

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is...

## Salad Greens

You can find POW! info sheets on the EHHD website!  
[www.ehhd.org](http://www.ehhd.org)  
Look for **P**roduce **o**f the **W**eek



What vegetable's appearance is cause for celebrations in some regions?

### SALAD GREENS!

- ◆ Look for crisp dark leafy greens with no signs of discoloration or wilting.
- ◆ Salad greens include: lettuces, chicory, dandelion greens, spinach, chard, kale, and fresh herbs like thyme, rosemary, oregano, chives and parsley.
- ◆ Greens can vary in flavor from mild to zesty.
- ◆ Salad greens are best when used within two days of purchasing.
- ◆ Store all fresh greens in a plastic bag in the refrigerator

Source: [www.wisegeek.com](http://www.wisegeek.com)

### Nutrition Facts:

- ◆ **One serving is 1 1/2 cups**
- ◆ **A serving of greens has between 10–20 calories**
- ◆ **Most salad greens are a good source of fiber & various vitamins**
- ◆ **Iceberg lettuce has the least nutritional value**

### Did you know?

- ◆ Humans have been experimenting with edible greens for thousands of years.
- ◆ In some regions, seasonal appearance of greens is a cause for celebration.

## Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and have at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Eastern Highlands Health District

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# Try these delicious, nutritious and healthy recipes!

## Apple Orchard Chicken Salad

4 Servings

### INGREDIENTS

- ♦ 4 boneless skinless chicken breast halves
- ♦ 6 tablespoons apple juice concentrate
- ♦ 2 T olive oil
- ♦ 2 tablespoons vanilla yogurt
- ♦ 8 cups mixed salad greens
- ♦ 2 cups chopped apples
- ♦ 1 small red onion, cut into rings
- ♦ 1/2 cup chopped pecans
- ♦ 1/4 cup crumbled Gorgonzola cheese
- ♦ 1 package (3 oz.) dried apple chips\*

### DIRECTIONS

1. Grill chicken and cook for 5—7 minutes or until meat is cooked completely.
2. Combine apple juice concentrate, oil and yogurt in a jar with lid; shake well.
3. On four plates, arrange the salad greens, onions, pecans and cheese. Slice chicken; place over salads. Drizzle with dressing. Sprinkle with apple chips.

\* Can replace dried apple chips with raisins.



## Green Salad with Cranberry Vinaigrette

8 Servings

### INGREDIENTS

- ♦ 1 cup sliced almonds
- ♦ 3 tablespoons red wine vinegar
- ♦ 1/4 cup olive oil
- ♦ 1/4 cup fresh cranberries
- ♦ 1 tablespoon Dijon mustard
- ♦ 1/2 teaspoon minced garlic
- ♦ 1/2 teaspoon salt
- ♦ 1/2 teaspoon ground black pepper
- ♦ 2 tablespoons water
- ♦ 1/2 red onion, thinly sliced
- ♦ 1/4 cup grated Swiss cheese
- ♦ 4 ounces crumbled blue cheese
- ♦ 1 pound mixed salad greens

### DIRECTIONS

1. Preheat oven to 375 degrees F. Arrange almonds in a single layer on a baking sheet. Toast in oven for 5 minutes, or until nuts begin to brown.
2. In a blender or food processor, combine the vinegar, oil, cranberries, mustard, garlic, salt, pepper, and water. Process until smooth.
3. In a large bowl, toss the almonds, onion, blue cheese, and greens with the vinegar mixture until evenly coated.

Recipes adapted from : [www.allrecipes.com](http://www.allrecipes.com) & [www.tasteofhome.com](http://www.tasteofhome.com)

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**