

The 6 most underrated veggies and how to eat them



The 6 Most Underrated Veggies and How to Enjoy Them

These neglected vegetables deserve a place on your plate. Do you rely on go-to vegetables like [broccoli](#), [spinach](#) and carrots mainly because your family will eat them? If so, some awesome veggies are flying under your radar! Our dietitians suggest you give six veggies a try:

1. Brussels sprouts

Like its cruciferous cousin the cabbage, Brussels sprouts give off hydrogen sulfide gases when cooked too long. These can be off-putting.

Prep tip: “Overcooking Brussels sprouts makes them smell and also robs them of their nutritional benefits,” she cautions. For optimum nutrition, quarter and steam Brussels sprouts for less than 5 minutes. Add a little garlic or lemon, and enjoy!

2. Watercress

“Study after study is documenting watercress’ amazing benefits. Researchers are studying its potential in reducing smoking carcinogens, turning off breast cancer signals and alleviating physical stress from workouts,” she says.

“The big prize came in 2014, when watercress was named the top powerhouse veggie in terms of antioxidants.”

Prep tip: Watercress is an easy, toss-into-anything kind of veggie, she says. Add it to salads and pasta dishes, or place it on top of a beautiful piece of wild fish.

3. Artichokes



“[Artichokes](#) are a versatile veggie — you can eat the hearts as well as the leaves,” says

[Kate Patton, MEd, RD, CSSD, LD](#).

“Artichokes are extremely rich in antioxidants and are a good source of folate, potassium and many other vitamins and minerals,” she says.

Plus, they’re low in calories (just 45 in 1 cup cooked hearts) and high in fiber (5 grams).

Prep tip: Try steaming artichokes and eating the tender ends of the leaves.

“Steaming veggies is fast and easy,” she says. “Then dip in olive oil, hummus, olive dip or Greek yogurt dip. You can also defrost frozen artichokes and add to green salad, tuna salad, or pasta salad.”

4. Cauliflower

“Don’t be fooled by its pale color — [cauliflower](#) is packed with nutrients,” says [Anna Taylor, MS, RD, LD](#). Like other cruciferous veggies (Brussels sprouts, cabbage, kale, bok choy and broccoli), it’s rich in glucosinolates. Glucosinolates are being studied for their anti-cancer properties. **Prep tip:** “I love roasting veggies – not just because of the taste, but also because it’s so easy!” she says. Line a cookie sheet with foil, mist it with olive oil, and line up prepped cauliflower florets. Top with another mist of olive oil and a dash of garlic, black pepper or Parmesan cheese. Bake at 425°F for 10-20 minutes until fork-tender.

5. Broccoli rabe

“Everyone knows about broccoli, but this cross between broccoli and kale is underrated and underconsumed in the United States,” says [Brigid Titgemeier, MS, RDN, LD](#). Broccoli rabe is extremely nutritious, loaded with iron, calcium, zinc, vitamins A, C and K, she says. Like other cruciferous veggies, it contains potentially cancer-fighting glucosinolates.

People are not eating enough dark green vegetables — like broccoli rabe — according to the [2015 Dietary Guidelines for Americans](#). “It’s important to try new foods and to get variety in your diet, so consider adding broccoli rabe to your grocery cart,” she says.

Prep tip: Lightly sautee broccoli rabe’s leaves, buds and stems with extra virgin olive oil, lemon juice, garlic and cashew butter. “The best way to enhance cruciferous veggies’ nutrients is to prepare them raw, lightly steamed or sautéed,” she notes.

6. Cucumber

“[Cucumber](#) may not be as dense in nutrients as other veggies, but considering it has only 16 calories and 4 grams of carb per cup, it packs a punch,” says [Julia Zumpano, RD, LD](#). Cucumbers are a good source of vitamin K, potassium, pantothenic acid, phosphorus, copper and manganese.

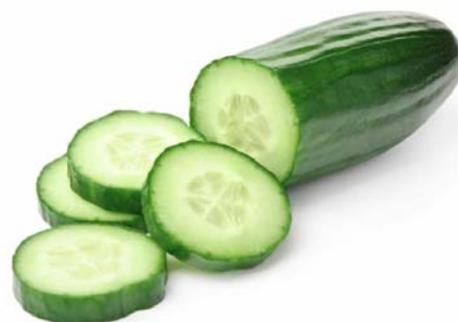
Prep tip: “Cucumbers can be used in so many ways — as a snack with hummus or Greek yogurt dip, in salad or in sushi, to replace chips or crackers for guacamole and cheese, to add flavor to water and mixed drinks,” she says. Cucumbers are also a great veggie to introduce to kids.

Two easy prep methods

Keeping raw veggies on hand for munching is good for your waistline and your health. “They’re great with Greek [yogurt dip](#) — anytime and anywhere!” says Ms. Jeffers. Adds Ms. Zumpano: “Eating veggies raw maximizes the nutrition and the crunch, and minimizes the prep work.”

Roasting cauliflower, sliced fennel, asparagus, Brussels sprouts, carrots and other veggies is also a snap. “I like the way roasting makes veggies crunchy and flavorful,” says Ms. Taylor. “And clean-up is a cinch!”

Courtesy of Health.clevelandclinic.org



4 Things You Can Do This Week to Be a Happier Person

Gabrielle Bernstein shares her tips on how to meditate your way to happiness daily.

There’s more to leading a healthy lifestyle than following an eating and [exercise plan](#). Finding happiness in your everyday life can also make a positive impact on your overall health. According to a study in the *Proceedings of the National Academy of Sciences*, happiness has a positive effect in lowering cortisol levels, the stress hormone that is related to health conditions like type 2 diabetes, hypertension, and autoimmune diseases. But if you aren’t feeling that happy on a daily basis, what can be done to change that?

Gabrielle Bernstein, *New York Times* best-selling author of *May Cause Miracles*, believes personal happiness — or as she refers to it, “miracles” — can be achieved through meditation. In her newest *New York Times* best-seller, [Miracles Now](#), she writes that meditation helps “because it gives you time to reflect, bring inner peace, and make a true assessment of where you are in your life and where you can go.”



Indeed, a study from JAMA Internal Medicine shows that meditation can help reduce stress and ease symptoms of anxiety and depression, which are related to myriad health conditions.

Want to give meditation a try? Here are Bernstein's tips for how to meditate your way to finding happiness daily, ultimately improving the quality of your life — and your health.

1. Make your first thought of the day a happy one. “When we look at ourselves in the mirror every morning and think of all the things we want to change, that’s a choice we make,” says Bernstein. “Make the commitment to think differently about yourself and make happiness the first thing of the day.” She recommends listening to music to begin your morning instead of watching TV. Create a positive, uplifting playlist to help boost your mood and brighten your spirit. If you have a few minutes, sit still and meditate while listening to a song or two.

2. Snap out of a negative mindset. Plagued by undesirable or destructive thoughts about yourself or others? Bernstein recommends employing her “Snap Out of It” meditation technique, in which you wear a rubber band on your wrist, and whenever you start to think negative thoughts about yourself or towards another person, flick the rubber band against your arm. This will literally help you “snap” out of the negative thoughts.

3. Unleash your inner child. Whenever you feel stressed about your responsibilities and commitments, unplug from the world, shut off your computer and phone, and tap into your inner child. When we become more childlike, we grow our capacity for curiosity and creativity. Bernstein recommends taking a dream break during the day, in which you sit alone and spend five to 10 minutes thinking your way into a cool experience you’d always hoped to have. “Open up to silliness and having more fun. That childlike energy brings us a much more positive perspective and releases tension,” Bernstein says.

4. Sleep to restore your mind. Sleep is essential to optimal health, but people often forget that it is also a spiritual practice that benefits us mentally and emotionally. Lacking essential shut-eye is another way we block happiness from our lives. To help you get a restful night of sleep, Bernstein recommends using this simple Kundalini breathing technique: Sit up straight on your bed and breathe in using a U breath (Pucker your mouth as if you were holding a quarter between your lips.). Breathe in and exhale through your nose. Continue this cycle of breath for one minute.

15 Nutrition Tips for a Healthy Summer

Summer weekends at the beach, backyard barbecues, and outdoor dinners are finally here, but these gatherings are often loaded with high-calorie pasta salads, chips, ice cream, cocktails and beers. Enjoy your warm weather favorites while keeping your nutrition in check with the tips below.

1. Drink green tea instead of sweet tea.

[Green tea](#) has a natural component that



helps speed up your metabolism. Skip the box tea and opt for the brew-it-yourself with boiling water and a tea-bag-type tea.

2. **Serve seafood.**

Summer is the ideal time to get the freshest catch from your local grocer. Grill salmon, tuna, lobster, steamer clams, and calamari for a low-calorie, protein-packed lunch or dinner.

3. **Don't skip breakfast.**

When you wake up in the morning, your body is running on fumes. Eating a breakfast with protein, carbs, and healthy fat kicks your metabolism into high gear and provides energy for the day.

4. **Enjoy summer fruits and veggies.**

It's easy to sink into a vegetable rut, eating the same boring veggies week after week, but with summer comes fresh choices. Including a mix of in-season colorful veggies in your meals gives your body a [nutrient](#)



5. **Snack at work.**

Bring [snacks](#) to work and graze throughout the day. When you eat more often—five to six times per day—you're far less likely to overeat and more likely to stay energized.

6. **Grab a sports drink.**

For workouts lasting longer than 45 minutes, drinking a sports drink every 15 to 20 minutes can help you maintain energy, increase endurance, and [stay hydrated](#).

7. **Drink healthier beers.**

If you're going to indulge, opt for antioxidant-packed craft brews like Fuller's Organic Honey Dew Ale or Stoudt's Fat Dog Imperial Oatmeal Stout. To save calories, choose [beers with less than 100 calories](#) like Select 55 and Miller Lite.

8. **Hydrate often.**

The summer heat makes you more susceptible to dehydration. Start off your day by drinking two glasses of water and keep drinking at each meal, as well as before and after your workout, to stay hydrated. Carry a water bottle with you as a reminder to stay hydrated.

For more tips on staying healthy during the summer, click here:

<http://www.coreperformance.com/daily/live-better/15-nutriton-tips-for-a-healthy-summer.html> Courtesy of [Coreperformance.com](http://www.coreperformance.com)



Healthy Lemon Raspberry Frozen Yogurt

Ingredients:

- 1 cup plain Greek yogurt (regular)
- 12 oz. frozen raspberries
- $\frac{1}{3}$ cup fresh lemon juice
- 2 teaspoons fresh lemon zest
- 3 tablespoons honey

Directions:

1. To a blender add Greek yogurt, raspberries, lemon juice, lemon zest, and honey.
2. Blend until smooth.
3. Serve immediately or for a more solid consistency place in an air tight container and put in freezer for 1-2 hours. Serve!

Courtesy of Joyfulhealthyeats.com

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