



EAT LIKE DR. OZ

## LUCKY GREENS!

Approximately no one will be shocked to learn that I can't get enough leafy green stuff in my life. In honor of St. Paddy's Day, I challenged my favorite green-uses to invent new ways to try them. I'll be eating all these dishes from Ulli Stachl, the food stylist on my show; Jenn Louis, the author of *The Book of Greens* (out in April); my wife, Lisa, healthy cook extraordinaire and the author of *The Oz Family Kitchen*; Katie Morford, R.D.; and Frances Largeman-Roth, R.D.N., the author of *Eating in Color*.

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Spinach is one of my staples. It's in my green juice, under my salmon, inside my omelets...

SPINACH

ARUGULA

ROMAINE

COLLARD GREENS

When should you go easy on greens? If you're on a blood thinner (such as Coumadin) or prone to kidney stones, ask your doc before changing your diet significantly.

KALE

SWISS CHARD

Make veggie tops your best fronds. (Also good: beet and radish greens.)

VEGGIE TOPS

BOK CHOY

Don't forget about bok choy's stalks. Slice them nice and thin, then add to salads for snappy texture.

MUSTARD GREENS

CABBAGE

### Swiss Chard

Milder than kale. A cup has up to 500% of your daily vitamin K needs.

#### RECIPE IDEAS

##### Riff on hummus.

Ulli purees raw chard, tahini, pinto beans, garlic, lemon juice, and cumin to make a dip.

##### Add to lentils.

Stir stemmed, chopped chard into a pot of spiced lentils when they're nearly ready to serve. Cook until wilted.

### Bok Choy

Pile it high. This low-cal green comes with plenty of filling fiber.

#### RECIPE IDEAS

##### Try it in stir-fries.

Bok choy goes in when everything else is about done cooking, right before adding sauce.

##### Make a salad.

Toss raw baby bok choy with orange segments, shredded chicken, cashews, and an Asian-inspired dressing.

### Spinach

An iron champ with a light, easy taste. Sneak it into most anything.

#### RECIPE IDEAS

##### Add to smoothies.

Just a handful healthies up any blend.

##### Popeye-if pancakes.

When Jenn makes pancakes, she purees 1 cup fresh spinach with the wet ingredients (egg, milk) until smooth, then combines with dry ingredients (flour, sugar, etc.).

### Kale

Generous helpings of vitamins A, C, and K: check, check, check.

#### RECIPE IDEAS

##### Bake tasty chips.

Lisa drizzles stemmed kale with olive oil and whatever spices we're in the mood for, then bakes till crispy.

##### Serve up a side.

For a spicy-sweet dish, Ulli sautés kale with almonds, raisins, and red pepper flakes.

### Arugula

This peppery stuff is a good source of folate, iron, and beta-carotene.

#### RECIPE IDEAS

##### Plump your pasta.

Arugula + halved cherry tomatoes + feta + balsamic + noodles. Ta-da: pasta, salad.

##### Put it on pizza.

Roughly chop arugula, pile it onto a cooked pie, then pop the whole thing in the oven for a minute or two.

### Mustard Greens

Tons of sharp flavor plus some compounds linked to eye health.

#### RECIPE IDEAS

##### Toss with lettuce.

These leaves add zing to salad greens, says Katie.

##### Fix a frittata.

Frances sautés greens and onions with olive oil in a cast-iron skillet; pours in a mix of eggs, milk, Parmesan, salt, and pepper; and bakes at 350°F until set, 40 min.

### Romaine

The salad bar go-to brings lots of vitamin A for only 6 cals per cup.

#### RECIPE IDEAS

##### Swap with bread.

Sub in a romaine leaf or two for the top piece of bread in a sandwich.

##### Try Caesar 2.0.

Quarter 1 head romaine lengthwise. Brush with olive oil, then grill or broil just until wilted. Sprinkle on Caesar dressing and Parmesan.

### Veggie Tops

Don't toss these! Many are rich in nutrients such as vitamin C.

#### RECIPE IDEAS

##### Do carrot-top pesto.

Ulli pulses carrot greens in a food processor with basil, pine nuts, lemon juice, olive oil, and Parmesan until smooth. Great on a sandwich.

##### Garnish with celery.

Its leaves are delicious chopped and scattered over grain dishes.

### Collard Greens

These deliver a dose of choline, a nutrient that supports brain health.

#### RECIPE IDEAS

##### Swirl into soup.

Green up minestrone with chopped collards.

##### Have veggie tacos.

Cook collards in boiling water 2 min; drain. In a pan, heat olive oil and minced garlic. Add greens; sauté for 1 min. Spoon onto tortillas with salsa and avocado.

### Cabbage

Great crunch. Its phytochemicals may help to lower cancer risk.

#### RECIPE IDEAS

##### Roast away.

Drizzle cabbage wedges with olive oil. Add salt and pepper, and roast at 450°F until softened. Spritz with lemon juice.

##### Make a slaw.

Mix shredded cabbage with chopped apple, olive oil, apple cider vinegar, salt, and pepper.