



## ***Eat Your Greens for St. Patrick's Day***

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St. Patrick's Day is traditionally celebrated with the color green. An abundance of green food-colored cookies, cupcakes, and beverages are served at parties and events. However there is a large variety of fruits and vegetables that are naturally colored green that offer a number of health benefits. This year celebrate St. Patrick's Day with your family by eating green fruits and vegetables.

### **Benefits of eating Green**

The USDA recommends eating five servings of fruits and vegetables daily. Fruits and vegetables are low in calories and rich in vitamins, minerals, and antioxidants. In addition, most are good sources fiber which helps us to feel full. Many green vegetables are especially good sources of vitamin K which is important for blood clotting. Cooked spinach is a good source of iron and calcium.

### **Ways to increase Green in your Diet**

- Throw a few handfuls of spinach into your favorite soup. The spinach will wilt and go unnoticed by your toughest critics.
- Add green vegetables such as green peppers, chopped spinach, and broccoli to a frozen pizza.
- Add some sliced cucumbers to a sandwich.
- Add some chopped green pepper or zucchini to spaghetti sauce.
- Add chopped veggies to your scrambled eggs or omelet.
- Serve your favorite green veggies sliced as an appetizer with low fat ranch dressing.

### **Other Tips:**

- Buy frozen veggies to save on money and time
- Buy fruits and vegetables that are in season.

## Colcannon

*From EatingWell: March 1998,*

<http://www.eatingwell.com/recipes/colcannon.html>

Colcannon is a classic Irish side dish that couples mashed potatoes with cabbage or kale. We use low-fat milk instead of the more traditional cream-and-butter combination for a healthier profile.

**6 servings, scant 1 cup serving each | Active Time:** 30 minutes | **Total Time:** 30 minutes

- 6 sprigs fresh thyme
  - 1 cup low-fat milk
  - 6 cloves garlic, peeled
  - 6 scallions, sliced
  - 5 cups finely shredded green cabbage, (about 1 pound)
  - 4 medium Yukon Gold potatoes (about 1 pound), peeled and cut into 2-inch chunks
  - Salt & freshly ground pepper to taste
  - 2 tablespoons chopped fresh parsley
1. Tie thyme sprigs with twine or in a cheesecloth bag. Combine milk, garlic and thyme in a small saucepan. Bring to a simmer over medium heat. Reduce heat to low and simmer gently until garlic is soft, 5 to 10 minutes. Discard thyme.
  2. Transfer the milk mixture to a blender and puree until smooth. Return to the pan and stir in scallions. Cover and set aside.
  3. Bring 1 inch salted water to a boil in a large pot. Add cabbage, cover and cook until very tender, 8 to 10 minutes. Drain well.
  4. Meanwhile, place potatoes in a large saucepan and cover with cold salted water. Bring to a boil; reduce heat to medium and cook, covered, until tender, 10 to 15 minutes.
  5. Drain the potatoes and return to the pan. Mash with a potato masher or hand-held electric mixer. Gradually add the milk mixture to the potatoes, stirring until smooth. Stir in cabbage and season with salt and pepper. Transfer to a warmed bowl and garnish with parsley.

**Per serving :** 99 Calories; 1 g Fat; 0 g Sat; 0 g Mono; 3 mg Cholesterol; 21 g Carbohydrates; 4 g Protein; 3 g Fiber; 84 mg Sodium; 476 mg Potassium

1 1/2 Carbohydrate Serving

**Exchanges:** 1 starch, 1 vegetable