

## Natural Healing Express Weekly

### Column Volume 127 Greens, Greens, Greens Part III

This week we will conclude our series on Greens! By now maybe you have tried a few of our “green” recipes and have even begun to like the taste. More so, I hope your energy level has picked up and you are seeing the benefits of better health.

We will finish up with a few more greens to add to your repertoire. Mustard greens are somewhat spicier than the other greens we have mentioned. They have a pungent maybe peppery sharp taste. They have an edge to them similar to horseradish but become much more tolerable with light cooking.

Radish Greens are easy to find. They are mildly spicy and can be easily sautéed for an extra “kick” in many dishes. They are a great treat and can be put to use in salads as well.

Spinach is something almost everyone has heard of and is readily available in several varieties at your local market. It is also available year round and is one of the most versatile greens available. Adding Kale and spinach to smoothies provides for a very quick extra boost. It can also be “juiced” and blended. It is a super food with many benefits. It contains several vitamins and minerals. Spinach can be utilized as the “main dish” in a salad only meal. Eaten raw is certainly the best option, but it can be lightly cooked or sautéed. Here is a classic strawberry spinach salad recipe.

Fresh Berry Dressing – Ingredients: ½ cup hulled strawberries, 2 TBSP Lemon juice, 1 TBSP olive oil  
Combine in food processor until strawberries are pureed.

Strawberry and Spinach Salad – Ingredients: Above Dressing, 6 ounces of spinach (you can also combine other greens such as arugula, dandelion greens, water cress and baby bok choy) 1 cup of strawberries hulled and sliced, ½ cup of fresh blueberries or strawberries. ½ cup chopped and lightly toasted walnuts or pecans or 2 to 3 tbsp. toasted pine nuts.

Combine all greens, strawberries, blueberries or raspberries in a serving bowl and toss. Pour on the dressing and re-toss. Scatter the nuts over the salad and serve.

Tatsoi is a small, dark, spoon sized and mild flavored green. Tatsoi is perfect in small salads, especially in combination with spinach and also in stir fries. IT is not that readily available in our market, but still a wonderful seasonal treat.

Turnip Greens taste very much like the turnip themselves, but have even more of a bite. The larger the leaf, the more pungent and bitter they become. So, watch yourself if you are a novice. They will surprise you. They contain a lot of calcium. Turnips greens are popular in soul food and a staple in Southern Cooking. This is one green that I do suggest trying at least once. Who knows, you might like it.

Watercress is a tiny green that has a peppery taste. It is in the mustard family which makes it very rich in Vitamin C. It is available year round and is a nutritional powerhouse. For its size, it packs a punch. Steaming watercress takes a little of the peppery taste away and is wonderful added to any soup.

Here is a simple sauté that works with any type of greens that you may want to try.

### Simple Garlicky Greens

Ingredients: 1 good size bunch (12 ounces to 1 ¼ pounds) greens of your choice: Feel free to mix a few together. Choose any variety of Spinach, Kale, Collards, Chard, Turnip greens, Mustard Greens, Escarole, Broccoli Rabe, or Blanched Dandelion Greens, or whatever you choose)  
1 to 2 TBSP extra virgin olive oil, 3 to 4 cloves garlic crushed. Juice of ½ to 1 lemon or apple cider vinegar to taste. Salt and freshly group pepper.

Cut greens into bite size pieces. Heat the oil in a large steep sided skillet or stir fry pan. Add the garlic and sauté over low heat for 2 to 3 minutes until golden. Add the greens and cook over medium heat, stirring frequently until just tender. Add small amounts of water (or wine) if needed, just enough to keep pan moist. Add lemon or apple juice. Remove from heat. Season with salt, pepper and serve.

Options include adding raisins, cranberries, figs, apricots or toasted nuts to the top.

Enjoy! Hope to see you soon and as always, please contact us via one of the following methods. Natural Healing Express: Phone 815 990 8732, email: [skscham@aol.com](mailto:skscham@aol.com) 204 W Main St, Lena, IL 61048.

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