



Health-Full Eating & Nutrition



Green Superfoods and How to Incorporate Them

What are Superfoods?

So what are superfoods? Superfoods are foods that are packed with nutrients. They have all the good stuff we need and none of the bad stuff. Most superfoods are vegetables and fruits but not all. Foods like spinach, blueberries, and mushrooms all claim the title “Super”. Even fish and eggs are superfoods, and it doesn’t stop there. The list for superfoods is a long one and there are even more ways to incorporate them.

How to Incorporate Them

Now you could just take a handful of kale everyday and stuff your mouth, and you would certainly be incorporating more superfoods, but that’s no fun and health food should be fun. Try out some new recipes. There is no shortage of salad recipes online that are not only delicious but really simple. Kale salad is a good one to search for yourself. Your salads can have more than one type of greens in them. Try out a mixture of your favorites. They are great alone, but you can put them in the same bowl and get a little variety.

What if you’re craving a burger and fries? Then get a burger and fries! But make it super next time. Replace the buns with lettuce or another kind of large leafy greens. You want to be generous with the amount of greens you use for this, so your burger stays in the middle. Some restaurants actually offer this as an option, and it tastes great. You can hardly tell you’ve picked a healthier alternative. Zucchini fries are an alternate to French fries that don’t take long to make. They are packed with nutrition and when you season them right, they are delicious.

On the next page there is a recipe for a delicious superfood salad. It is easy and jam packed with all the nutrients your body needs. Enjoy!



Super Greens Southwest Kale Salad

Total Cook Time: 30 Minutes

Makes: 4 Servings

- **Ingredients:** 2 boneless skinless chicken breasts cut into bite sized pieces, 2 tablespoons olive oil, 1 teaspoon cumin, 1/2 teaspoon chili powder, 1/2 teaspoon garlic salt, 1/8 teaspoon cinnamon, 1 tablespoon balsamic vinegar, 1 clove garlic smashed, 1/4 cup chopped cilantro, 2 tablespoons agave, 1/4 teaspoon [cumin](#), juice of 2 limes, 1/4 cup light olive oil, salt to taste, 6 cups kale and/or 'power greens' pre washed lettuce mix, 3 ears corn cooked and charred on the grill, or just canned corn, 1 can garbanzo beans drained and rinsed, 1 avocado sliced, chopped cilantro, finely diced red onion, crushed tortilla chips



- **Instructions:** Preheat oven to 400 degrees. Lightly spray baking sheet with nonstick cooking spray and set aside. Toss chicken pieces in oil and seasonings. Spread evenly onto baking sheet and bake 15 minutes, turning once. Cool slightly.
- While chicken is cooking, place all ingredients for dressing into high powdered blender. Blitz until garlic is fully incorporated. Pour into serving bowl.
- Arrange each bowl with kale and other greens, corn, garbanzo beans, avocado, cilantro, onion tortilla strips, etc. Top with chicken pieces and drizzle with dressing.

Nutrition Facts:

Calories: 417kcal
Carbohydrates: 23g
Protein: 18g
Fat: 31g
Saturated Fat: 4g
Cholesterol: 36mg
Sodium: 405mg

Potassium: 955mg
Fiber: 3g
Sugar: 8g
Vitamin A: 10272IU
Vitamin C: 127mg
Calcium: 164mg
Iron: 2mg

References:

1. <https://laurenslatest.com/>
2. <https://www.health.harvard.edu/blog/10-superfoods-to-boost-a-healthy-diet-2018082914463>