



Nutrition News



The Best Way to Serve Leafy Greens

Start with a Salad

The best salads begin with dark green lettuce like Romaine or red leaf lettuce which have more nutrients than iceberg lettuce.

Then add spinach or arugula for variety. Choose colorful vegetables or even fruit to complete your salad.

How About a Stir Fry?

Sauté thinly sliced meat, chicken or tofu, then add spinach, Swiss chard or kale along with some of your favorite veggies like carrots, broccoli or tomatoes and flavor the stir fry with soy sauce.

Need a Side Dish?

Use any dark leafy green that you like (not lettuce). Sauté in a small amount of butter or olive oil, season with lemon juice and sprinkle the top with slivered almonds. Yummm!

Hide the Leafy Greens?

Yep, hide the greens in your casserole recipe or favorite crockpot recipe. Be sure to chop the greens into very small pieces and chances are no one will even notice.

Make a Paleo Wrap

Instead of using a flour tortilla to make a sandwich wrap, use a large lettuce leaf.

Lay the lettuce leaf on a flat surface then add a protein (chicken slices, tuna salad, roast beef).

Sprinkle some cheese over the protein, then add chopped tomatoes, onions or cucumber. Fold it up and there you have a low carb sandwich wrap!



Spinach Salad with Fruit Flavors

10 ounces chopped **spinach**, washed

1 cup **berries** or **grapes**

10 **strawberries**, chopped

¼ cup sunflower seeds

¼ cup chopped walnuts

¼ cup raspberry vinaigrette or your favorite salad dressing

Toss ingredients together and serve with crunchy, whole wheat crackers.

Greens Promote Good Oral Health

Choose dark green veggies – like kale, spinach, chard or broccoli.

The nutrients in these foods help promote strong teeth and bones.

Asparagus is also a great option – even though it's not leafy – since it contains folic acid, which may promote a healthy mouth by supporting cell growth and cell repair throughout the body.



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