

Crunchy Cruciferous Veggies

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Concepts Taught

- Learn which vegetables are cruciferous
- Review the health benefits of eating cruciferous vegetables
- Learn tips for using 4 featured cruciferous vegetables
- Leave with recipes for each of those 4 featured vegetables

Cruciferous vegetables

- Group of plant from Brassicacea family
- Four petaled flowers look like a crucifix or cross leading to the name cruciferous

Which veggies are cruciferous?

- | | |
|--------------------|------------------|
| • Arugula | • Kale |
| • Bok choy | • Kohlrabi |
| • Broccoli | • Mustard greens |
| • Brussels sprouts | • Radishes |
| • Cabbage | • Rutabaga |
| • Cauliflower | • Turnips |
| • Collard greens | • Watercress |

Health benefits

- Tend to be high in vitamin C, vitamin E, vitamin K, folate, fiber and antioxidants
- Have been linked to reduced risk of cancer
 - Most studies involved prostate, lung, colorectal and breast cancer
 - National Cancer Institute

Recommendations

- It is recommended to eat 2-3 cups of vegetables every day.
- Cruciferous vegetables offer many dark green vegetables when aiming to eat more colors of the rainbow

Kale

- Curly kale: Bright green with tight curly leaves
- Dinosaur kale: Darker green with a pebbled appearance. Less bitter in flavor.
- Uses:
 - Add to soups or pasta dishes
 - Throw a handful into a smoothie
 - Sauté with garlic and onions
 - Make a massaged kale salad
 - <https://www.eatingwell.com/recipe/279078/massaged-kale-salad-with-grapes-cheddar/>

Cabbage

- Red and green cabbage can be swapped out for each other in most recipes
- Uses:
 - Stir fry or sauté with onions and garlic
 - Shred to make coleslaw
 - Swap for lettuce on sandwiches or wraps
 - Make roasted cabbage wedges
 - <https://www.eatingwell.com/recipe/7988335/roasted-garlic-parmesan-cabbage/>

Cauliflower

- Can purchase white, green, orange/yellow or purple cauliflower
 - Purple is higher in antioxidants than white
 - Orange/yellow is a good source of Vitamin A
- Uses:
 - Raw with dip or add to stir fry
 - Replace potato in mashed "potatoes"
 - Make cauliflower steaks
 - <https://www.eatingwell.com/recipe/270985/grilled-cauliflower-steaks-with-almond-pesto-butter-beans/>

Beets

- Red, golden or striped available
- Uses:
 - Peeled and raw on salads. Add to kabobs during grilling season.
 - Fry them in the air fryer
 - <https://www.eatingwell.com/recipe/7961021/air-fryer-beets-with-feta/>