

Title:

Who Says Vegetables Have To Be Boring?

Word Count:

559

Summary:

Eat your veggies - especially your lettuce. But don't confine yourself to iceberg lettuce or s

Keywords:

Article Body:

Eat your veggies - especially your lettuce. But don't confine yourself to iceberg lettuce or s

Here are some recipes for greens that will tickle your taste buds and make your heart happy!

Wilted Spinach Salad:

The onions take on a natural sweetness that contrasts with the tangy yogurt and the bite of th

Here's what you need:

2 cups spinach leaves
1 medium onion peeled, sliced
2 tbs. olive oil
1/2 cup plain yogurt

Sauté onions in olive oil till transparent. Add spinach and toss in pan to coat with oil until

With this recipe, you'll get: protein, calcium, vitamin c, manganese, iron, vitamin B12, vitam

Grilled Radicchio:

Dijon mustard and Worcestershire sauce add spice to heart-healthy radicchio without adding muc

1 head radicchio
1 tbs. olive oil
1/4 cup balsamic vinegar
1 tbs. Dijon mustard
A splash of Worcestershire sauce

Combine all ingredients except radicchio in small bowl. Cut head of radicchio in 1/4 inch slic

With this recipe, you'll get: magnesium, phosphorus, potassium, vitamin A, vitamin E, foliate,

Spinach, Mushroom & Anchovy Salad:

Anchovies are one of the best sources of omega 3 fatty acids AND they're low in calories. Simp

6 cups spinach leaves, loosely packed
1 2 oz can anchovies in oil
10-12 small mushrooms
Juice of 1 lemon

Wash and dry spinach. Drain anchovy oil into sauté pan and warm. Add anchovies and gently stir

With this recipe, you'll get: magnesium, phosphorus, potassium, vitamin A, vitamin E, foliate,

Walnut & Raisin Greens:

Get even more essential fatty acids and antioxidants in this great tasting warm salad.

6 cups greens, loosely packed (spinach, collard, turnip will all work well)
2 tbs. walnut oil
3 cloves garlic
1/2 cup raisins
1/4 cup chopped walnuts

Chop greens and place in shallow bowl. Heat walnut oil slowly over low heat. Mash garlic clove

With this recipe, you'll get: magnesium, phosphorus, potassium, vitamin A, vitamin E, foliate,

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