

WELLNESS WAYS



UNIVERSITY OF ILLINOIS
EXTENSION

College of Agricultural, Consumer and Environmental Sciences



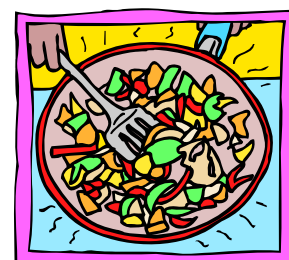
Ideas For Eating Better For Less

June 2008

Eat More Dark Green Vegetables

Include dark green vegetables in your meals:

- salads
- stir-fry dishes
- soups
- dips
- leaf lettuce wraps



bok choy



broccoli

collard greens

dark green leafy lettuce

mesclun (assortment of
young salad leaves)



kale

mustard greens

romaine lettuce

spinach

turnip greens

watercress



Broccoli Stuffed Potatoes Serves 8

2 cups chopped broccoli

1 cup chopped onion

1 cup finely chopped carrots

2 Tablespoons tub margarine

2 Tablespoons flour

1 1/2 cups skim milk

1 cup low fat shredded cheese

8 baked potatoes, medium size

1. Cook broccoli, onions, and carrots in a small amount of water until tender.
2. In a saucepan, melt margarine and stir in flour.
3. Add milk slowly while stirring. Cook until sauce thickens.
4. Add cheese to sauce and stir until melted.
5. Add cooked vegetables to sauce.
6. Serve over hot baked potatoes.

NUTRITION FACTS (per serving) - Calories 230 - fat 7 g - calories from fat 60 - sodium 380 mg
- total carbohydrate 29 g - fiber 2 g

Spinach Dip

1/2 cup fat free sour cream
1/2 cup fat free mayonnaise
1/8 teaspoon garlic powder
1 Tablespoon lemon juice

3 Tablespoons finely grated onion
1/2 teaspoon dill
15 oz. can spinach or 10 oz. pkg. frozen
spinach (thawed) squeezed, chopped

1. Mix all ingredients.
2. Chill several hours to blend flavors.

NUTRITION FACTS (per 2 Tablespoons) - Calories 25 - fat .5 g - calories from fat 5 - sodium 85 mg - total carbohydrate 4 g - fiber 1 g

Fresh Dark Green Vegetables

Buy fresh dark green vegetables....

- that are **not** damaged, bruised or wilted.
- and store away from meat, poultry and seafood in your grocery cart and refrigerator.

Store fresh dark green vegetables in the refrigerator.

Prepare fresh dark green vegetables...

- by first washing your own hands.
- by cutting away **all** damaged areas.
- by **thoroughly** washing under cold running water. Leafy greens may take several washings. Drain well.



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FOOD STAMP NUTRITION EDUCATION
EXPANDED FOOD AND NUTRITION
EDUCATION PROGRAM

University of Illinois * United States Department of Agriculture
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University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Food Stamp Program.