

# March Madness in your kitchen!



Experiment with GREEN things this month!

Here are our favorite GREEN things from the produce section:

**Edamame, Bok Choy, Brussels sprouts, Spinach, Kale, Broccoli Rabe, and Parsley.**

Want to make your hearty greens tenderer and less bitter? Give them a good squeeze!

A few minutes of “massaging” will transform their flavor!

Bitter greens might be considered; **Kale**, **Mustard Greens** or **Broccoli Rabe**.

**Edamame** is loaded with more than 100% of your RDA of folate, which is essential for making red blood cells and may prevent DNA damage that could lead to cancer. Toss some into your salad or eat them on their own!

**Bok Choy** contains 13% of the RDA of calcium and is a great addition to any healthy Asian inspired meal.

**Brussels sprouts** are very low in calories and are also a great source of fiber. They are also known to be part of the cruciferous vegetable family, known for its cancer-preventing properties. These little balls of fiber can be prepared many ways and add great flavor to any meal!

**Parsley**, while we don’t think of parsley for more than a garnish most of the time, did you know that it can supply you with a good dose of plant iron when eaten in large quantities? Since there is very little flavor, add it to a salad, toss it into your green smoothie, or just nosh on it.

**Spinach** can be prepared so many interesting ways. Spinach leaves are another great way to get in some plant based iron, as well as Vitamin K. For a change, try baking the leaves to make them crunchy! Wash and dry the leaves. Place them on a parchment paper lined baking tray. Spray the leaves with Olive Oil. Lightly sprinkle with freshly grated Parmesan cheese. Place in a pre heated oven on 350°F in the center of the oven for about 8 - 10 minutes. If you like them crispier, you can put them one shelf higher, but watch them like a hawk! Kale works well too!