes and imported grapes.
2. Get rid of purchased bottled water. Use home filtered instead, and glass or metal bottles. Affirm Water, Klean Kanteen, Sigg, Nathansports or Earthlust make great containers.
3. Use recyclable grocery bags and “green bags” for refrigerated vegetables
4. Compost. Buy the book, Let it Rot by Stu Campbell and follow his advice.
5. Kitchen Clean Up. Use cloth towels and/or sustainable cleaning fibers instead of paper towels. The local dollar store is a great place to find cloth towels.