

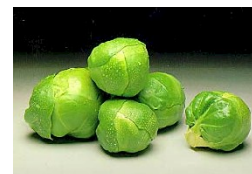
Healthy Lifestyles – Marshfield Area Coalition’s Top Five

Healthy Lifestyles – Marshfield Area Coalition’s goal is to promote healthy eating and active living through community educational programs and events. Coalition members bring you the “Top Five.” Check out these creative tips to jump-start your activity and increase your fruit and vegetable consumption. Enjoy!

Five fun vegetables to try

To make eating vegetables more fun, try branching beyond corn and peas. Here are five vegetables that can be found at our local grocery stores.

Convinced you don’t like **Brussels sprouts**? Try tossing fresh, cleaned Brussels sprouts with a bit of olive oil and some salt, then roasting in a 400 degree oven for about 20 minutes, shaking the pan a few times to ensure even cooking. Toss with a bit more salt if desired, and enjoy this terrific vegetable in a whole new way.



Another unique vegetable to try is **jicama**. Low in fat and slightly sweet, this relative of the sweet potato will add crunch to your salads, or can be steamed, boiled or baked.

Rutabaga can be cooked just like mashed potatoes. Peel the vegetable and cut it into chunks. Boil until tender, mash with a little pepper and serve as a side dish.



Kohlrabi is another vegetable that can be prepared or eaten raw. A member of the cabbage family, it is great peeled and sliced or steamed and mashed.

Eggplant can be served many ways- broiled, grilled or roasted. To broil eggplant, cut into cubes and broil until brown and tender (about 5 minutes per side). Then make a quick, tasty pasta dish by tossing penne or rigatoni with cubes of broiled eggplant, plus a little tomato sauce and some parmesan cheese.



Submitted by Coalition member

To view article visit our Web site at www.marshfieldhealthylifestyles.org.
For more information about the Coalition or to become a free member, contact the Marshfield Clinic Center for Community Outreach at 715-221-8400.

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