

GREEN APPLE RX, JCMC FOOD FARMACY

JCMC's Food FARMacy program is the first of its kind in NJ offering *FREE* nutrition counseling and *FREE* fresh, healthy groceries on a monthly basis.

Participants MUST be patients of our Primacy Care (201-395-7670)

Visit RWJBH.org/events for *FREE* nutrition classes and educational seminars

Jersey City Medical Center at Greenville

1825 John F. Kennedy Boulevard
Jersey City, NJ 07305

(201) 395-7600

Primary Care Services

To schedule an appointment, please call [201-395-7670](tel:201-395-7670)

Rheumatology

By appointment only.
Please call [201-915-2483](tel:201-915-2483)

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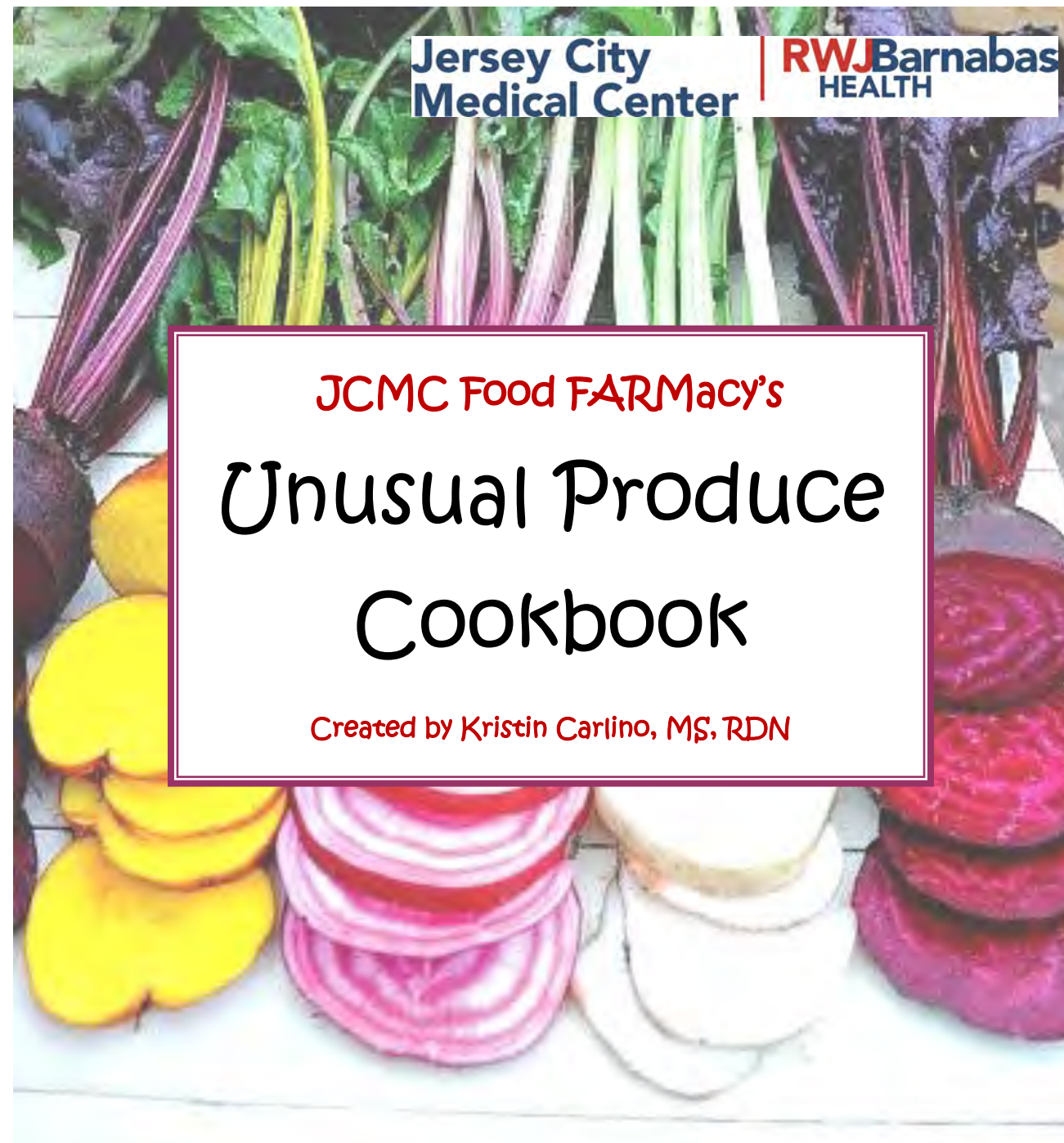
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Jersey City
Medical Center

RWJ Barnabas
HEALTH

JCMC Food FARMacy's Unusual Produce Cookbook

Created by Kristin Carlino, MS, RDN

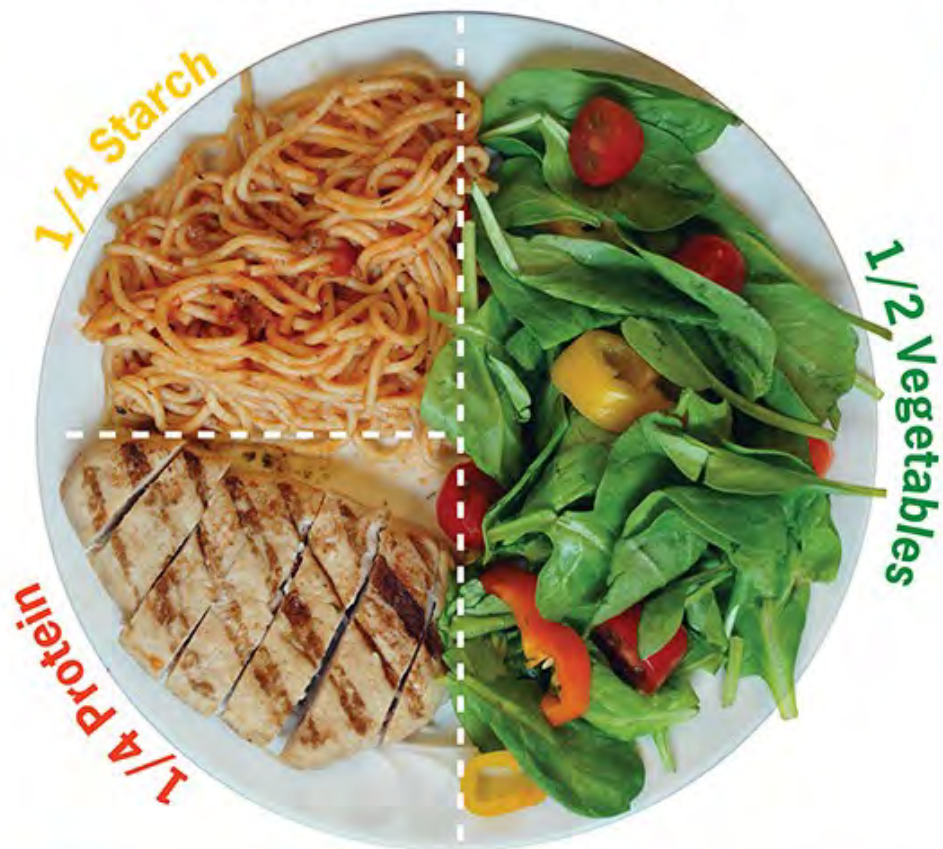


Balanced Eating

Making half of your plate vegetables is a very important step in improving overall health.

Be sure to portion your plates like the one below to balance nutrients. Balanced meals helps with controlling hunger, managing blood sugars, and ensuring stable energy levels throughout the rest of the day.

Be sure to seek the assistance of a Registered Dietitian/Nutritionist for your individual nutrition needs.



Seasonal Produce Guide



<u>Winter</u>			<u>Spring</u>		
Apples	Grapefruit	Parsnips	Apples	Collard Greens	Onions
Avocados	Herbs	Pears	Apricots	Garlic	Peas
Bananas	Kale	Pineapples	Asparagus	Herbs	Pineapples
Beets	Kiwifruit	Potatoes	Avocados	Kale	Radishes
Brussels Sprouts	Leeks	Pumpkin	Bananas	Kiwifruit	Rhubarb
Cabbage	Lemons/Limes	Rutabagas	Broccoli	Lemons	Spinach
Carrots	Onions	Yams	Cabbage	Lettuce	Strawberries
Celery	Oranges	Swiss Chard	Carrots	Limes	Swiss Chard
Collard Greens	Parsnips	Turnips	Celery	Mushrooms	Turnips
<u>Summer</u>			<u>Fall</u>		
Apples	Cherries	Mangos	Apples	Ginger	Pears
Apricots	Corn	Okra	Bananas	Grapes	Peas
Avocados	Cucumbers	Peaches	Beets	Green Beans	Pineapples
Bananas	Eggplant	Plums	Bell Peppers	Herbs	Potatoes
Beets	Garlic	Raspberries	Broccoli	Kale	Pumpkin
Bell Peppers	Green Beans	Strawberries	Brussels Sprouts	Kiwifruit	Radishes
Blackberries	Herbs	Summer Squash	Cabbage	Lemons	Raspberries
Blueberries	Honeydew	Tomatillos	Carrots	Lettuce	Rutabagas
Cantaloupe	Lemons	Tomatoes	Cauliflower	Limes	Spinach
Carrots	Lima Beans	Tomatoes	Celery	Mangos	Yams
Celery	Limes	Watermelon	Collard Greens	Mushrooms	Swiss Chard
		Zucchini	Cranberries	Onions	Turnips
			Garlic	Parsnips	Winter Squash

THE ONLY 2 RECIPES

YOU REALLY NEED!

How To Roast Any Vegetable

INGREDIENTS

- 1 to 2 pounds of any vegetables
- 1 tablespoon olive oil
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper

Peel vegetables if desired, but the skin of vegetables often contain a ton of vitamins, minerals, and fiber. Save yourself time by leaving the skin on for roasting and enjoy more health benefits!

INSTRUCTIONS

Heat the oven to 425 degrees. Arrange a rack in the middle of the oven. Chop the vegetables into uniform pieces so they cook evenly. Smaller pieces will cook quicker than larger pieces. If vegetables still have moisture from washing, pat dry with a towel. Drier vegetables roast better.

Toss the vegetables with olive oil and seasonings. Spread the vegetables out on a baking sheet in a single layer with a little space in between. If they are too crowded, the vegetables will steam instead of roast.

In general, softer vegetables, like green beans and cauliflower, will cook in 10 to 20 minutes, and tough, hard vegetables, like winter squash and potatoes, will take 30 minutes or longer. Large pieces will also take longer to cook than smaller pieces.

Stir the vegetables every 10 to 15 minutes. Continue roasting until the vegetables are easily pierced with a fork or knife and they are showing crispy, charred bits at the tips and edges.

YIELDS: 4– 6 servings

PREP TIME: 10 mins

COOK TIME: 30 mins



How To Sauté Any Green

INGREDIENTS

- 1/4 cup extra-virgin olive oil
- 3 cloves garlic, peeled and sliced
- 1 large bunch of greens, stemmed, with leaves coarsely chopped
- 1/2 cup vegetable stock, white wine, orange juice or water
- Salt and black pepper to taste
- 2 tablespoons red-wine vinegar

Dark leafy green vegetables are some of the most nutrient dense foods on the planet! Leafy greens contain vitamin A, vitamin C, antioxidants, fiber, folate, vitamin K, magnesium, calcium, iron, and potassium...just to name a few.

INSTRUCTIONS

Heat olive oil in a large sauté pan set over medium-high heat until it simmers. Add garlic, and cook until soft.

Add greens to the pan, turn the heat to high and add the liquid. Use a spoon to toss the greens in the oil and stock, then cover and cook for approximately 5 to 7 minutes, until it is soft and wilted, but still quite green. Remove cover and continue to cook, stirring occasionally until all the liquid has evaporated, another 1 to 2 minutes. Season to taste with salt and peppers, add vinegar and toss to combine.

YIELDS: 4 servings

TOTAL TIME: 15 mins



Roasted Artichokes

Adapted from Justin Sullivan's recipe on Delish.com

INGREDIENTS

- 3 large artichokes
- 5 garlic cloves, peeled
- 1/3 c. extra-virgin olive oil
- 1 tsp. fresh thyme, chopped
- 2 lemons, one halved the other sliced thinly
- Kosher salt
- Freshly ground black pepper



Artichokes contain a plant compound called cynarin which is believed to help with reducing bad LDL cholesterol. Cynarin helps increase bile which assists in excreting excess cholesterol from the body.

YIELDS: 4 - 5
PREP TIME: 15 mins
TOTAL TIME: 1 hr

DIRECTIONS

Preheat oven to 375 degrees. Prep by cutting off the top point of the artichoke by 1/2 to 1 inch. Peel off a few of the rougher outer petals and trim any remaining pointed ends of petals with scissors.

Using a vegetable peeler, peel the tough exterior of the stems, then cut each artichoke in half lengthwise. Using a small spoon, scoop out the choke (the small furry interior of the heart). Rub the cut ends with a half lemon to keep them from browning.

Add all ingredients into a medium-sized baking dish. Squeeze the juice from the lemon halves over it all and toss. Arrange the artichokes cut side down.

Roast until tender and the petals pull freely away, 50 to 55 minutes.



Easy Boiled Beets

Adapted from Amy Palanjian's recipe on yummytoddlerfood.com

INGREDIENTS

- 2 pounds beets (golden or red)
- 1 teaspoon olive oil
- Salt & pepper
- White vinegar (optional)



Beets are a rich source of dietary nitrates which have been shown to be a powerful force in reducing blood pressure, improving oxygen use, and extending exercise capacity.

PREP TIME: 10 mins
COOK TIME: 20 mins
TOTAL TIME: 30 mins

DIRECTIONS

Wash beets and cut off stems and root ends. Cut into uniform pieces so they cook evenly. You do not need to peel them.

Add to a medium or large saucepan and cover with water. Bring to a boil, then reduce heat to about medium to keep at a simmer until soft and able to pierce with a fork.

Drain and rinse under cold water and slip off the skins with your fingers.

Toss with oil and sprinkle with salt.

Eat warm or chill in the refrigerator for an hour. Add a few shakes of white vinegar to chilled beets for a crisp, refreshing cold salad.



Kohlrabi Fries

Adapted from Girlheartfood.com

INGREDIENTS

- 2.5 pounds kohlrabi, about 2 medium to large bulbs
- 3 tablespoons olive oil
- 1 teaspoon garlic powder, optional
- 1 teaspoon chili powder
- 1 teaspoon freshly ground black pepper
- $\frac{3}{4}$ teaspoon salt

Cruciferous veggies, like kohlrabi, contain glucosinolates which support detoxification and production of I3C and isothiocyanates that may have anti-cancer capabilities.

DIRECTIONS

Preheat oven to 425 degrees Fahrenheit.

Prepare the kohlrabi by removing stems and tough ends (you can save the leaves and sauté).

Cut each kohlrabi in half, remove/discard core if too tough. Then, cut into $\frac{1}{2}$ -inch slices resembling fries.

Place kohlrabi fries in a paper towel to remove any excess moisture. Place fries in a bowl with 2.5 tablespoons of olive oil, garlic powder (if using), ancho chili powder, black pepper, salt, and toss.

Grease a large sheet pan with the remaining olive oil. Spread seasoned fries on sheet in a single layer. Bake for 15 minutes, then remove and flip the fries with a spatula. Bake for another 15 minutes or until the outside of the fries are golden brown and tender inside.



YIELDS: 4 servings
PREP TIME: 10 mins
COOK TIME: 30 mins



Golden Roasted Leeks

Adapted from Holly Nilsson's recipe on spendwithpennies.com

INGREDIENTS

- 4 large leeks
- salt and pepper to taste
- $\frac{1}{4}$ cup melted butter
- $\frac{1}{3}$ cup Parmesan cheese shredded

Leeks are a great source of allicin. Allicin is the phytochemical that also gives garlic its antimicrobial, cholesterol-lowering, and possible anticancer properties.

DIRECTIONS

Preheat oven to 400 degrees.

Trim the root and dark green tops off of the leeks. Cut in half lengthwise and wash between the layers to remove any dirt/debris.

Place leeks cut side down in an oven-safe pan with $\frac{1}{2}$ cup water. Cover and simmer on low setting of stove top for about 5 minutes or until slightly tender.

Drain any water and flip leeks over so they are cut side up.

Sprinkle with salt and pepper. Drizzle with melted butter and Parmesan. Bake for 25-35 minutes or until leeks are tender and golden.

Eat warm or chill in the refrigerator for an hour. Add a few shakes of white vinegar and a pinch of salt and pepper.



YIELDS: 6 servings
PREP TIME: 10 mins
COOK TIME: 25 mins
TOTAL TIME: 35 mins



Oven Roasted Radishes

Adapted from Stacie Hassing's recipe on Realfooddietitians.com

INGREDIENTS

- 1 lb. fresh radishes
- 1 tablespoon olive oil
- 1/2 teaspoon sea salt
- 1/8 teaspoon black pepper
- 1/4 teaspoon dried parsley, dried chives, dried dill or mix
- 2 garlic cloves, finely minced

Radishes are rich in antioxidants that neutralize molecules called free radicals. Free radicals cause cell damage and oxidative stress which contributes to chronic conditions like cancer or heart disease.

DIRECTIONS

Preheat oven to 425 degrees.

Wash radishes and remove stems and ends. Slice in half lengthwise.

In a bowl, combine the radishes, cooking oil, dried herbs, salt, and pepper; toss until the radishes are evenly coated.

Spread radishes out in a single layer in a large 9×13 inch baking dish.

Bake for 20-25 minutes, tossing every 10 minutes. After the first 10 minutes of baking, add the minced garlic and toss. Return to oven to bake an additional 10-15 minutes or until radishes are golden brown and easily pierced with a fork.



YIELDS: 4 servings
PREP TIME: 10 mins
COOK TIME: 15 mins



Rhubarb Compote

Adapted from Leda Meredith's recipe on Thespruceeats.com

INGREDIENTS

- 1 1/2 pounds rhubarb stalks, sliced into 1/2-inch crosswise pieces, about 4 cups
- 3/4 cups honey

The bright red color from this veggie comes from anthocyanins, a flavonoid also found in berries, red onions, black beans, red grapes, and black plums. Anthocyanins are antioxidants that have protective effects on blood vessels and blood pressure, and possible anti-cancer benefits as well.

DIRECTIONS

Place all the ingredients in a medium-sized pot over low heat. Stir constantly and cook until the rhubarb pieces fall apart. When the compote is about as thick as applesauce, turn off the heat.

Taste, and add additional honey if desired. Keep in mind, though, that the sour flavor is part of what is special about rhubarb.

Freeze leftovers for later use.

Optional— Replace 1/2 of the rhubarb with hulled, chopped strawberries and reduce the amount of honey.

Add compote to oatmeal, on top of yogurt, to top pancakes, as an alternative to jelly in a PB&J....anywhere you want!



YIELDS: 8 servings
PREP TIME: 2 mins
COOK TIME: 15 mins



Crisp Sautéed Sunchokes

Adapted from Katie Zeller's recipe on Thymeforcooking.com

INGREDIENTS

3 - 4 Jerusalem artichokes aka sunchokes
1 tbs olive oil
1/2 tsp dried thyme
1/2 tsp dried marjoram
sea salt, optional

Sunchokes are a particularly rich source of inulin, a kind of fiber that acts as a prebiotic. Prebiotics are the food that probiotics (i.e. the bacteria that live in your G.I. tract) need to survive.



YIELDS: 2 servings

TOTAL TIME: 30 mins

DIRECTIONS

Peel sunchokes using a vegetable peeler or knife.

Slice widthwise into circles.

Heat oil in a large nonstick skillet over medium-high heat.

When hot, add sunchoke slices and quickly sauté until golden brown and crisp-tender, 7 - 9 minutes.

Sprinkle with herbs and sea salt if using and serve.

Note: Sunchokes tend to discolor - if not cooking immediately, put in a bowl and drizzle with the olive oil



Mashed Turnips & Rutabagas

Adapted from Frontiercoop.com

INGREDIENTS

1 pound turnips
1 pound rutabagas
1/2 teaspoon sea salt
1 teaspoon butter
1/4 cup milk
1/2 teaspoon black pepper



Turnip



Rutabaga

Both veggies are good sources of calcium, potassium, vitamin B6 and folate and excellent sources of fiber and vitamin C. Turnips have a sharper flavor where rutabagas are a bit sweeter. Rutabagas often have a wax coating to prevent drying which should be removed before cooking.

PREP TIME: 15 mins

COOK TIME: 35 mins

DIRECTIONS

**If you only have rutabagas or turnips, Just use two pounds of that vegetable.

Peel and dice rutabagas and turnips. Add to boiling pot and boil until tender, about 20 minutes.

Drain. Combine in a bowl with remaining ingredients and mash. Serve immediately.

OPTIONAL- Top with sautéed onions (as seen in picture). Add additional spices such as nutmeg, caraway seeds, thyme, garlic powder, cilantro, parsley and/or onion powder.



Celeriac Slaw

Adapted from Daniela Apostol's recipe on Mygorgeousrecipes.com

INGREDIENTS

- ½ celeriac head
- 1 apple
- 1 medium carrot
- 5 tablespoons mayonnaise
- 1 tablespoon apple cider vinegar
- 1 tablespoon chopped fresh dill (or other herb)
- ½ teaspoon salt
- ⅛ teaspoon ground black pepper

Celeriac is particularly rich in vitamin K which plays a very important role in bone health. Higher intakes of vitamin K has been linked to significantly lower fracture rates.

DIRECTIONS

Peel the celeriac, apple, and carrot. Either cut into thin strips or use the julienne feature of your vegetable peeler to get the long matchstick look.

Add mayo, dill, and vinegar. Season with salt and pepper, and mix very well.

Use vinegar or lemon juice to stop browning if not eating immediately. Cover with clingwrap and store in refrigerator. Better if eaten right away.

TIP– You can omit one of the vegetables if you don't have it and double up on one of the ones you do have.



YIELDS: 4 servings
PREP TIME: 15 mins
TOTAL TIME: 15 mins



Garlic Roasted Broccoli

Adapted from Erren Hart's recipe on Errenskitchen.com

INGREDIENTS

- 4 pounds broccoli
- 4 garlic cloves peeled and sliced
- 5 tablespoons olive oil
- 1½ teaspoons kosher salt
- ½ teaspoon freshly ground black pepper
- 2 teaspoons grated lemon zest
- 2 tablespoons freshly squeezed lemon juice
- ⅓ cup freshly grated Parmesan cheese

One cup of broccoli has just as much vitamin C as an orange.

DIRECTIONS

Preheat the oven to 400 degrees.

Cut the broccoli florets from the stalks, leaving an inch or two of stalk attached to the florets, discarding the rest. Cut the larger pieces in half lengthwise.

Spread broccoli on a sheet pan in a single layer. Toss the garlic on the broccoli and drizzle with olive oil. Sprinkle with salt and pepper.

Roast for 20 to 25 minutes, until the tips of some of the florets are browned.

Remove the broccoli from the oven and immediately toss with the lemon zest, lemon juice, and Parmesan. Serve hot.



YIELDS: 6 servings
PREP TIME: 10 mins
TOTAL TIME: 35 mins



Easy Sautéed Spinach

Adapted from Elise Bauer's recipe on [Simplyrecipes.com](https://www.simplyrecipes.com)

INGREDIENTS

- 2 large bunches spinach, about 1 pound
- 2 tablespoons extra virgin olive oil
- 3 cloves garlic, sliced
- Salt to taste

The fiber found in all fruits and vegetables, including spinach, helps with lowering the bad LDL cholesterol in our blood.



DIRECTIONS

Cut off the thick stems of the spinach and discard. Clean the spinach by soaking in a bowl to loosen any sand or dirt. Drain and then repeat, soaking and draining. Put the spinach in a salad spinner to remove any excess moisture or pat dry with a paper towel.

Heat 2 tablespoons olive oil in a large skillet on medium high heat. Add the garlic and sauté for about 30 seconds, until the garlic just begins to brown.

Add the spinach to the pan, packing it down with your hand. Use tongs to lift the spinach and turn it over in the pan, so you coat more of it with the olive oil and garlic. Cover the pan and cook for 1 minute. Uncover and turn the spinach over again. Cover the pan and cook for an additional minute.

Remove from heat and drain the excess liquid. Add a little more olive oil, if you wish. Then, sprinkle with salt to taste. Serve immediately.



YIELDS: 4 servings
PREP TIME: 10 mins
TOTAL TIME: 15 mins

Sautéed Cabbage

Adapted from Erin Clarke's recipe on [Wellplated.com](https://www.wellplated.com)

INGREDIENTS

- 1 small head green cabbage (about 2 1/2 pounds)
- 1 tablespoon extra virgin olive oil
- 1 tablespoon unsalted butter
- 1 1/2 teaspoons kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 tablespoon apple cider vinegar
- 1 tablespoon chopped fresh thyme optional



Cabbage is a great source of glutamine, an amino acid and strong anti-inflammatory agent that may help reduce joint pain and arthritis.

YIELDS: 6 servings
PREP TIME: 5 mins
TOTAL TIME: 15 mins

DIRECTIONS

Cut the cabbage in half and place cut-side down on cutting board. Slice as thinly as possible so that you have fine ribbons. Discard the core.

Heat a large sauté pan or heavy-bottomed pot over medium-high heat. Add olive oil and butter. Once the butter is melted, add the cabbage, salt, and pepper. Sauté for 10 to 15 minutes, stirring occasionally, until the cabbage is tender and begins to brown. Leaving cabbage undisturbed for a minute or two as you go is what will allow it to develop brown caramelized bits.

Remove from the heat and stir in the apple cider vinegar. Sprinkle with thyme. Serve warm.



Kale Salad with Lemon

Adapted from Sonja Overhiser's recipe on Acouplecooks.com

INGREDIENTS

- 1 large bunch Tuscan kale (curly kale works too)
- 1 garlic clove
- ¼ teaspoon kosher salt
- 3 tablespoons olive oil
- 1 lemon (3 to 4 tablespoons juice, plus zest)
- ¼ cup freshly grated Parmesan cheese
- ⅛ teaspoon red pepper flakes
- Fresh ground black pepper
- croutons (optional)

DIRECTIONS

Wash and dry the kale, destem and roughly chop the kale leaves.

Peel and mince the garlic clove. Sprinkle it with the kosher salt, then mash the with the blunt side of the knife until garlic is a paste.

Place the paste in a medium bowl. Add the olive oil, lemon juice, red pepper flakes, and fresh ground black pepper, and whisk to combine. Add the Parmesan cheese and stir to combine.

Toss the dressing with the kale leaves. Serve topped with lemon zest (and additional Parmesan cheese, if desired). If desired, serve with homemade croutons.



Kale is high in beta-carotene, an antioxidant that our body converts into vitamin A. Beta-carotene gives orange veggies their color, but we can't see it in kale due to the vivid green.

YIELDS: 4 servings
TOTAL TIME: 15 mins



Skillet Zucchini & Summer Squash

Adapted from Melskitchencafe.com

INGREDIENTS

- ½ tablespoon butter
- ½ tablespoon olive oil
- 2 small zucchini, ends trimmed and diced
- 2 small yellow squash, ends trimmed and diced
- Salt and pepper to taste
- Sprinkle of Parmesan cheese, (optional)



Like other fruits and veggies, zucchini and summer squash contain potassium which can help counteract the effects of sodium on blood pressure.

DIRECTIONS

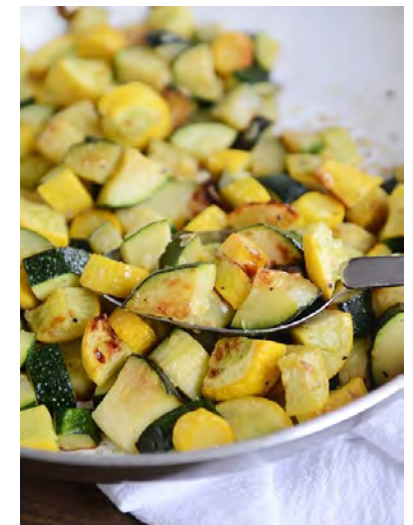
In a 10- or 12-inch nonstick skillet, heat the butter and olive oil over medium heat.

Add a layer of zucchini and yellow squash to the bottom of the pan and sprinkle with salt and pepper. Let it sit without stirring or moving for 2-3 minutes so it can get nice and golden. Stir and let it continue to cook, stirring only every now and then for about 5-7 more minutes.

Season with salt and pepper to taste and top with freshly grated Parmesan, if desired. Serve immediately.

OPTIONAL—Add chopped tomatoes or other chopped veggies to this dish for more flavor and nutrients.

YIELDS: 6 servings
PREP TIME: 10 mins
COOK TIME: 10 mins



Spanish Garlic Cauliflower

Adapted from Albert Bevia's recipe on Spainonafork.com

INGREDIENTS

1 head cauliflower
2 tbsp extra virgin olive oil
6 cloves garlic
1 tsp sweet smoked Spanish paprika
handful fresh parsley
pinch sea salt
dash black pepper

Cauliflower is rich in the plant compound sulforaphane which has been associated with various health benefits including reduced risk of developing cancer, heart disease, and diabetes.



YIELDS: 2 servings
PREP TIME: 15 mins
TOTAL TIME: 30 mins

DIRECTIONS

Fill half a pot with cold water and place over high heat. Remove the leaves from a head of fresh cauliflower and cut off the stem. Using your hands or a knife, separate the florets from each other, then cut the larger florets into smaller ones so they're all evenly sized. Transfer into a colander and rinse. Add the cauliflower into the boiling water and cook between 4 to 6 minutes or until you can pierce with a fork easily. Drain in a colander. Heat olive oil in a large pan over low-medium heat. Add 6 cloves garlic roughly chopped and mix with olive oil. After 1 minute, add sweet smoked paprika and the cauliflower. Season with sea salt & black pepper and mix gently. Transfer to a serving dish and sprinkle with parsley.



Braised Red Cabbage With Apples

Adapted from Martha Rose Shulman's recipe on cooking.nytimes.com

INGREDIENTS

1 large red cabbage, 2 to 2½ pounds
2 tablespoons olive oil
1 small onion, thinly sliced
2 tart apples
⅓ cup balsamic vinegar
¼ teaspoon ground allspice
Salt
Ground pepper to taste

DIRECTIONS

Cut into thin strips and discard the core. Heat oil over medium heat in a large skillet and add onion. Cook until tender, about three minutes. Add 2 tablespoons of the balsamic vinegar and stir until the mixture is golden, about three minutes, then add the apples and stir for two to three minutes. Add cabbage to the pot and toss to coat thoroughly. Stir in the allspice, another 2 tablespoons balsamic vinegar, and salt to taste. Cover and cook over low heat for one hour, stirring from time to time. Add ground pepper and more salt or balsamic vinegar as desired. This dish tastes even better the day after you make it, and it will keep for five days in the refrigerator. Reheat gently.



YIELDS: 6– 8 servings
TOTAL TIME: 75 mins

While both kinds of cabbage are rich in nutrients, red cabbage may contain as much as 4.5 times more antioxidants than those found in green cabbage. Darker colors often mean more nutrition.



Honey Roasted Sweet Potatoes

Adapted from Ellie Krieger's recipe on Foodnetwork.com

INGREDIENTS

- 2 pounds yams or sweet potatoes
- 2 tablespoons olive oil
- 2 tablespoons honey
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon salt



The carbohydrates in sweet potatoes are complex carbohydrates. These take longer to digest than simple carbs like white bread, white rice, and sugar. Because of this, they provide longer lasting energy and better blood sugar responses.

YIELDS: 6 servings
PREP TIME: 15 mins
TOTAL TIME: 75 mins

DIRECTIONS

Preheat oven to 350 degrees.

Peel and cut the sweet potatoes into 1-inch pieces and put in a baking dish. In a small bowl whisk together olive oil, honey, and lemon juice. Pour mixture over potatoes and toss to coat. Sprinkle with the salt and bake. Stir occasionally for about 1 hour, until potatoes are tender.



Easy Roasted Bok Choy

Adapted from Carrie Walder's recipe on Walderwellness.com

INGREDIENTS

- 1 pound bok choy
- 2 large cloves garlic, minced
- 2 Tbsp toasted sesame oil (or another oil)
- 1 Tbsp tamari or soy sauce
- 1 Tbsp rice vinegar (can use white vinegar too)
- 2 tsp maple syrup
- 1/2 tsp ground ginger
- Black pepper + salt

The flavonoids found in vegetables and fruits, including bok choy, have been linked to a lower dementia risk due to the protection of neurological cells from free radical damage.



YIELDS: 4 servings
PREP TIME: 10 mins
TOTAL TIME: 25 mins

DIRECTIONS

Preheat oven to 400 degrees.

Slice bok choy in half lengthwise and place face up on a baking dish or sheet pan.

In a small bowl, whisk together the minced garlic, toasted sesame oil, tamari (or soy sauce), rice vinegar, maple syrup, and ground ginger. Brush the mixture over top of the bok choy and season with black pepper.

Cook in the oven for about 12 minutes, or until lightly browned and tender.

