“IT’S EASY EATING GREEN”  

BY KATE SHERWOOD

All vegetables are good vegetables, but the leafy greens are superstars. Spinach, swiss chard, kale, mustard or collard greens—take your pick. What to do with them? Steam a green (we’re using quick-cooking baby kale here), sauté up a topping (it will take you 10 minutes, tops), and toss. It’s that simple.

Got a question or suggestion? Write to Kate at healthycook@cspinet.org.

Boil 8 oz. of baby kale until tender but still crisp (about 30 seconds), or steam for about 2 minutes. Drain well, then toss with any of these six toppings.

(Note: Calories and other numbers are for one-quarter of the kale-plus-topping.)

In a large skillet, sauté ½ lb. sliced cremini mushrooms in 2 Tbs. olive oil until well browned, 5-7 minutes. Add 1 Tbs. reduced-sodium soy sauce and 1 Tbs. balsamic vinegar and cook for another minute.

110 cals; 1 g sat fat; 160 mg sodium; 9 g carbs; 2 g fiber; 4 g protein

Sauté 3 cloves sliced garlic with 1 cup drained and diced no-salt-added canned whole peeled tomatoes in 2 Tbs. olive oil for 3-5 minutes. Garnish with ¼ cup shredded parmesan cheese and freshly ground black pepper.

110 cals; 2 g sat fat; 110 mg sodium; 10 g carbs; 2 g fiber; 5 g protein

Slice 5 cloves garlic, then sauté in 2 Tbs. olive oil with ¼ cup pecan pieces until garlic is lightly golden, about 1 minute. Season with 1 Tbs. balsamic vinegar, freshly ground black pepper, and ¼ tsp. salt.

110 cals; 1 g sat fat; 150 mg sodium; 9 g carbs; 2 g fiber; 3 g protein

Slice a large onion. In a large skillet, sauté the onion in 2 Tbs. olive oil until golden brown, 5-7 minutes. Season with 1 Tbs. balsamic vinegar, ¼ tsp. salt, and freshly ground black pepper. Garnish with ¼ cup walnut pieces.

110 cals; 1 g sat fat; 150 mg sodium; 9 g carbs; 2 g fiber; 3 g protein

Remove 4 oz. chicken or turkey sausage from the casing. Sauté with 1 cup halved cherry or grape tomatoes in 1 Tbs. olive oil, breaking sausage up into small pieces, until browned and cooked through, 3-5 minutes. Season with freshly ground black pepper.

140 cals; 1.5 g sat fat; 190 mg sodium; 7 g carbs; 2 g fiber; 8 g protein

Whisk together 2 tsp. toasted sesame oil, 1 Tbs. reduced-sodium soy sauce, and 2 Tbs. balsamic vinegar. Garnish with 2 Tbs. sesame seeds and 2 tsp. grated ginger or a ½-inch piece of ginger cut into thin matchsticks.

100 cals; 1 g sat fat; 160 mg sodium; 9 g carbs; 3 g fiber; 4 g protein