

Dark Green, Leafy Vegetables

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Introduction: Dark Green, Leafy Vegetables as Part of 5 a Day

Spinach is as familiar to us as Popeye! Kale, mustard greens, turnip greens, escarole, and chard may not be. But you can easily find these leafy, green vegetables in your supermarket.

Fresh or frozen spinach and frozen mustard greens are available year round. Escarole is displayed with other lettuce in the fresh produce section.

Fresh kale, chard, and mustard greens are also available most of the year. You may find these foods only in summer and fall if demand is low in your neighborhood. Ask your grocery store manager about them.

Have the strong flavors of some of these greens kept you from using them? Now is the time to try them again. In this lesson we include recipes that combine these greens with potatoes or rice. This masks the greens' strong flavors and makes them easier to include in your 5 a Day.

All of these dark, leafy greens contain important vitamins, minerals, and dietary fiber. In this lesson we will tell you about the role of fiber and vitamin C in reducing your risk of cancer. We'll also discuss cancers that do not seem to be affected by what you eat.



Objectives

Complete this lesson and you will be able to:

- explain why eating dark green, leafy vegetables may lower your risk of developing common cancers.
- explain why eating citrus fruits may lower your risk of developing common cancers.
- recognize that food we eat does not seem to affect our risk of developing less common cancers.
- explain the role of fiber in reducing the risk for certain cancers.
- name the dark green, leafy and dark yellow vegetables you eat now and those you have eaten in the past.

Recipe Notes

Using the recipes in this lesson can help you eat two to three of your five servings a day. The most time-consuming part of preparing the recipes is washing and removing the stems from the greens.

You can wash and stem the greens the night before or even several days before you will eat them. Or you can avoid this labor altogether and save time by buying frozen, chopped greens.

Diet and Cancer: Vitamin C and Fiber

As you learned in Lesson 3, vegetables rich in carotenoids provide our bodies with safe amounts of vitamin A. Dark green, leafy vegetables are rich in carotenoids, specifically beta-carotene.

Scientists have found that people who eat dark green, leafy and dark yellow vegetables often have a lower risk of developing common cancers of epithelial tissue (see Lesson 3 for a review of cancers of epithelial tissue). Eating these vegetables at least three to four times a week is cheap health protection. Eat them as part of your five servings a day.

■ *Eat a dark green, leafy vegetable or a dark yellow vegetable at least every other day.*



How vitamin C helps prevent cancer

The Sunshine Spinach Salad recipe given in this lesson provides a double dose of cancer protection. This is because it includes spinach, a rich source of vitamin A, and oranges, a rich source of vitamin C. Scientists have found that people who eat vitamin-C-rich foods have less of a risk of developing stomach and throat cancer. These are two cancers of epithelial tissue.

Tests with animals indicate that vitamin C can prevent the formation of nitrosoamines. Nitrosoamines are chemicals formed in the stomach from the digestion of certain foods. They cause cancer in animals. Vitamin C may also prevent nitrosoamines from forming in human stomachs.

Only *foods* rich in vitamin C, such as *citrus fruits*, have shown this protective effect. Fruits and vegetables rich in vitamin C also contain fiber or carotenoids. So the protective effect may not be due to just vitamin C. There may be something else more important than the vitamin C in the citrus fruit that helps protect you.

Scientists have found that vitamin C supplements can speed the development of certain cancers in animals. In several studies, sodium ascorbate (the salt of vitamin C) promoted bladder cancer in rats. Supplements are not the best choice for lowering your risk of cancer.

■ *Eat a citrus fruit or drink citrus juice once a day.*



Foods rich in vitamins A and C do not cure cancer. A good diet is certainly important in helping people with cancer combat the disease. However, just eating well does not appear to be a successful way to treat cancer.

Eating a wide variety of foods rich in vitamins A and C does seem to help prevent the occurrence of *some* types of cancer. (See Lesson 1 for a list of fruits that are good sources of vitamins A and C.)

Does a low-fat diet with plenty of vegetables and fruits prevent all cancers?

Unfortunately, scientists do not know whether diets that are low in fat and rich in vegetables and fruits help to prevent all types of cancer.

Remember the definition of epithelial tissue given in Lesson 3. Epithelial tissues line the body openings and some organs. They also make up your skin. Over 90 percent of human cancers occur in epithelial tissue. But epithelial tissue is only one of four types of tissues found in your body.

Cancer occurs less frequently in the other three types. These are:

- connective tissue (blood, tendons, bone)
- muscle tissue
- nerve tissue

So far, scientists have been unable to find any strong connection between the foods you eat and the occurrence of bone cancer, muscle cancer, nerve cell cancers, or lymphomas or leukemias (cancers of the white blood cells). Environmental factors other than diet or genetic factors appear to play a more important role in causing these cancers.

The role of fiber in reducing cancer risk

Dietary fiber is the material in plant foods that our digestive systems cannot break down. Fiber passes into the intestine where it provides bulk. Bulk keeps your intestinal muscles in shape and helps keep you regular. Some fiber is broken down in the intestine by bacteria that live there. But most fiber passes through the intestine unchanged.

There are two general classes of fiber—soluble and insoluble:

- Insoluble fibers don't hold water, but they do provide bulk.
- Soluble fibers do hold water, just like a sponge.

Most plant foods contain a mixture of soluble and insoluble fibers. But some foods are richer in one than the other. For example, oat bran is rich in soluble fiber, and wheat bran is rich in insoluble fiber.

Some studies of humans have found that a diet of high-fiber foods (vegetables and legumes) seems to lower the risk of colon cancer. But many of the foods that provide fiber are also sources of carotenoids and other substances that can be protective. So the fiber may not be the only substance that lowers the risk of colon cancer.

Another problem with these studies is the lack of information about how specific types of fiber (cellulose, lignin, gums, pectins, etc.) affect risk.

Studies with animals allow scientists to look at how specific types of fiber affect colon cancer. Most of these studies indicate that wheat bran has a protective effect against colon cancer. The effects of other types of fiber (corn bran, rice bran, oat bran, pectin, etc.) vary. Some show no effect and others actually help the cancer to grow.

Many studies have been done, but scientists still aren't sure whether dietary fiber really affects the risk of colon cancer in humans. People eat foods, not fiber. Studies do suggest that Americans would be wise to eat more high-fiber foods like beans, grains, vegetables, and fruits.

The average American eats 11 to 17 grams of fiber every day, depending on gender. The National Cancer Institute recommends that Americans double their fiber intake to 20 to 35 grams a day.

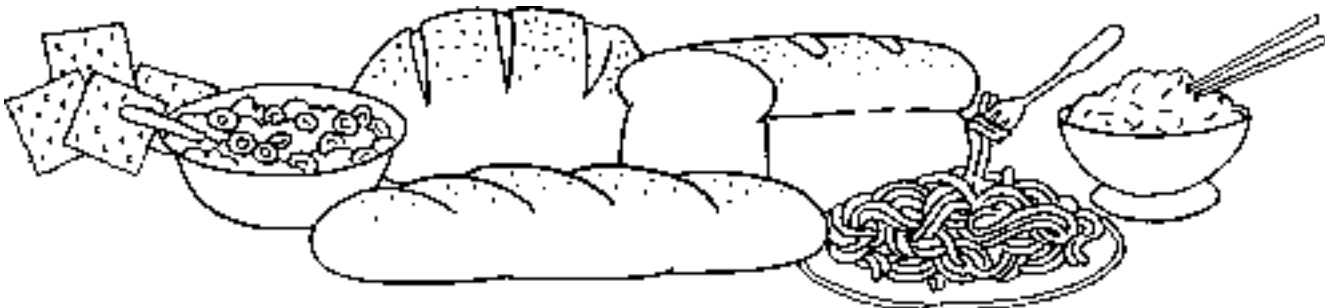
Foods rich in fiber are found in the base of the Food Guide Pyramid. Fruits and vegetables provide fiber. So do grains, pasta, breads, and cereals. See the Fact Sheet in this lesson for a list of good fiber sources.

What Are Your Vegetable-Eating Habits?

Preventing cancer is preferable to curing it. Use this lesson's worksheet to examine your own vegetable-eating habits. You can do this as a family activity even if family members don't always eat together.

Be honest about what you have eaten. This way you can determine if you need to change your food choices. Keep the worksheet as a reference for completing the worksheet in Lesson 5.

Eat Five, and thanks for completing this lesson!



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Information Sheet

SOME COMMON QUESTIONS AND THEIR ANSWERS

- high iron and cancer risk
- smoked foods and cancer
- frying meat and cancer risk
- salt-cured and salt-pickled foods
- selenium and cancer

1. Does having high iron levels in the blood increase the risk for cancer?

A few recent studies of people in Asia indicate that high levels of iron in the body may be associated with an increased risk of certain cancers.

A recent study of 14,000 American adults found that men with high levels of iron in the blood had a somewhat greater chance of developing cancer than those with the lowest levels of iron. No strong association of iron levels and risk of cancer was found for women in this study.

Unfortunately, this study did not use the best measures of food intake or of blood iron levels. Therefore it isn't clear if the relationships between iron levels and cancer risk are real. Most scientists now feel there is no relationship between iron levels in the body and risk of cancer.

2. Does eating smoked foods increase my risk?

Benzopyrene has been found in foods that have been smoked over coals or wood chips (e.g., hickory). This chemical is carried in the smoke and lands on the surfaces of smoked food. Benzopyrene is a carcinogen. You may wish to limit your exposure to benzopyrene by cutting down on the amount of wood-smoked foods you eat. Instead, choose the following more often:

- fresh meat and poultry
- fresh fish and other seafood

Liquid smokes that are commonly used to prepare commercially smoked food such as cheese do not contain benzopyrene. Benzopyrene is more of a concern for those who smoke foods at home than for those who buy commercially smoked foods.

3. Does frying meat affect cancer risk?

Some concern has been expressed about the safety of frying foods. Studies show that when hamburger or other meat is fried, some mutagens can be formed in small amounts. Mutagens are substances that may cause cancer.

The amount of mutagens formed depends on the temperature used. For instance, more mutagens can form when hamburger is fried at temperatures above 300°F.

Keep the cooking temperature below 300°F to decrease your exposure to possible mutagens in fried hamburger. This is easy to do with an electric skillet that has a temperature regulator. Hamburgers broiled in an oven or cooked in a microwave oven do not contain mutagens.

When you prepare hamburger or other meats:

- cook them in a regular or microwave oven.
- fry at low temperatures (under 300°F).

In general, high temperature and long cooking times produce more mutagens. Vary your method of cooking meat. Try stewing, boiling, poaching, or microwaving as an alternative to frying.

4. Does eating salt-cured and salt-pickled foods increase cancer risk?

These foods include salt-cured and salt-pickled fish and meat products such as salt-cured ham, sausage, and salami.

Eating salt-cured and salt-pickled foods frequently has been associated with increased risk of stomach cancer in other countries. Rates of stomach cancer fell in Japan when consumption of salted dried fish and salted vegetables fell.

Salt is not a carcinogen, but it can irritate the stomach lining. This makes it easier for carcinogens to alter the cells in the lining. Methods of salting and pickling foods in the United States are considered safer than those used in other countries. But most Americans would be wise to eat only moderate amounts of salt-cured foods.

5. What role does selenium play in cancer risk?

At present, scientists cannot explain the role that selenium plays in cancer development. Selenium is a mineral that we all need daily in very small amounts (50-70 micrograms/day). It occurs naturally in cereal grains and meats.

A few studies suggest that low selenium levels in the blood may precede cancer development in men but not in women. In contrast, a few other studies suggest that high blood selenium levels may increase the risk for certain cancers. Animal studies have produced conflicting results as well. Studies of selenium are complicated because this mineral may interact with vitamins A and E.

Since the role of selenium in cancer is not clear, the role of selenium supplements is also not clear. The safest action is not to take selenium supplements. Nail and hair changes, nausea, abdominal pain, and fatigue can occur if as little as 5 milligrams are taken every day.

Worksheet

VEGETABLE CHOICES, PAST AND PRESENT

Step 1

List all the *vegetables* you ate last week on the days listed below. If you can't remember, keep track of what vegetables you eat for five days this week. Start on a Wednesday morning and end on a Sunday night.

Wednesday

Thursday

Friday

Saturday

Sunday

Step 2

List the five vegetables you remember were most often served at your evening meals during the last year.

In the summer

In the winter

Did you eat the *same vegetables* in all the steps above? If not, think about why there was a difference.

Step 3

Go back and circle the dark green, leafy and dark yellow vegetables on your list. Corn, peas, green beans, and iceberg lettuce don't count. Put the total number of dark green, leafy and dark yellow vegetables here.

Five-day record:

Regular summer meals:

Regular winter meals:

Did you eat fewer than three dark green, leafy vegetables or dark yellow vegetables in Step 1? Did you also eat fewer than two of them in Step 2? If so, you need to include more of these vegetables in your daily meals.

Think about specific ways to do this. What barriers do you see to increasing your intake of dark green, leafy and dark yellow vegetables? See if you can come up with a way around these barriers.

Keep this worksheet for use in Lesson 5.

Fact Sheet

HOW TO EAT MORE FIBER

The National Cancer Institute recommends that Americans eat 20 to 35 grams of fiber a day for good health. This may sound like a lot, but you can slowly add more fiber to your diet. You may experience gas or diarrhea if you increase your fiber intake too quickly anyway. Drink lots of fluid when you eat fiber. A high fiber diet can actually constipate you if you don't drink 6 to 8 cups of liquid a day.

What's the easiest way to get enough fiber?

1. *Eat Five!* That's two or more servings of fruit each day, and three or more servings of vegetables each day.

An average serving is:

- 1 medium apple
- 1/2 cup chopped, cooked, or canned fruit
- 3/4 cup of fruit juice
- 1 cup of raw, leafy vegetables
- 1/2 cup of other vegetables, raw or cooked



2. *Have six or more servings of bread, cereal, rice, or pasta each day.* Choose a cereal that has 4 grams of fiber or more in each serving. Try shredded wheat cereal, cooked oat bran, or bran flakes.

An average serving is:

- 1 slice of bread or small roll
- 1/2 bun, bagel, or English muffin
- 1 ounce of ready-to-eat cereal
- 1/2 cup cooked cereal, rice, or pasta

3. *Include more beans in your diet.* Use them instead of meat in soups and salads. Put them in casseroles and spaghetti. You can also mash them and make a sandwich. Add lettuce, tomato, or other chopped vegetables. Cheese and mustard also go well on a bean sandwich.

4. *Eat more whole foods.* For example, an apple has 4 grams of fiber, but 3/4 cup of apple juice has less than 1/2 gram of fiber. Usually the less processed a food is, the more fiber it will have.

5. *Eat the skins of fruits and vegetables.* Up to half the fiber in a fruit or vegetable may be found in the skin. Make sure you wash the food well before eating.

6. *Serve a salad at meals.* You can really increase your fiber intake by adding various ingredients to your salad. For example:

Ingredient	Fiber
1 cup leaf lettuce	1 gram
1 stalk broccoli	5 grams
1/2 medium tomato	1/2 gram
1/2 bell pepper	1 gram
1/2 cup kidney beans	7 gram
<i>Total fiber</i>	<i>14 1/2 grams</i>

If you ate this salad for lunch, you would be eating 14 1/2 grams of fiber at one meal! That's a great start.

You can add fruit to make your salad sweeter and more fiber rich. For example:

Ingredient	Fiber
1 cup leaf lettuce	1 gram
1/2 grapefruit in sections	6 grams
1/2 orange in sections	3 grams
3/4 cup green beans	3 grams
<i>Total fiber</i>	<i>13 grams</i>

As you can see, this salad would provide you with 13 grams of fiber.

Natural fiber is found in vegetables, fruits, beans, and grain products. Dairy and meat products do not contain any natural fiber. On the back of this page you'll find a listing of other good sources of fiber.



EAT FIVE—LESSON 4

Food	Serving size	Fiber
Kidney beans	1/2 cup	7 grams
Pear	1 medium	4 grams
Apple	1 medium	3 grams
Orange	1 medium	3 grams
Green peas	1/2 cup	4 grams
Potato and skin	1 medium	4 grams
Broccoli	1/2 cup	3 grams
Whole wheat bread	1 slice	3 grams
Brown rice	3/4 cup	3 grams
Air-popped popcorn	3 1/2 cups	5 grams



Vegetable Tips

DARK GREEN, LEAFY VEGETABLES

Storing and Cooking

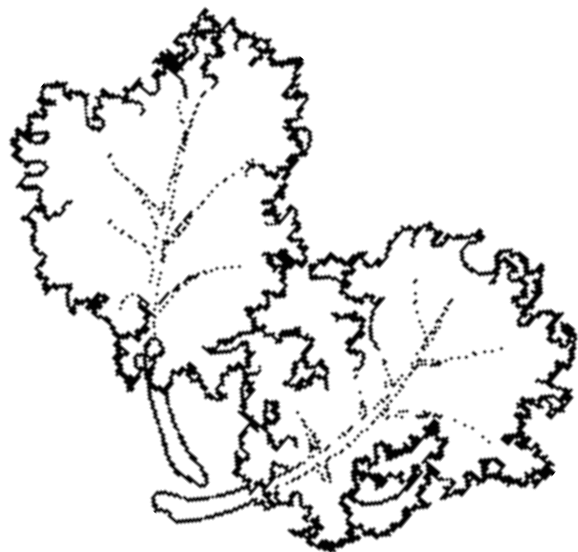
Use kale, collards, spinach, and other dark green, leafy vegetables within one to two days after buying them. This will give you the best nutritional value.

Wash and stem greens the day you buy them to save time later at meals. Dipping the greens in salted water will speed up their cleaning. Use 1 to 2 teaspoons salt per gallon of water. Rinse the greens well and shake off the excess moisture.

Store leafy greens in your refrigerator in a bowl with a tight lid or in an airtight plastic bag. Leafy greens can be kept moist and crisp for three to four days this way. The vitamin A and minerals in leafy greens remain very stable if no wilting occurs. Vitamin C may be lost, however, if you keep greens for more than several days. So it is still best to use them soon after purchase.

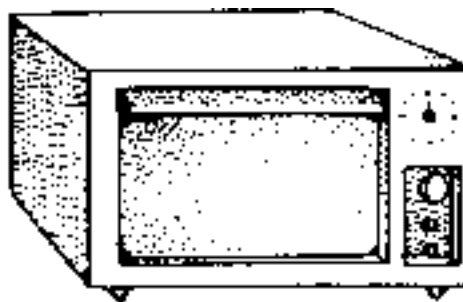
Greens can be steamed in a covered pot if you need to cook them before adding them to a recipe. Use only the water clinging to the leaves. A scant one-fourth cup of water may be added if you think necessary. The less water, the better. This way the vitamins and minerals are not so easily lost in the cooking water. Cook briefly only until the greens wilt. Remove and chop.

If you use frozen greens, thaw them thoroughly before adding to recipes. Save the cooking water from all vegetables for soup stock. It keeps best when frozen.



Microwaving

Cooking greens in the microwave is a snap. Microwave cooking also retains more nutrients than do other cooking methods.



First wash the greens before microwaving them. Then cut off the tough stems and remove any wilted leaves.

Place the greens in a microwave-safe dish. Cover with a vented lid or use plastic wrap. Be sure to poke holes in the plastic wrap so that air can get in.

For one pound of fresh greens, cook them on high for 6 to 7 minutes. This goes for any kind of greens: kale, spinach, collard, escarole, and even leafy lettuce! Rotate the dish halfway through the cooking time. Allow the greens to stand for 2 to 5 minutes when finished.

For a 10-ounce frozen pouch, use a knife to put a slit in the pouch. Microwave on high for 7 to 10 minutes.

Add the cooked greens to recipes (see the Calcannon recipe in this lesson), or season and eat as is. Enjoy!

Children and Teenagers in the Kitchen

Salads are a simple way to introduce your children to dark green, leafy vegetables. Today's children have grown up with salad bars, so bring the salad bar home.

Raw vegetables can be prepared in advance and placed in small, airtight containers. Suggestions are grated carrot, frozen peas, small flowerets of cauliflower and broccoli, sliced cucumber, sliced radishes, and sliced tomatoes. Raw vegetables should remain fresh for 4-5 days.

Each evening before dinner, have children arrange the containers on the table or countertop. They can then enjoy creating their own salad by adding any of these vegetables to a bed of washed greens. You may get some unique combinations, but the new "salad" may be tastier than you expect.

Children can help with this lesson's recipes in the following ways.

Very young children can:

- Help wash greens. Set up a large colander and line the area with paper towels to catch the splash.
- Learn what part of the plant the greens are (the leaves), where they are grown (on farms), and why we should eat them (for vitamin A).

Young children can:

- Help make the Sunshine Salad. Have the children rip the greens, mix ingredients, and toss with dressing.
- Wash the greens and scrub the potatoes for the Hot Greens and Potatoes.
- Mash the potatoes and mix the ingredients for the Calcannon.

Older children can:

- Peel and chop vegetables (under your supervision).
- Make the salad.
- Combine ingredients for the Kale and Yogurt.
- Learn to fry the potatoes and onions for the Hot Greens and Potatoes.

Teenagers can:

- Plan a simple menu. Encourage them to consider color when planning meals. Color variety in foods makes the meal look appetizing and helps fulfill the recommendation to eat five fruits and vegetables daily.
- Make shopping lists and help with the shopping.
- Make the Sunshine Spinach Salad and tuna salad sandwiches for friends.
- Identify vegetables that are good sources of vitamins A and C and fiber (see chart at right).

Vegetable	Good source of vitamin A*	Good source of vitamin C*	Grams of fiber per serving
Avocado		✓	11 / 1/2 cup
Asparagus		✓	2 / 1/2 cup
Broccoli	✓	✓	3 / 1/2 cup
Brussels sprouts		✓	2.5 / 1/2 cup
Cabbage		✓	1 / 1/2 cup
Carrots	✓		3 / 1/2 cup
Cauliflower		✓	1 / 1/2 cup
Collard greens	✓	✓	2 / 1/2 cup
Dandelion greens	✓	✓	1 / 1/2 cup
Green leaf lettuce	✓	✓	1 / 1 cup
Kale	✓	✓	3 / 1/2 cup
Kohlrabi		✓	1 / 1/2 cup
Mustard greens	✓	✓	3 / 1/2 cup
Potato, with skin		✓	5 / 1 large
Pumpkin	✓	✓	5 / 1/2 cup
Red sweet peppers	✓	✓	1 / 1/2 cup
Romaine lettuce	✓	✓	1 / 1 cup
Spinach	✓	✓	2 / 1 cup
Squash, acorn		✓	7 / 1/2 cup
Squash, butternut	✓	✓	7 / 1/2 cup
Squash, hubbard	✓	✓	6 / 1/2 cup
Sweet potato	✓	✓	5 / 1 med
Swiss chard	✓	✓	2 / 1/2 cup
Tomato		✓	2 / 1 med
Turnips		✓	2 / 1/2 cup
Turnip greens	✓	✓	4 / 1/2 cup

Adapted from Whitney, Hamilton, and Rolfes, *Understanding Nutrition*, 5th ed., West Publishing Co., St. Paul, MN, 1990.

*Good source is defined as 10-19% of RDI as stated in the *Federal Register*.

CALCANNON (CURLY KALE)

Makes 6 servings.

One serving contains 129 calories, 2 g fat, 1 mg cholesterol, 113 mg sodium, 4 g dietary fiber, 2853 IU vitamin A, 20 mg vitamin C, and 2 IU vitamin E.

1 lb kale	2 carrots (optional)
1 lb potatoes	2 medium leeks or green onion tops
salt and pepper to taste	1 cup skim milk (or less)
pinch of mace	1 Tbsp butter or margarine*

Steam kale separately until tender. Then chop it very fine. Peel potatoes, cook, and mash well. Two carrots can be cooked with the potatoes, if desired. Add seasonings. Chop the leeks or onion tops and simmer them in milk just to cover, until soft. Add to mashed potatoes. Drain the chopped kale and blend into mashed potatoes. Blend in until “the greens and scallions mingle like a picture in a dream.” Serve in a warmed casserole. Make a well in the middle for butter.

*Source of fat

OVER

KALE WITH YOGURT

Makes 4 servings.

One serving contains 57 calories, 1 fat, 2 mg cholesterol, 186 mg sodium, 3 g dietary fiber, 1720 IU vitamin A, 15 mg vitamin C, and 3 IU vitamin E.

1 lb kale	1/2 cup low-fat plain yogurt*
1/2 cup chicken stock*	1/4 tsp mustard
1/4 tsp salt or less	1/8 tsp nutmeg or less

Wash the kale thoroughly and strip leaves from the heavy stems. Chop into bite-sized strips. Cook in chicken stock about 10 minutes or until tender. Add salt and nutmeg. Add mustard to yogurt and place on top of kale. Note: Cooking in the chicken stock is important for the flavor of this dish.

Sample Menu

Kale with Yogurt, leftover Roast Beef, Steamed Carrots with Parsley, Baked Apple, Beverage

*Source of fat

OVER

Microwave Cooking Tips: *Calcannon (Curly Kale) continued*

- Before chopping, place washed kale (no extra water needed) in 2-quart casserole. Cover and vent. Cook on high about 9 minutes. Stir kale after 4 minutes. Cool, drain, and chop finely.
- Peel potatoes and cut into 1-inch cubes. Place in 2-quart casserole with 1/2 cup water. Cover. Microwave on high 12-14 minutes. Stir after 6 minutes. Two carrots can be cooked with the potatoes, if desired. Drain and mash. Add seasonings.
- Chop the leeks or onion tops and add to milk. Microwave in milk at high until soft, about 1-2 minutes. Add to mashed potatoes.
- Add the kale to the mashed potatoes and mix well. Serve in a warmed casserole with butter or margarine.

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Cut out recipes (use lines as a guide)



Low-Fat Cooking Tips:

- Use nonfat yogurt.
- Skim off the fat from the chicken broth. If using canned chicken broth, place can in refrigerator overnight; the fat will harden and can be lifted off.

Time-saving Tips

- The night before, wash the kale, remove stems, and store in the refrigerator for use the next day.
- Use a chicken bouillon cube to make chicken broth.

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Note: This traditional Irish dish is a welcome treat on a chilly evening. Leftovers are served as potato cakes, and are as delicious as newly made Calcannon. It is an excellent way to introduce kale to children. The secret is to chop the kale very fine.

Sample Menu

Calcannon, Grilled Chicken, Whole Wheat Rolls, Sherbet, Beverage

Low-Fat Cooking Tip

- Traditional Calcannon is made with cream. Substituting skim milk lowers the fat content. Evaporated skim milk gives the dish a richer taste.

Time-saving Tip

- Use frozen chopped kale or spinach.

CONTINUED

Cut out recipes (use lines as a guide) 

SUNSHINE SPINACH SALAD

Makes 8 servings.

One serving contains 56 calories, 2 g fat, 1 mg cholesterol, 146 mg sodium, 2 g dietary fiber, 1537 IU vitamin A, 22 mg vitamin C, and 1 IU vitamin E.

4 cups lettuce or other salad greens, torn
 4 cups fresh spinach, torn
 1 cup (11 oz) mandarin orange sections, drained, *or* 1 fresh orange, sliced
 1 cup (8 oz) water chestnuts, drained and sliced
 1 cup fresh mushrooms, sliced
 1 small red onion, sliced and separated into rings
 1/2 cup low-calorie Italian dressing*

In large bowl, combine all ingredients except dressing. Chill until serving time. Toss with dressing before serving. Note: For more vitamin C, add more fresh orange slices.

*Source of fat

OVER

HOT GREENS AND POTATOES

Makes 4 servings.

One serving contains 151 calories, 7 g fat, 0 mg cholesterol, 163 mg sodium, 2 g dietary fiber, 1069 IU vitamin A, 13 mg vitamin C, and 2 IU vitamin E.

2 Tbsp vegetable oil*	1/4 tsp basil
2 medium-sized potatoes, scrubbed but unpeeled	salt and pepper to taste
1 clove garlic, finely chopped	2-3 Tbsp red wine vinegar
2 small onions, sliced and separated into rings	1/4 tsp oregano
1/2 lb fresh spinach, washed	

Slice potatoes 1/4 inch thick. Separate spinach into leaves, discarding any damaged leaves and root ends; break leaves into 1- to 2-inch pieces. Heat oil in a large skillet over medium heat. Sauté potatoes with garlic until potatoes are almost tender and golden on both sides. Add onions, stir, reduce heat, cover pan, and cook slowly 5 minutes or until potatoes are

*Source of fat

OVER

Microwave Cooking Tips: *Hot Greens and Potatoes continued*

- Add oil and garlic to microwave safe casserole. Cover with plastic wrap leaving a vent. Microwave on high 1-2 minutes.
- Add sliced potatoes and arrange evenly in dish. Microwave on high about 15 minutes. Stop at 7 minutes and stir and turn dish.
- Add onions and spinach pieces. Microwave on high for about 5 minutes.
- Add spices and vinegar and toss.

Note: The potatoes will taste more like baked than fried when cooked in the microwave oven.

tender. Place spinach in skillet with potatoes and onions, basil, oregano, salt, and pepper to taste. Cook for a few minutes, covered, only until spinach is wilted. Remove from heat and toss with the vinegar. Serve immediately.

Sample Menu

Hot Greens and Potatoes, Grilled Pork Chops, Pear Crisp, Beverage

Low-Fat Cooking Tip

- Use nonstick skillet and vegetable oil spray to reduce fat.

Time-saving Tip

- Wash and stem the spinach (or any other green) the day you buy it for use in later meals.

CONTINUED

Sample Menu

Sunshine Spinach Salad, Beef Stroganoff on Rice, Fruit Salad, Beverage

Low-Fat Cooking Tip

- Go easy on the dressing.

Reprinted from *The Best from the Family Heart Kitchens* by S. L. Conner and W. E. Conner, The Oregon Health Sciences University, Portland, OR, 1983.