Week 2

Home

Practice Stretching Routine

View Dr. Evans video - 23 and 1/2 hours:

What is the single best thing we can do for our health?

www.youtube.com/watch?v=aUalmS6HlGo

Container Gardening

Plant a culinary herb plant for indoors or outdoors

Healthy Eating Tips

Try cooking with a new vegetable!
You can grow delicious herbs and vegetables at your home, even if you don’t have a yard!

Almost all of the vegetables and herbs that you would grow in the ground, will also grow well for you in a container. In fact, because gardening, even on smaller scales, has become more popular over the last few years, there are some vegetable varieties bred just for container growing. There are also more container options for vegetable growing than ever before, not that you need to buy something special… part of the fun is turning interesting or unexpected objects into creative planters!

So, what can you grow on your balcony or patio? Annual or perennial herbs, some fruits such as strawberries, tomatoes (look for ‘patio’ tomatoes or choose a determinate variety, unless you’re prepared to prune and provide support), peppers, eggplant (Asian varieties work best because of their smaller fruits), broccoli, cabbage, cauliflower, peas and beans (with support trellising), any leaf crops such as lettuce, Swiss chard and kale, even onions and root vegetables such as radishes, carrots and beets! Cucumbers can do well, but need extra support if they are a vining type and potatoes can be grown quite well, in their own large container. Things that don’t work so well are corn (which need to be planted in larger numbers for good pollination), winter squash, melons and vining cucumbers (any of which can take over your entire balcony!) and perennials such as asparagus.

THINGS TO CONSIDER:

- **Type of container** - avoid any plastics, rubber or other materials that can breakdown in sunlight. These are fine for ornamentals but not for plants you’re going to consume. Any container you use will need drainage holes, or a drainage system (rocks, or other) in the bottom.

- **Size of container** - it’s important to make sure that the container is big enough for the plant. Larger plants will need more root space to be happy and produce well. Also, if you’re using many containers, be sure to consider the plants size at maturity and space the pots accordingly. If you’re planting more than one plant or type of plant in the same container, be mindful of each plants’ mature height and width when designing your planter.

- **Watering** - when growing in containers, the plants have only the moisture available to them within the pot so make sure to pay close attention and don’t let them dry out! On the reverse, if your planter is not under cover, be mindful of too much water during long rain events. If your container doesn’t have adequate drainage, your plants will suffer from being too wet.

- **Soil** - do not use regular garden soil in any containers! Any container grown plant needs a much lighter mix so purchase a good quality potting soil suitable for growing vegetables.
One great way to add vegetables into your diet and elevate your cooking experience is to try cooking with a new vegetable! Sometimes it’s easy to fall into patterns of cooking the same familiar meals with the same familiar foods but your taste buds and your body will benefit from mixing new flavors, textures and nutrients. Fresh fruits and vegetables all have a unique nutrient profile including thousands of phytonutrients we don’t even know about yet! What we do know is that they are good for us and eating a variety of foods helps our body get what it needs to be and stay healthy.

This week, choose a vegetable that you’ve never eaten or cooked with before. Try a new recipe and take a photo to share with the group next week, if you’d like!

**Examples of Vegetables to Try**

- Bok Choy
- Broccoli Rabe
- Celeriac
- Chives
- Collard greens
- Dandelion greens
- Edamame (soy beans)
- Fennel
- Jicama
- Kohlrabi
- Mustard greens
- Okra
- Parsnips
- Radicchio
- Rutabaga
- Shallots
- Sunchokes (Jerusalem artichokes)
- Swiss chard
Celeriac and Parsnip Mash

INGREDIENTS
1 medium celeriac (about 1 pound), peeled and cut into 1-inch slices, thick ends quartered
3 medium parsnips (about 3/4 pound), peeled and cut into 1-inch slices, thick ends quartered
1 large russet potato (about 3/4 pound), peeled and cut into 1-inch slices, thick end quartered
1/4 cup vegetable broth or reduced sodium chicken broth
2 tablespoons extra virgin olive oil
3 tablespoons chopped fresh chives, divided
2 tablespoons non-fat plain yogurt
1 1/2 teaspoons Dijon mustard
1/2 teaspoon salt
1/2 cup parmesan cheese
Ground pepper to taste

Makes 6 servings
Adapted from EatingWell.com

INSTRUCTIONS
1. Place sliced celeriac and parsnips in a large saucepan; cover with lightly salted water. Place potato in medium saucepan; cover with lightly salted water.
2. Bring both saucepans to a boil over medium-high heat. Reduce heat to low, cover, and simmer until vegetables are very tender when pierced with a fork. About 20 minutes for potato and 30-40 for the celeriac and parsnips.
3. When potato is tender, drain and transfer to large bowl; mash with potato masher. Cover and keep warm.
4. When celeriac and parsnips are tender, drain and transfer to a food processor. Process until smooth, stopping once or twice to scrape down the sides. Add the puree to the potato.
5. Meanwhile, combine broth and oil in a saucepan and heat on stove top until steaming. Or if you want to use the microwave, place in a measuring cup and do the same.
6. Stir the broth into the puree along with 2 tablespoons chives, yogurt, Dijon mustard, salt and pepper. Stir in parmesan. Garnish with remaining 1 tablespoon chives.
Super Green Edamame Salad

INGREDIENTS
2 12-ounce packages of frozen, shelled edamame, thawed
1 15-ounce can pink or pinto beans, rinsed
1 medium yellow bell pepper, finely diced
1/2 cup chopped fresh chives, plus more for garnish
2 cups packed baby spinach
1 ripe avocado
1/3 cup apple juice
3 tablespoons lemon juice
2 teaspoons reduced sodium tamari or soy sauce
3/4 teaspoon salt
1/4 teaspoon group pepper

INSTRUCTIONS
1. Combine edamame, pink or pinto beans, bell pepper, and chives in a large bowl.
2. Combine spinach, avocado, apple juice, lemon juice, tamari or soy sauce, and pepper in a blender. Puree until smooth and creamy.
3. Add the dressing to the bean mixture and stir to coat. Garnish with more chives if desired.
4. Serve at room temperature or cold.

Makes 10 servings
Adapted from EatingWell.com

Fresh Tomatillo Salad

INGREDIENTS
12 medium tomatillos (about 1 pound)
1/2 medium jicama (about 12 ounces)
1/3 cup cilantro, chopped
1/4 cup extra virgin olive oil
2 tablespoons lime juice
1/2 teaspoon crushed red pepper or to taste
2 medium tomatoes cut into thin wedges
1 teaspoon salt
Ground pepper to taste

INSTRUCTIONS
1. Peel off and discard papery husks from tomatillos. Rinse away the sticky residue from the skin under warm water. Halve the tomatillo, then thinly slice and place in a large bowl.
2. Peel jicama, cut into quarters, and thinly slice. Cut the slices into match sticks. Add to bowl.
3. Combine cilantro, oil, lime juice, and crushed red pepper in small bowl and stir to blend. Drizzle the dressing over tomatillos and jicama. Add tomatoes and toss to coat. Season with salt and pepper.
4. Let marinate at room temperature for 30 minutes to 1 hour before serving.

Makes 8 1-Cup Servings
Adapted from EatingWell.com
Mac n’ Cheese with Collards

INGREDIENTS
8 ounces whole wheat elbow noodles (about 2 cups)  1 cup shredded extra sharp cheddar cheese
4 cups chopped collard greens  2 ounces reduced fat cream cheese
1 3/4 cups low fat milk, divided to 1 1/2 cups and 1/4 2 teaspoons white wine vinegar
cup  1/4 cup panko breadcrumbs, whole wheat if possible
3 tablespoons all purpose flour  1 tablespoon extra virgin olive oil
1/2 teaspoon salt  1/2 teaspoon paprika
1/4 teaspoon ground pepper

Makes 4 Servings
Serving Size: 1 2/3 Cups

INSTRUCTIONS
1. Bring a large pot of water to a boil. Add pasta and collards and cook according to the pasta package directions. Drain.
2. Meanwhile heat 1 1/2 cups milk in a large broiler safe skillet over medium high heat until simmering. Whisk remaining 1/4 cup milk, flour, salt, and pepper in a small bowl until combined.
3. Add the flour mixture to the simmering milk; reduce heat to medium-low and cook, whisking constantly until thickened, 1-2 minutes.
4. Remove from heat and whisk in cheddar, cream cheese and vinegar until cheese is melted.
5. Stir the pasta and collards into the sauce. Preheat the broiler to high.

TIP: Adding collards, or any other leafy green vegetable, to store bought mac and cheese is a great way to decrease the amount of cooking for this recipe, while still getting in a serving of vegetables when you’re short on time!