GREENS, All Wrapped Up

We've discovered a fresh new idea for enjoying supernutritious leafy greens—stuff 'em and roll 'em up. As an added bonus: all the recipes are vegetarian.

By Lisa Turner  Photos by E.J. Armstrong

It's no secret that greens are among the most healthful foods. Even so, we never seem to eat enough. And when we do, we usually sauté them with olive oil and garlic. Yummy, but ... yawn.

Looking for a more creative way to get your greens? Stuff 'em. Rolling cooked green leaves around savory fillings is a culinary tradition that dates back to ancient Greece, when Alexander the Great laid waste to Thebes. Legend says that besieged Thebans, forced to make do with what little food they had, cut meat into tiny pieces and rolled it into grape leaves—an early version of dolmades.

You can roll nearly any pliable green leaf around any combination of whole grains, legumes, fish, nuts, seeds, sauces, and spices. It's also a wonderful way to put a fresh spin on leftovers, and a novel substitute for sandwiches. Make up your own fillings, or get rolling with the following recipes.
Chard Stuffed with Apricot-Fig
Tagine and Couscous, p. 44
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COLLARDS STUFFED WITH KENYAN RED BEANS

Makes 8 rolls

8 whole leaves collard greens, stems removed
2 Tbs. coconut oil
1 medium yellow onion, diced
1 green bell pepper, diced
1 tsp. curry powder
¼ tsp. ground cumin
¼ tsp. ground cardamom
¼ tsp. turmeric
¼ tsp. white pepper
1 medium Thai chile pepper, or chile de arbol, seeded and minced
1 15-oz. can red kidney beans, rinsed and drained
½ cup coconut milk
1 medium Roma tomato, seeded and diced
4 cloves garlic, minced (4 tsp.)
½ cup chopped cilantro
2 tsp. honey

1. Bring large pot of lightly salted water to a boil. Drop collard leaves into water, and cook about 5 minutes, until pliable. (Cook extra leaves, if desired, in case 1 or 2 tear during rolling.) Remove from water with tongs, and drop into ice water to stop cooking. Drain leaves, and thoroughly pat dry with paper towels. Set aside.

2. Heat oil in medium saucepan over medium heat; sauté onion and bell pepper until just tender, 4 to 6 minutes. Stir in curry, cumin, turmeric, white pepper, and chile pepper, and cook 1 minute more. Stir in beans, coconut milk, tomato, and garlic. Bring to a boil, reduce heat, and cook over medium-low heat, uncovered, 7 to 10 minutes, until liquid has cooked off and beans are soft. Stir in cilantro and honey, and let mixture cool.

3. Place 1 collard leaf on flat surface. Place ½ cup bean mixture onto lower third of leaf. Fold bottom edge of leaf over mixture, breaking rib if necessary to ease folding. Fold sides of leaves in to cover mixture. Starting at bottom edge, roll leaf tightly to encase filling completely. Arrange seam-side down on serving plate. Repeat with remaining leaves, and serve immediately.

PER SERVING: 148 CAL; 5 G PROT; 7 G TOTAL FAT (6 G SAT FAT); 18 G CARB; 0 MG CHOL; 92 MG SOD; 6 G FIBER; 7 G SUGARS

CHARD STUFFED WITH APRICOT-FIG TAGINE AND COUSCOUS

Makes 8 rolls

(pictured on p. 43)

8 whole leaves chard
2 Tbs. coconut oil
1 small yellow onion, diced
1 tsp. ground cinnamon
1 tsp. ground ginger
½ tsp. turmeric
¼ tsp. ground cumin
¼ tsp. white pepper
½ cup chopped dried apricots
½ cup chopped dried figs
½ cup chopped almonds
1 cup cooked whole-wheat couscous (use short-grain brown rice for a gluten-free substitute)

1. Cut stems from chard; finely chop stems, and set aside. Bring large pot of lightly salted water to a boil. Drop chard leaves in boiling water, and cook 1 minute. (Cook extra leaves, if desired, in case 1 or 2 tear during rolling.) Remove leaves from water with tongs, and drop into ice water to stop cooking. Drain leaves, and thoroughly pat dry with paper towels. Set aside.

2. Heat oil in medium saucepan over medium-low heat. Sauté onion and chopped chard stems 4 to 6 minutes, until just tender. Stir in cinnamon, ginger, turmeric, cumin, and white pepper, and cook 1 minute longer. Stir in beans, apricots, figs, almonds, and couscous. Let mixture cool enough to handle.

3. Place 1 chard leaf on flat surface. Heap ½ cup bean-couscous mixture onto lower third of leaf. Fold bottom edge of leaf over mixture, breaking rib if necessary to ease folding. Fold sides in to cover mixture. Starting at bottom edge, roll leaf tightly to encase filling completely. Arrange seam-side down on serving plate. Repeat with remaining chard leaves, and serve immediately.

PER SERVING: 195 CAL; 6 G PROT; 8 G TOTAL FAT (3 G SAT FAT); 28 G CARB; 0 MG CHOL; 138 MG SOD; 6 G FIBER; 7 G SUGARS
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Leafy Nutrition
What's so great about greens? Plenty. They're loaded with calcium, magnesium, fiber, folate, potassium, beta-carotene, lutein, and other immune-boosting and cancer-preventive nutrients. Some nutritious highlights:

- **CABBAGE** is rich in sulforaphane, a compound that helps protect the body from cancer, especially breast and colon cancers.
- **CHARD** has the most magnesium, essential for heart and bone health, and nerve and muscle relaxation, of all the greens.
- **TURNIPS** have more cancer-preventive beta-carotene than carrots.
- **BEET GREENS** have nearly three times as much potassium, crucial for muscle and nerve function, as bananas.
- **COLLARD GREENS** have more calcium, cup for cup, than milk.
- **KALE** contains indole-3-carbinole, a phytochemical that protects against cancer and heart disease.
- **MUSTARD GREENS** are the best green source of folate, a B vitamin that's best-known for its importance in preventing birth defects.
- **SPINACH** is loaded with lutein, an antioxidant that protects eyes from age-related blindness and cataracts.

BREATHROUGH for THIN, DRY, DELICATE SKIN!

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**THE MISSING LINK** to a fuller, smoother, younger look on face and hands.

Reviva Labs announces a skin-care first—a cream for thin, delicate skin featuring a blend of 10 different Essential Fatty Acids from plants.

Over the years, the lack of plant Omega 3 and Omega 6 fatty acids from both diet and topically has been overlooked as a major cause of thinning skin. Reviva's 10 EFA's formula includes flaxseed oil, borage oil, kemp oil and sunflower oil.

Daily usage can help thin, dry, delicate skin on face and hands look and feel smoother, fuller and more supple.

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