

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
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

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 & 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!