

THE DISH

GREEN



is the way to

LEAN

Do your New Year's resolutions include eating healthy?

You know that you need to eat more leafy green vegetables — but you never were crazy about steamed collard greens or sautéed chard, right? Have you tried sautéing them in a teaspoon of olive oil and minced garlic?

Sprinkled with parmesan cheese, almost any dark leafy green veggie will taste scrumptious — but perhaps a “finger food” will seem more inviting to your family, so here’s a snack you can serve for lunch or can keep ready in the fridge anytime.

Think of meat as a condiment, with the volume com-

In Good Taste



Surveyor Columnist
Maryjo Faith Morgan

ing from the vegetables. That will enable you to lower cholesterol intake as well.

Beyond the adventure in flavors and textures that eating dark leafy green vegetables provides, some recent studies have linked a high intake of spinach and collard greens,

which are rich in carotenoids, with a lowered risk of developing macular degeneration among older people.

Since dark leafy greens are high in antioxidants, they may also help prevent cataracts.

Berthoud resident Cecilia Jamieson, MSRD, a dietitian at Poudre Valley Hospital,

says that in general dark leafy greens are high in Vitamin A.

“The darker the green, the more plentiful the Vitamin A. High in fiber, dark leafy greens have some Vitamin C, and some amount of iron and calcium. Although the iron and calcium are not as easily absorbed as in some forms, dark leafy greens can be a good source for people who are strict vegans and do not ingest animal and dairy products.”

(Iron in non-heme form, as opposed to heme form in meats, fish and poultry.)

Check out www.5aday.com for additional information.

Maryjo Faith Morgan is a local freelance writer who loves finding new ways to enjoy vegetables, endeavoring to get her “five a day the color way.”

Veggie Rolls

1 bunch of large whole leaf greens
(Collard greens, any variety of Swiss chard, or mustard greens)
Hummus (Check out the many flavors currently available to suit your taste.)

Finely diced green onion and other veggies
(Optional: fresh parsley, peppers, olives, celery leaves, etc.)
Crumbled low-fat Greek feta cheese
Thin-sliced, low-sodium ham or

turkey or chicken breast or low-fat turkey pepperoni
1 ripe avocado, seeded, peeled and sliced into thin strips

Carefully wash whole leaves three times, submerging in water twice, then rinse. In the third and final wash, plunge the leaves into liberally salted cold water. Rinse well. Place in large microwavable bowl and microwave on high for three to four minutes or until the center vein of the leaf is pliable.

Lay out paper towels or dishtowels on work surface; carefully lay out leaves and pat dry. You will find that

chard and mustard greens tend to tear more easily than the collard green leaves.

Use a food processor to get the fine, easily spreadable texture for green onions, peppers, celery, fresh parsley (a great source of Vitamin C) or whatever raw veggies you choose. Add these veggies with hummus (figure one tablespoon per leaf) in a small bowl and mix well with a fork.

Spread each leaf with about one tablespoon of hummus and veggie mixture.

Sprinkle lightly with Mrs. Dash or other low-sodium mixes or use your

own combination of dried herbs such as ground oregano, basil, garlic powder, etc. The more herbs you use, the more flavorful your veggie rolls will be.

Next, place a slice of deli meat on each leaf; sprinkle with about one teaspoon of feta cheese and olive pieces.

Place a slice of avocado on each, and then roll burrito style, folding in the sides to hold in the filling. It may be necessary to break the center stem/vein to make rolls tight.

These rolls store best in a square Tupperware container lined with paper towel to absorb moisture. They

will keep several days.

Try different combinations, such as roasted garlic hummus teamed with low-fat turkey pepperoni, dill hummus with turkey breast or black olive hummus with ham.

Go ahead and add jalapeños if you like it hot, and team it with spicy three pepper hummus. Or you can add a second layer of a different variety of leaf, such as collard greens as the bottom leaf, spread with hummus mixture, then place a smaller mustard green leaf on top, then rest of the ingredients — mustard greens are spicy and have a peppery flavor.



Photos by Maryjo Faith Morgan