



Holiday Green Ideas



Whenever possible, green leafy vegetables should be on your plate. Consumption of green leafy vegetables is not only linked with a reduction in cancer and heart disease, but research suggests the consumption of lutein-containing vegetables (like spinach and kale) improves respiratory health.



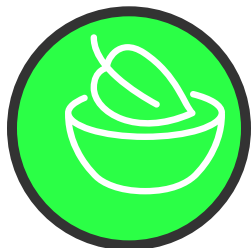
Breakfast

Start with breakfast. Add chopped spinach, kale or broccoli to your omelets or frittatas.



Arugula

Make a salad with arugula. This peppery green is also known as a garden rocket and is an excellent source of vitamin K and beta-carotene. Pair arugula with chopped pears, blue cheese, slivered almonds and a lemon vinaigrette.



Kale Salad

Place a bunch of cleaned, ripped kale in a gallon-sized plastic bag with 1 tsp. canola or corn oil. Massage the kale in the bag until coated with oil and shiny. Place kale in a large salad bowl with 1 chopped Granny smith or another crisp apple, ¼ cup dried cherries, ¼ cup chopped pecans and ¼ cup shaved Parmesan cheese. Toss with balsamic vinaigrette and serve.



Smoothies

Add greens to your smoothies. Spinach, kale, or arugula mix in well with bananas, yogurt, and your favorite berries. This can make a fun green holiday nog!



Pizza

Top your favorite pizza with arugula when it's right out of the oven.



Broccoli

Serve roasted broccoli at your holiday dinner. Preheat your oven to 400 degrees. Clean and chop broccoli into 1" pieces (including broccoli stalks). Brush with canola or olive oil and dust with garlic powder and seasoned salt. Roast for 20 minutes and serve.