

# Health & Wellness Letter

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## 3 Reasons to Eat Greens!

### In Season:

### Sweet Potatoes

Try this easy and delicious recipe:

#### Sweet Potato French Fries

##### Ingredients:

2 sweet potatoes

Extra virgin olive oil

Sea salt

##### Directions:

Preheat oven to 450 degrees

After peeling potatoes, slice them lengthwise into 1/2 inch slices then slice again into French fry like spheres. Toss them with olive oil and sea salt. Spread over a rimmed baking sheet avoiding overlapping. Bake uncovered for about 35 minutes turning occasionally to ensure even browning

Remove from oven and serve immediately

Whether you're in the best of shape or dealing with a health concern, anyone can reap the benefits of eating dark leafy greens. Kale, collards, beet greens and bok choy are tasty sources of vital nutrients. In addition to containing antioxidants, vitamins A, B, and K, iron luein and omega-3s, dark leafy greens:

1. Help reduce inflammation.

2. Lower cholesterol levels.
3. Protect the immune system.

It may be tempting to try them raw but many vegetables such as chard, spinach, collards and



mustard greens are actually better for you after they have been cooked.

Greens can be sau-

téed in a small amt of olive oil with sea salt. Try adding pine nuts, almond slivers or sunflower seeds to enhance the flavor. If using a tougher green such as kale or collard greens, rinse but do not dry them, boil them down in one cup of water for about 10 minutes then sauté them in olive oil. If you still don't like the taste, put them on top of rice and drizzle with soy sauce and top with fresh mozzarella

## Cold Season is Here

Try some natural remedies for treating a cold before you go to the doctor.

1. Homemade chicken soup. Add barley for even more benefits.

2. Suck on lemons with honey for a sore throat or cough.

3. Emergen-C packs found in grocery stores or pharmacies are loaded with vitamin C and B vita-

mins.

4. Try some "natural antibiotics" from health food stores loaded with zinc, Echinacea and others.
5. Get lots of Rest!