

**INCLUDE GREEN
FRUITS AND
VEGETABLES IN
YOUR DIET:**

Avocados
Green apples
Green grapes
Honeydew
Kiwi fruit
Limes
Green pears
Artichokes
Arugula
Asparagus
Broccoli
Broccoli rabe
Brussels sprouts
Chinese cabbage
Green beans
Green cabbage
Celery
Chayote squash
Cucumbers
Endive
Leafy greens
Leeks
Lettuce
Green onion
Okra
Peas
Green pepper
Snow peas
Sugar snap peas
Spinach
Watercress
Zucchini

GREEN MEANS GOOD!

Chlorophyll, found in all green fruits and vegetables, contains tons of nutrients like magnesium. Magnesium is the core of the chlorophyll molecule, helping maintain normal muscle and nerve function, steady heart rhythm, normal blood pressure, strong bones and a healthy immune system.

Broccoli is packed with vitamins K and C and lutein. The combination of nutrients in broccoli can be more effective than antibiotics in fighting bacteria that causes peptic ulcers. They are also a huge safeguard against stomach cancer (the second most common form of cancer in the world).

Kale is considered to be one the most nutritious vegetables. It is full of vitamins A, C, and K, plus lutein and calcium.

VEGETABLE GUACAMOLE

1 avocado, mashed
4 pieces of lettuce, chopped
1 peeled celery stick, chopped
1 clove minced garlic
1 frozen artichoke heart, cooked and chopped

Mash together the avocado and the lettuce. Stir in the remaining ingredients and serve with chips or a sandwich or anything you would like.

CRANBERRY/RASPBERRY SPINACH SALAD

1 large package spinach salad leaves
1/3 package goat cheese
3/4 cup walnuts
1/2 cup dried cranberries
1 bottle raspberry vinaigrette

Divide the spinach leaves onto 4 small saucers (or plates). Cut the goat cheese into small pieces (about the size of a crouton). Sprinkle onto the salads.

Sprinkle the walnuts on each salad. Sprinkle the dried cranberries on each salad.

Top with Raspberry Vinaigrette.

EAT COLORFULLY

AT



SERIOUS FOOD... SILLY PRICES®

CELEBRATE NUTRITION WITH

GREEN

FRUITS & VEGETABLES

Green vegetables contain varying amounts of phytochemicals such as lutein and indoles. These nutrients interest researchers because of their potential antioxidant and health-promoting benefits.

Include GREEN in your low-fat diet to maintain:

- A lower risk of some cancers*
- Vision health
- Strong bones and teeth

*Low-fat diets rich in fruits and vegetables and low in saturated fat and cholesterol may reduce the risk of some types of cancer, a disease associated with many factors.

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EAT COLORFULLY

Go ahead – eat a rainbow. Scientists say consuming food in a rainbow of colors is essential for optimum health.

CHICKEN BROCCOLI STIR FRY

2 tablespoons dark sesame oil, divided
2 garlic cloves, finely minced
2 pounds chicken breasts, skinless and boneless
1 head broccoli, stems removed
1 dozen mushrooms, sliced
3 carrots, peeled and julienned
1/4 pound green beans, diced
1 head bok choy, chopped
2 to 3 tablespoons teriyaki sauce

Heat 1 tablespoon oil in a sauté pan over medium heat. Add garlic and stir. Place the chicken in the pan and brown 4 minutes on each side.

Remove from pan, slice into strips, set aside.

Heat remaining tablespoon of oil in a wok over high heat. Add the vegetables and teriyaki sauce. Stir fry quickly until the vegetables begin to soften. Add the chicken strips, combine well and continue to cook for 2 to 3 minutes.

Serve immediately.

GARLIC BROCCOLI WITH CRANBERRIES

2 teaspoons olive oil
3 cloves garlic, minced
4 cups broccoli florets
1/2 cup sweetened dried cranberries
Salt and ground black pepper

Heat oil in a large skillet over medium heat. Add garlic and sauté 1 minute.

Add broccoli and cranberries and sauté 3 minutes, until broccoli is crisp-tender. Season to taste with salt and black pepper.

DID YOU KNOW

It is recommended that adults eat three cups of dark vegetables a week.

Avocados are bursting with almost 20 vitamins and minerals needed for a healthy diet, including a large source of lutein (1 oz. of avocado contains 81 micrograms of lutein). This is one of the first fresh fruits a baby can safely eat because of the soft consistency.

The rule of thumb with lettuce is the darker, the better!

Green vegetables are jam-packed with beta-carotene that converts to vitamin A in your body, helping vision, immunity, and healthy skin.

FETTUCCINE WITH GREEN VEGETABLES AND HERBS

1/2 lb. asparagus
2 tablespoons butter
2 tablespoons olive oil
1 medium clove garlic, minced
1 medium zucchini, seeds removed, diced small
2 green onions, thinly sliced
1/2 cup peas, defrosted & drained
1/2 teaspoon salt
Black pepper
8 oz. cooked fettuccine
1/4 cup minced fresh parsley
3 tablespoons minced fresh chives
1/2 cup finely grated Romano cheese

Cut the asparagus on the diagonal into 1/2" pieces. Bring a pan of water to a boil, add asparagus and time for 2 minutes. Drain, rinse with cold water and pat dry. In a large skillet, heat butter and oil over medium heat. Add garlic and sauté for 1 minute. Stir in zucchini and green onions, sautéing for 2 minutes. Add asparagus, peas, salt and pepper, heating for 2 minutes. Drain fettuccine and put back into hot pan. Add vegetables, parsley, chives and cheese, stirring to coat.