

Super Foods

(Part 2)

Here's the super sequel, to our super foods article! Remember, a "super food" is a nutrient-rich food item with various health benefits. They are often recommended to people looking to boost their overall health, since sometimes they'll account for over 100% of their daily vitamin needs.



Kale

Kale is probably the healthiest vegetable you could ever eat. Steamed kale has significant cholesterol-lowering abilities. One serving of kale (1 cup) could account for 1180% of your daily vitamin K needs, 98% of your daily vitamin A needs, and 70% of your daily vitamin C needs. Kale has been shown to lower the risk of at least 5 different types of cancer.

Recipes Involving Kale

What you'll need

- 1/2 bunch of kale leaves
- 1/2 tablespoon of extra-virgin olive oil
- 1/2 teaspoon onion powder
- 3/4 teaspoon chili powder
- 1 teaspoon garlic powder

Kale Chips

Preheat the oven to 300 degrees, and line a baking sheet with parchment paper. Remove the stems from the kale, and tear the leaves into similar sized pieces. Put the leaves into a large bowl, and pour the oil in. Massage the oil into the leaves until evenly coated. Sprinkle in the spices and toss to combine. Spread the kale out on the baking sheet and bake for ten minutes before flipping the pan and baking for another 15 minutes. Let cool before eating.



What you'll need

- 5 cups low-sodium vegetable or chicken stock
- 2 tablespoons extra-virgin olive oil
- 1 medium onion (diced)
- 1/4 teaspoon thyme
- 1 cup pearled barley
- 1 cup beans
- 3 cups escarole (chopped)
- 1/2 cup freshly grated Parmigiano-Reggiano cheese
- 2 tablespoons unsalted butter

Barley Risotto with Beans and Kale

In a large, deep skillet, heat the olive oil. Add the onion and thyme and cook over moderate heat until the onion is softened. Add the barley and cook, stirring, for 2 minutes. Add 1 cup of the warm stock and cook, until nearly absorbed. Continue adding the stock 1/2 cup at a time. Add the beans and let them cook for a minute. Add the escarole and let it wilt and then cook for an additional minute. Stir in the 1/2 cup of Parmigiano-Reggiano and the butter. Most barley risottos are done when the barley is al dente (35 minutes). Serve hot.



What you'll need

- 1 tablespoon olive oil
- 8 garlic cloves (minced)
- 1 medium onion (chopped)
- 4 cups raw chopped kale
- 4 cups chicken or vegetable broth
- 2 cans (15 oz) of undrained beans
- 2 cans (15 oz) of sliced carrots
- 1 can (28 oz) diced tomatoes
- 2 teaspoons Italian herb seasoning

Bean and Kale Soup

In a large pot, heat olive oil. Add garlic and onion; sauté until soft and the onion is transparent. Wash the kale, leaving small droplets of water. Sauté, stirring, until wilted and a lovely emerald green, about 15 minutes. Add 3 cups of the broth, reserving 1 cup, 2 cups of the beans, reserving 1 cup, all of the carrots, tomatoes, herbs, salt and pepper. Let simmer for 5 minutes. In a blender or food processor, mix the reserved beans and broth until smooth. Stir into the soup to thicken it nicely. Let simmer for 15 more minutes. Ladle into bowls.





Lemons

Lemons are rich in vitamin C, good for your liver, antibacterial, and effective in lowering high blood-pressure. They have 22 anti-cancer compounds, and have been shown to dissolve gallstones, calcium deposits, and kidney stones. Lemons also contain a high amount of vitamin C and folate. Limes also share these effects.

Recipes Involving Lemons

What you'll need

- 4 tilapia fillets
- 3 tablespoons fresh lemon juice
- 1 tablespoon (melted) butter
- 1 clove (finely chopped) garlic
- 1 teaspoon dried parsley flakes
- pepper

Lemon Garlic Tilapia

Preheat oven to 375 degrees F (190 degrees C). Spray a baking dish with non-stick cooking spray. Rinse tilapia fillets under cool water, and pat dry with paper towels. Place fillets in baking dish. Pour lemon juice over fillets, then drizzle butter on top. Sprinkle with garlic, parsley, and pepper. Bake in preheated oven until the fish is white and flakes when pulled apart with a fork, about 30 minutes.



What you'll need

- 1 1/2 cups all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 cup olive oil
- 1/2 cup sugar (or 1/3 cup honey)
- 2/3 cup lemon Greek yogurt
- Juice and zest from 1 lemon
- 1 teaspoon vanilla extract
- 1 egg
- 2 tablespoons chia seeds

Lemon Chia Seed Muffins

Preheat the oven to 400 degrees. Add eight liners to a standard-size muffin tin and set aside. In a medium bowl, whisk together the flour, baking powder, baking soda and salt. Set aside. In a large bowl, mix together the olive oil, sugar, yogurt, and lemon juice and zest, until fully combined. Add the egg and vanilla, and mix thoroughly. Add the dry ingredients to the wet ingredients in two additions, stirring until just combined. Fold in the chia seeds. Add batter to the muffin liners, filling 3/4 of the way full. Bake for 13-15 minutes, until the muffins are golden on top and a toothpick comes out clean after inserting it into a few muffins. Remove from the oven. Cool. Enjoy immediately.



What you'll need

- 1/4 cup good olive oil
- 3 tablespoons minced garlic (9 cloves)
- 1/3 cup dry white wine
- 1 tablespoon grated lemon zest (2 lemons)
- 2 tablespoons freshly squeezed lemon juice
- 1 1/2 teaspoons dried oregano
- 1 teaspoon minced fresh thyme leaves
- Kosher salt and freshly ground black pepper
- 4 boneless chicken breasts with skin on (6 to 8 ounces each)

Lemon Chicken Breasts

Preheat the oven to 400 degrees. Warm the olive oil in a small saucepan over medium-low heat, add the garlic, and cook for just 1 minute but don't allow the garlic to turn brown. Off the heat, add the white wine, lemon zest, lemon juice, oregano, thyme, and 1 teaspoon salt and pour into a 9 by 12-inch baking dish. Pat the chicken breasts dry and place them skin side up over the sauce. Brush the chicken breasts with olive oil and sprinkle them liberally with salt and pepper. Cut the lemon in 8 wedges and tuck it among the pieces of chicken. Bake for 30 to 40 minutes, depending on the size of the chicken breasts, until the chicken is done and the skin is lightly browned. If the chicken isn't browned enough, put it under the broiler for 2 minutes. Cover the pan tightly with aluminum foil and allow to rest for 10 minutes. Sprinkle with salt and serve hot with the pan juices.





White Mushrooms

White mushrooms are low in saturated fat and sodium, and very low in cholesterol. They're good source of dietary fiber, protein, vitamin C, folate, iron, zinc and manganese. They're also very high in vitamin D, thiamin, riboflavin, niacin, vitamin B6, pantothenic acid, phosphorus, potassium, copper and selenium

Recipes Involving Mushrooms

What you'll need

- 1 tablespoon olive oil
- handful button or chestnut mushrooms (sliced)
- 25g vegetarian cheddar (grated)
- small handful parsley leaves (roughly chopped)
- 2 eggs, (beaten)

Mushroom Omelette

Heat the olive oil in a small non-stick frying pan. Tip in the mushrooms and fry over a high heat, stirring occasionally for 2-3 minutes until golden. Lift out of the pan into a bowl and mix with the cheese and parsley. Place the pan back on the heat and swirl the eggs into it. Cook for 1 min or until set to your liking, swirling with a fork now and again. Spoon the mushroom mix over one half of the omelette. Using a spatula or palette knife, flip the omelette over to cover the mushrooms. Cook for a few moments more, lift onto a plate and serve with something healthy, like salad!



What you'll need

- 1 tablespoon olive oil
- 10 oz white (coarsely chopped) mushrooms
- 1 small shallot, thinly sliced
- Kosher salt and freshly ground black pepper
- 2 cups baby spinach
- A pinch freshly grated nutmeg
- 4 large eggs
- 4 large egg whites
- 1/4 cup skim milk
- 1/3 cup (1 1/2 ounces) grated Fontina cheese

Mini Mushroom Quiches

Preheat the oven to 375 degrees. Lightly coat a 12-cup nonstick muffin pan with nonstick cooking spray. Mist a large nonstick skillet with more nonstick cooking spray and put over medium heat. Add the turkey bacon and cook turning frequently until crisp, about 8 minutes. Transfer to a cutting board and coarsely chop. In the same skillet, heat the oil. Add the mushrooms, shallot, and season to taste with salt and pepper. Cook until shallots are soft and the mushrooms are dry and lightly browned, about 10 minutes. Remove from the heat and stir in the baby spinach and nutmeg until the spinach is just wilted, but still bright green, 2 minutes. Set aside to cool slightly. Meanwhile, whisk the eggs, egg whites, milk, and salt and pepper until well combined. Stir in the cheese. Divide the egg mixture evenly between the muffin tins, filling them about halfway. Top evenly with the mushroom and spinach mixture and then the chopped bacon. Bake until the quiches are well risen, golden brown and set, 20 to 25 minutes. Cool in the pan 5 minutes and then transfer to a wire rack. Serve warm or at room temperature with greens.



What you'll need

- 12 oz. mushrooms
- 4 teaspoon olive oil
- 8 oz. (finely chopped) kale
- 4-5 oz. crumbled Feta
- 3/4 cup Mozzarella cheese
- Fresh ground black pepper to taste
- 1 teaspoon all-purpose seasoning (optional)
- 10-12 eggs, beaten until yolks and whites are well-combined

Breakfast Casserole

This recipe combines two items on our super food list: kale and mushrooms. To make it, preheat the oven to 375 degrees. Spray an 8 ½ x 12 inch baking dish with non-stick spray. Wash and dry mushrooms and thickly slice. Heat 2 teaspoons of olive oil in a large non-stick frying pan over medium-high heat, add the mushrooms, and sauté until the mushrooms have released their liquid, and mushrooms are starting to slightly brown (about 5-6 minutes). Spread out the sautéed mushrooms over the bottom of the baking dish. While the mushrooms cook, chop kale, cutting away the thick stems and chopping the leaves. Wash kale if needed, and spin dry. Add 2 teaspoons more of olive oil to the same pan, heat to medium high, add the chopped kale all at once and sauté, turning kale over and over until it's all wilted (about 2-3 minutes). Baby kale will take even less time than this. Layer the wilted kale over the mushrooms in the baking dish. Sprinkle the crumbled Feta and grated Mozzarella over the vegetables and season with fresh ground black pepper and the all-purpose seasoning (if using). Beat eggs until they're well-combined; then pour eggs over the cheese. Use a fork to gently "stir" until all the ingredients are coated with egg and the top of the casserole shows a good mixture of mushrooms and kale. Bake at 375F/190C for 40-45 minutes, or until the casserole is completely set and the top is starting to lightly brown. Serve hot. This will keep in the fridge for at least a week and can be quickly reheated in a microwave. But don't microwave it too

long or the eggs will get rubbery.

