

JANUARY: CRUCIFEROUS VEGETABLES

Cruciferous vegetables, such as **cauliflower**, **broccoli**, **cabbage**, and **Brussels sprouts** are a good source of vitamin C, folic acid, iron, calcium, beta-carotene, and fiber. Many cruciferous vegetables can be eaten raw, as crudité with your favorite reduced fat dip or hummus; or try chopping them up and putting them in salads for some extra-nutritious crunch. Cooking them is great too - they are yummy and nutritious sautéed or steamed, top them with your favorite herbs and/or parmesan cheese for added flavor!

CHECK OUT SOME VARIETIES OF CRUCIFEROUS VEGETABLES DESCRIBED BELOW!



Cauliflower — **Cauliflower** is an excellent source of Vitamin C. When selecting **cauliflower**, look for heads that are white or creamy white, firm, compact, and heavy for their size. To preserve as many vitamins and minerals as possible, the best way to cook super-nutritious **cauliflower** is to steam, cook in the microwave, or stir-fry.



Broccoli — Choose **broccoli** that is dark green, which means it contains the most nutrients. Just as in the case with cauliflower above, the best way to cook **broccoli** in order to preserve the most nutrients is to steam, cook in the microwave, or stir-fry with a little broth or water. Some of the vitamins and minerals are lost from the **broccoli** when it is boiled.



Cabbage — One of the oldest vegetables, **cabbage** continues to be a dietary staple and an inexpensive food. It is easy to grow, tolerates the cold, and keeps well. Keep **cabbage** cold until you are ready to use it to help retain its vitamin C content. Sauté it in some olive oil with a bit of salt, chop and put it in a stir fry, or use it raw in shredded form in salads or coleslaw!



Brussels sprouts — Most **Brussels sprouts** are grown in California. They are available all year-round, but their peak growing season is autumn through early spring. **Brussels sprouts** look like miniature heads of cabbage. They are slightly milder than cabbage and denser in texture. Brussels sprouts are yummy roasted in the oven, or chopped and sautéed on the stove top!

Cruciferous Vegetables Tips

- When you make macaroni and cheese remember to use reduced fat cheese and whole wheat pasta, and think about tossing in some slightly cooked, chopped **broccoli** for extra color and healthy vitamins, minerals, and fiber!
- Serve steamed **cauliflower** sprinkled with some reduced fat grated parmesan cheese for a quick-to-prepare, nutritious great side dish!
- For lots of vitamin C, add raw chopped **broccoli**, **cauliflower**, and **cabbage** to your favorite salad.
- Small cuts of raw **broccoli** and **cauliflower** make great party appetizers with a little reduced-fat ranch dressing as a dip.
- Coleslaw is an easy side for just about any meal! Buy pre-shredded **cabbage** in the produce section of the market, mix in some reduced-fat mayonnaise, about 1 tablespoon of vinegar (or more to taste), and salt and pepper to taste for a healthy **cruciferous** side dish!

Cruciferous Vegetables Recipe!

CREAMY CABBAGE SLAW –MAKE YOUR OWN, IT'S EASY!

Makes 4 servings

Ingredients

- 3 cups shredded green or red **cabbage** (look for packaged shredded cabbage in produce section!)
- 1 bunch green onions, trimmed and sliced
- 1 large stalk of celery, sliced
- ½ cup mayonnaise
- 1 Tbsp white vinegar
- ½ tsp salt

Combine vegetables in a bowl. In another small bowl, whisk together mayo, vinegar, salt, and sugar. Pour dressing into vegetables, stir to coat, cover and chill for 15 minutes in the freezer or at least 1 hour in the refrigerator before serving.

Cruciferous Vegetables Recipe!

VEGETABLE PASTA ITALIANO – LOTS OF HEALTHY INGREDIENTS, QUICK AND EASY TO MAKE!

Makes 6 servings

Ingredients

- ½ pound lean ground turkey
- 1 red bell pepper, seeded and thinly sliced
- 1 Tbsp. paprika
- 1 can (14 ½ oz.) crushed tomatoes
- 1 can (14 ½ oz.) reduced-sodium chicken broth
- 2 cups uncooked whole wheat bow-tie or rotini pasta
- 2 cups **broccoli** florets, washed
- 1 cup **cauliflower** florets, washed

Savory Topping:

Ingredients

- ½ bunch parsley (or 2 tsp. dried parsley)
- ¼ cup seasoned whole wheat dry bread crumbs
- ¼ cup grated reduced fat parmesan cheese

Crumble ground turkey into a skillet, brown over medium high heat, stirring occasionally, till cooked. Add red pepper slices and paprika, cook for 2 more minutes. Add crushed tomatoes, chicken broth, and whole wheat pasta to the skillet. Bring mixture to a boil, reduce heat, cover and simmer for 15 minutes. Remove the lid from the skillet and arrange broccoli and cauliflower over the pasta. Replace lid and continue cooking for 10 minutes.

Prepare the savory topping: If using fresh parsley, pull leaves from parsley stems and combine with bread crumbs and grated cheese; mix together. Sprinkle savory topping over vegetables in skillet and let sit for 3 minutes before serving so cheese has time to melt.