



# Your Commissary... It's Worth the Trip!

THINKING OUTSIDE THE BOX

## GO GREEN

The Dietary Guidelines for Americans recommend that you:

- Increase your intake of fruits and vegetables.
- Fill your plate with half fruits and veggies and eat a variety of colors.

Nutrition experts and health professionals will tell you that eating dark green leafy vegetables is important in a healthy, balanced diet. Dark leafy greens like kale, collards, mustard and turnip greens, and chard are nutrient powerhouses. They are loaded with fiber along with key vitamins, minerals and other phytonutrients that may help protect against heart disease, diabetes, bone fractures, and cancer; but, Americans are not eating enough! Adults should aim to eat at least 2 cups of dark green-leafy vegetable, per week. To be sure you eat enough of these nutrient powerhouses, try the following:

**Salad:** Use spinach and kale along with dark green lettuce.

**Wraps and Sandwiches:** Top with dark leafed lettuce or even raw spinach leaves instead of the typical iceberg lettuce.

**Soup:** Add greens with larger, tougher leaves such as collard greens, kale or mustard and turnip greens to your favorite soup.

**Stir-fry:** Use chopped spinach, turnip greens, and/or kale in your stirfry.

**Eggs:** Add spinach to your scrambled eggs or omelet.

This meal is a tasty, quick way to eat nearly  $\frac{1}{2}$  the weekly recommended amount of green leafy vegetables while taking advantage of seasonal produce. If kale isn't your thing, then try spinach or collards in its place.



### Directions: Serves 4 (optional step for step 4: Grill peach halves for a smoky taste)

1. Begin cooking 2 packages of tortelloni according to the package directions.
2. While the tortelloni is cooking, remove the tough ribs (stems) from about 3 pounds of bunched kale, tear the kale into bite sized pieces, and then wash it, allowing some water to cling to the leaves.
3. Heat  $\frac{1}{4}$  cup balsamic vinaigrette dressing in a Dutch oven (large sauce pan) over medium heat. Add kale and cook, tossing with two large spoons, until bright green for about 1 minute. Add  $\frac{3}{4}$  cup of water, reduce heat to medium-low, cover and cook, stirring occasionally until the kale is tender (12 to 15 minutes) and then salt lightly to taste.

4. Cut 4 peaches in  $\frac{1}{2}$ , remove the seed, and then slice each  $\frac{1}{2}$  into three slices for a total of 24 slices.
5. Mix the kale with the drained tortelloni and serve each plate with  $\frac{1}{4}$  the tortelloni mixture and six slices of peaches.

#### NOTES: