Go for the GREEN on St. Patrick's Day

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See **GREEN** on St. Patrick's Day and throughout the year.

Green fruits and vegetables contain many health-promoting phytochemicals including lutein and indoles**.** They help protect against certain cancers and help maintain vision health and strong bones and teeth.

Green fruits and vegetables include leafy greens, asparagus, green peppers, broccoli, green beans, peas, cabbage, green onion, Brussels sprouts, okra, zucchini, Chinese cabbage, green apples, green grapes, honeydew melon, kiwifruit and limes.

Some **GREEN** ideas for St. Patrick's Day (or any day) include:

- Tossed **LETTUCE** salad. Add extra green with green peppers if you like!
- Corned beef with **CABBAGE** is a natural for St. Patrick's!
- Include some **KIWI FRUIT, GREEN GRAPES AND/OR HONEYDEW MELON** in your fruit salad.
- Add **AVOCADO** slices to salads and sandwiches. To maintain avocados' green color, eat them immediately or sprinkle them with lemon or lime juice. Though 2 tablespoons of avocado have about 5 grams of fat, it's mostly heart-healthy monounsaturated fat.
- Enjoy your favorite veggie dip in combination **BROCCOLI** florets or a favorite fruit dip with **GREEN APPLE** slices.
- Vegetable pizza with **GREEN PEPPERS.**
- Serve thinly sliced **GREEN ONIONS** over rice, pasta dishes, broiled or baked fish, soups -- you're limited only by your imagination!
- Start thinking **GREEN** — here are some more ideas graciously shared by Jan Patenaude, RD: Spinach noodles (topping of choice); spinach soufflé; spinach, asparagus and/or green pepper omelets with parsley garnish; pesto on anything; cream of broccoli or spinach soups; finely diced spinach

Know how. Know now.

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