

Nutrition Corner - Spring into Greens!

By Alison Wilson, Wellness Director and Nutritionist

Tired of the winter blues? Brighten your June by springing into greens!

Trade out that oh-so-average iceberg or romaine and excite your palate with some spring greens! Consuming a variety of greens not only offers enormous nutritional benefits but will add some kick to your salad plate. Among the many greens available this spring, baby spinach, red and green chard, and arugula are healthy, delicious, and easy to find!

Baby Spinach is rich in vitamin K, vitamin A, and iron. These vital nutrients may help protect against osteoporosis, heart disease, colon cancer, and arthritis, among other diseases.

Red & Green Chard contain high levels of vitamin K, vitamin A, and vitamin C. Chard is known as one of the most nutrient packed leafy greens found in the market! Its high concentration of phytonutrients, chlorophyll, and fiber makes chard one of the most powerful anti-cancer foods around.

Arugula is an excellent source of vitamins A and C, folic acid, and calcium. It is in the same family as broccoli and cauliflower and offers many of the same potential health benefits. Arugula is also rich in phytonutrients, which like red and green chard has shown to reduce the risk of many cancers.

These greens are available at your local grocery store and farmers market! Just look for Spring Greens or Mixed Baby Greens. Try it tonight with this delicious Spring Salad recipe adapted from www.eatingwell.com.

Spring Salad with Tarragon Vinaigrette

Makes 2 servings

2 tablespoons red-wine vinegar	1/2 bunch asparagus, tough ends trimmed
1 1/2 tablespoons extra-virgin olive oil	
1 teaspoon whole-grain mustard	2 large hard-boiled eggs
1/4 teaspoon dried tarragon	1 5-ounce bag mixed spring greens (about 5 cups)
Pinch of salt	10 cherry tomatoes
Pinch of freshly ground pepper	6 olives
1 clove garlic, crushed	

1. Whisk vinegar, oil, mustard, tarragon, salt and pepper in a small bowl. Add garlic and set aside.
2. Bring 1 inch of water to a boil in a medium skillet. Add asparagus, stirring to submerge if necessary, and cook until bright green and crisp-tender, about 3 minutes. Drain and place under cold running water until cooled.
3. Peel and slice eggs. Divide spring greens between 2 plates and top with the eggs, asparagus, tomatoes and olives. Remove the garlic from the dressing, stir to combine and drizzle over the salads.

To hard-boil eggs: Place eggs in a in a saucepan; cover with cold water. Bring to a simmer over medium-high heat. Cover with a lid, remove from heat, and let sit 8-10 minutes. Pour out hot water and run a constant stream of cold water over the eggs until completely cooled.

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