Easy Ways to Add Leafy Greens to Your Diet

Want to add more leafy greens to your diet? No, you don't need to eat mountains of salad or spinach leaves by the handful. Here are some easy ways to munch more leafy greens to improve your health:

Bake kale. Lay some kale leaves on a cookie sheet. Lightly spray them with olive oil and bake in the oven to make your own kale chips.

Green omelet. Add steamed broccoli and/or spinach to an egg-white or egg-substitute omelet.

Make a sandwich. Make a sandwich with whole-grain bread and your favorite fillings. Add leafy greens like spinach or romaine lettuce.

Salad please. Make your own salad or order one from the menu. Start with romaine lettuce, spinach, and arugula. Add tomatoes, cucumbers, carrots, nuts and seeds, or tofu and turn your salad into a meal.

Smoothie secrets. Make a green smoothie in a blender with frozen fruit, water or soymilk, and leafy greens. Popular greens for smoothies are spinach, kale, romaine lettuce, bok choy, Swiss chard, or collard greens.

Soup of the day. Add greens with larger, tougher leaves such as collard greens, kale, or mustard greens to your favorite soup.

Steam it. Try steaming collard greens, mustard greens, kale, or spinach. It only takes a few minutes to make these leafy greens tender and soft. Serve with a sprinkle of lemon juice for added flavor.

Snack attack. When you get the craving for a snack, munch on broccoli and spinach dip.

That's a wrap. Make a wrap with sautéed vegetables, brown rice, and black beans. Add some leafy greens, and wrap it up in a whole-grain tortilla.

Try stir-fry. Stir-fry chopped spinach, bok choy, or broccoli with chicken or tofu. Add peas, carrots, and other vegetables. Cook with olive or canola oil and flavor with garlic, onion, or ginger.

Make the effort to eat more leafy-green vegetables. You'll improve your health, feel better, and live longer.

18 leafy greens to add to your diet https://tinyurl.com/yx5cdotq

13 Reasons to Eat More Leafy Greens

It would be pretty cool if you could eat mouthfuls of spinach like McCaffrey and Bellamy and suddenly feel strong and full of energy. But going green won't give you an instant energy boost.

However, making leafy greens a regular part of your diet will improve your long-term health in many ways. And you'll feel better over time. Research shows that eating leafy greens can help:[3]

1. Reduce the risk for a heart attack or stroke
2. Lower the risk for type 2 diabetes
3. Control blood pressure
4. Improve bone health
5. Lower cholesterol
6. Protect vision
7. Increase energy
8. Prevent certain types of cancer
9. Improve bowel health
10. Control hunger and aid in weight management
11. Support healthy skin and hair
12. Prevent age-related memory loss
13. Strengthen the immune system

Health benefits of leafy greens https://tinyurl.com/r9mkogo

References

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