

## Food Focus: Greens

Leafy greens are some the easiest and most beneficial vegetables to incorporate into your daily routine. Densely-packed with energy and nutrients, they grow upwards towards the sky, absorbing the sun's light while producing oxygen. Members of this royal green family include kale, collard greens, swiss chard, mustard greens, arugula, dandelion greens, broccoli rabe, watercress, beet greens, bok choy, nappa cabbage, red or green cabbage, spinach and broccoli. How do greens benefit your body? They are very high in calcium, magnesium, iron, potassium, phosphorous and zinc, and are a powerhouse for vitamins A, C, E and K. They are crammed full of fiber, folic acid, chlorophyll, and many other micronutrients and phytochemicals. Greens aid in purifying the blood, strengthening the immune system, improving liver, gall bladder and kidney function, fighting depression, clearing congestion, improving circulation and keeping your skin clear and blemish free.

Leafy greens are the vegetable most missing from the American diet, and many of us never learned how to prepare them. Start with the very simple recipe below. Then each time you go to the market, pick up a new green and try it out. Soon you'll find your favorite greens and wonder how you ever lived without them.

### Featured Recipe Shiitake and Kale

Prep Time: 2 minutes  
Cooking Time: 10 minutes  
Serves: 4

#### Ingredients:

½ pound of shiitake mushrooms  
1 tablespoon of olive oil  
1-2 cloves of crushed garlic  
1 bunch of kale  
pinch of sea salt

#### Directions:

1. Warm oil in pan on medium heat with minced garlic until aromas of garlic are released, about 2-3 minutes.
2. Add chopped shiitake mushrooms, stir fry for 5 minutes.
3. Then add chopped kale, stir fry for a couple of minutes.
4. Add a splash of water and pinch of sea salt to pan, cover and let steam for 4 minutes.

*Amy Coughlin, a Certified Wellness Coach, educates individuals to make better healthy food and lifestyle choices. By creating awareness and balance, she empowers people to make significant, long-term choices which leads to living an energized and passionate life. Ultimately, her life experiences and education, coupled with her expertise in corporate training and recruitment, has inspired her to coach individuals and corporate groups in wellness education programs.*

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