

Fruits and Vegetables... Good for You!

Add a Little Cruciferous Crunch to Your Day!

Cruciferous is pronounced:
(Kroo-SIH-fir-us)

Cruciferous comes from the Latin word for cross. Members of this cabbage family have flowers with four petals in the shape of a cross.

Why are cruciferous vegetables good for us and our children?

Cruciferous vegetables have lots of vitamin C and A, folate, calcium, iron, fiber and phytochemicals - which scientists are finding help prevent several kinds of cancer.

How much should I eat?

Adults will want to eat 2-3 cups of vegetables each day and children, 1-2 cups each day. Strive for a variety - not all cruciferous! However, it is good to eat cruciferous vegetables several times a week.

Hint: 1 cup of fresh collard, mustard or turnip greens equals 1/2 cup cooked.

How do I prepare cruciferous vegetables?

Minimal cooking is the key to success in preparing many of these vegetables. Most of us have over-cooked broccoli or cauliflower and found a strong smell filling the house. This doesn't have to happen with the right cooking method. Less cooking is best. Cook until just tender-crisp. Briefly steam, stir fry or easier yet, zap in a microwave oven.



Have you tried to.....?

- Serve broccoli with a sprinkle of Parmesan cheese.
- Dip cauliflower into hummus.
- Cook Brussels sprouts and take apart the leaves. Then toss with olive oil, lemon and other seasonings for a delicious warm salad!
- Add zip to coleslaw. Stir in diced apples or pears, chopped nuts, raisins, crushed pineapple, grapes, shredded carrots or turnips.

Meet the Cruciferous Family

Arugula
Bok Choy
Broccoli
Brussels Sprouts
Cabbage (and sauerkraut)
Cauliflower
Collard Greens
Kale
Kohlrabi
Mustard Greens
Radishes
Rutabaga
Swiss Chard
Turnips
Turnip Greens



Vegetable Group
Vary your veggies



How Do I Shop For Cruciferous Vegetables?

Broccoli is one of the most popular cruciferous vegetables. Believe it or not—a cup of broccoli has more vitamin C than an orange!

How to choose: Look for a firm head with deep green color and tightly closed buds.

Brussels Sprouts look like miniature cabbages.

How to choose: Look for firm, bright green, and the smaller the better. Don't store in the refrigerator more than three days or they will develop a strong flavor. Before cooking cut an X on the bottom to promote even cooking.

Cauliflower

How to choose: Look for firm white or cream-colored heads without bruises or brown spots with leaves that are bright green and crisp. Use cauliflower in any recipe that calls for broccoli if you like.

Cabbage

How to choose: Buy tight firm heavy heads with no broken or bruised leaves. Shred or slice right before cooking so vitamin C is not lost. To prevent strong odors, cook just until leaves are tender.

Greens (Collards, Mustard, Turnip)

How to choose: Look for firm, dark green leaves. Avoid bunches with a lot of yellow leaves. Serve with a little vinegar to enhance the flavor.

Cruciferous Kitchen Tips

- Keep fresh cruciferous vegetables in the refrigerator in plastic bags that allow for plenty of air.
- Rinse well and drain before preparation.
- Stock up on frozen cruciferous vegetables. They can be microwaved in a jiffy.

Pick a better snack™



Wash. Break. Eat.

How easy is that?

Break cauliflower or broccoli into bite size pieces and put in a plastic bag.

Store in the refrigerator for a quick snack.

Serve with your favorite dip.



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Delicious Collard Greens

- 2 quarts of water
- 1 1/4 pounds chicken (or turkey) pieces
- 2 pounds fresh or frozen collard greens
- 2 cups homemade chicken broth or 1 can (14 ounces) low-fat broth
- 3 cloves garlic, chopped
- 1 large onion, chopped
- 1/2 teaspoon red pepper flakes (optional)
- 1/4 cup apple cider vinegar
- Heat water to a boil and add chicken. Simmer 1/2 hour. Drain and discard the cooking liquid. Remove and discard skin from chicken. While chicken is cooking, remove yellow leaves and thick stems from collards. Wash fresh collards well, removing dirt before cooking. Stack wet greens and roll up together. Slice crosswise into thin strips (or chop). Bring chicken broth to a boil. Add greens, garlic, onion, red pepper flakes and chicken. Reduce heat to simmer and cook 30-40 minutes, stirring often.
- Serve vinegar on the side for extra flavor. Makes 4 - 1 cup servings.
- Each serving provides: 320 calories, 10g fat, 240mg sodium.*
- An excellent source of vitamins A and C and a good source of calcium!*

For more information, contact your local Extension Office