

Nutrition Bites



Potent Purple & Blue Vegetables

Purple and blue foods are known to support healthy aging, brain function, cardiovascular health, and to reduce the risk of cancer.

Not to mention they are some of the most delicious vegetables and foods available.

Most purple and blue foods are colored by a pigment called anthocyanin, which is a potent protective antioxidant. Beets are colored by a pigment called betalain, an equally powerful antioxidant, giving the vegetable a reddish color.

Some purple vegetables include beets, eggplant, purple cabbage, purple peppers, purple potatoes, purple carrots, purple cauliflower, and red onions.

Purple and blue fruits include blueberries, grapes, plums, figs, raisins, prunes and blackberries.

You can also include other purple plants in your diet, like lavender and purple basil, for even more anti-aging and anti-cancer benefits.

Featured Vegetable

Beets

- ✓ Purify the blood
- ✓ Protect against colon cancer
- ✓ Stimulate liver detoxification
- ✓ Promote healthy cholesterol levels
- ✓ In Roman times, beet juice was considered an aphrodisiac, and we now know that beets are high in boron, a mineral critical for the production of sex hormones



The National Health and Nutrition Examination Study (NHANES), a survey of eating and health habits, found that adults who eat purple and blue fruits and vegetables have reduced risk for both high blood pressure and low HDL cholesterol (the “good” - and very needed - kind); they are also less likely to be overweight.

Sources:

Wood, Rebecca. *The New Whole Foods Encyclopedia*. Penguin Books, 2010.

World's Healthiest Foods <<http://www.whfoods.com/>>

This Week's Recipe

Beet Bourguignon

Makes 4 servings | Preparation time: 30 min | Cooking time: 45 min

2 tbsp olive oil
4 cloves garlic, minced
8 small beets, peeled & quartered
4 medium sized carrots, sliced
2 sprigs thyme
sea salt & pepper to taste
2 tbsp tomato paste
¼ cup red wine vinegar
2 cups healing broth
3 bay leaves

2 tsp arrowroot powder, solved in 2 tbsp water (optional)
2 tbsp olive oil
2-3 portobello mushroom, remove gills, chop into large dice
10 champignon mushroom, quartered

Cooking the stew: Heat the olive oil in a large pot on medium heat. Stir in garlic, sauté until soft. Toss beets, carrots, thyme and salt and pepper into the pan, cook for 5 minutes, stirring occasionally. Stir in the tomato paste, red wine vinegar, healing broth and bay leaves, let simmer on low heat for 20 minutes. Meanwhile prepare the mushrooms

Searing the mushrooms: Heat olive oil in a pan. Lower the heat and sear the portobello, champignon mushrooms, stirring occasionally, until tender and golden in color, at least 10 minutes. Season to taste. Set aside.

Finishing the stew: If you prefer the stew a little thicker, add arrowroot mixture, but this is optional. Add mushrooms to stew and simmer for 10 more minutes.