

Nutrition Bites



Why So Many Greens & Veggies?

You may have noticed that we use a lot of kale, chard and collard greens at Ceres Community Project, as well as many other brightly colored vegetables. All vegetables support health but the cruciferous ones (broccoli, cauliflower, Brussels sprouts, kale, cabbage) are especially potent.

Plant foods contain the minerals, vitamins and phytochemicals that provide extra support for good health. The American Institute of Cancer Research recommends that at least 2/3 of your plate be filled with vegetables, fruits, whole grains and legumes – the plant foods.

Featured Vegetable

Kale (The most nutrient-rich leafy green vegetable)

- ✓ Anti-inflammatory
- ✓ Anti-cancer properties (phytochemicals)
- ✓ Enhances immune function (carotenes)
- ✓ Promotes wound repair (Vitamin C)
- ✓ Reduces free radicals (manganese)
- ✓ Reduces cataract risks (Vitamin C)
- ✓ Promotes GI health (fiber)



Your Ceres meals will have at least one dish with kale in it almost every week.

This Week's Recipe

Kitcharee

- 3/4 cup split mung dal
- 3/4 cup brown Basmati rice
- 2 teaspoons ghee (clarified unsalted butter) or olive oil
- 1/2 teaspoon mustard seeds
- 1/4 teaspoon whole cumin seeds
- 1/8 teaspoon fenugreek seeds
- 1/2 teaspoon coriander powder
- 1/2 teaspoon turmeric
- 1/4 teaspoon ground cardamom
- 1 cup parsnip, turnip, rutabaga or yam, peeled and diced
- 1 cup carrot, peeled and diced
- 4 cup kale or chard, stemmed, washed and roughly chopped
- 4 cups water or broth

Makes 4 servings | Preparation time: 15 min | Cooking time: 45 min

- 1** Cover the dal and rice with water and let it soak for at least 30 minutes while you prepare the rest of your ingredients.
- 2** Heat the ghee or olive oil in a 3 quart saucepan. Add the mustard, cumin and fenugreek seeds. Stir, cooking over medium heat, until they pop. Reduce the heat to low and stir in the powdered herbs. Cook, stirring continually, until you begin to smell their aromas, about 30-45 seconds.
- 3** Add the carrots and kale into the ghee and spices along with the drained rice and mung beans. Stir to coat all the ingredients with the spice mixture.
- 4** Add about 4 cups of water or broth. Bring everything to a boil, then cover and reduce the heat to medium low. Cook for 20 to 30 minutes, adding any quick cooking vegetables about half way through the cooking time.
- 5** Garnish with toasted coconut.

Kitchari is like a vegetarian, Indian version of American chili. Unlike chili, it is cleansing, easy-to-digest and provides complete protein by combining some of the best vegetarian sources of protein.