

Featured Flavor

Fill your grocery bag with fall and winter greens. Full of vitamins, minerals and disease-fighting antioxidants, leafy vegetables are low calorie, filling and one of the most healthful foods available. With kale, chard, escarole, collards and many others, there are endless possibilities to pack these nutrition powerhouses into your meal plan. Fortunately, the wide variety of greens and preparation methods go far beyond the standard green salad.

Get creative in the kitchen with some of these 2 Step ideas!

Sneak more greens into your diet with some of these serving suggestions!

- ▶ **Soup, stew, chili** – add fresh greens during the last few minutes of cooking
- ▶ **Pasta** – top a cup of cooked pasta with hearty greens sautéed with garlic, onion and bell peppers
- ▶ **Beans** – steamed greens and a cup of beans make a great stand in for meat
- ▶ **Casseroles** – layer cooked greens in your favorite casseroles such as lasagna
- ▶ **Steamed or sautéed side** – add garlic, pepper and red pepper flakes for a kick
- ▶ **Green drink** – add fresh greens to any fruit smoothie recipe for a nutrition boost
- ▶ **Stuffed peppers** – fill with cooked vegetables, spices and a grain and then bake

3 Easy Strategies to Slash Calories

- ▶ Use non-stick spray in place of oil
- ▶ Use less cheese
- ▶ Pair with another vegetable to keep pasta portions in check



Louisiana