



***Don't  
walk by,  
foods  
to try***



## Foods to favor

Fruits and vegetables are a great source of many different vitamins and minerals. Eating a diet rich in them can help protect you from cancer, diabetes and heart disease. We've put together this guide to inspire you to discover these natural treasures. And, to try some you may have never heard of before.

For example, do you know how to eat a star fruit or what a tomatillo is? You're about to find out. Keep reading to learn about 44 different fruits and vegetables, as well as how to select, store and savor them. We've even included some recipes, find them at the end of the guide. Enjoy!

### When to savor

For ultimate enjoyment, savor each fruit or vegetable in season. The following icons will let you know when to buy and try!



Spring



Summer



Fall



Winter



## Artichokes

### Selecting

Look for heavy, firm and bright green with bronze tips. If you see white spots, even better! This means the artichoke has been exposed to frost, which makes it more tender and full of flavor.

### Storing

Store in an unwashed plastic bag for up to a week.

### Enjoying

Steaming will help you enjoy its full flavor palate. Try dipping in melted butter or fresh mayonnaise.



## Arugula

### Selecting

Look for bright green, crisp leaves and stems. For longer-lasting freshness, go for bunches with roots.

### Storing

Refrigerate for up to a few days. When storing, keep arugula away from fruits. Fruits release ethylene, which will brown these greens.

### Enjoying

Arugula has a peppery flavor that adds zip to salads! Try adding a few slices of boneless chicken breast, walnuts, pears and gorgonzola with a simple olive oil and lemon dressing.



## Beets

### Selecting

Look for firm roots, smooth skin and deep color. Small to medium size are best. Greens should look fresh – you can eat them, too!

### Storing

Cut the leaves off about an inch above the beet. Refrigerate both. The beets will keep for up to three weeks, and the greens for up to one week.

### Enjoying

Use in soups and salads or pickle them. Try thin-sliced beet chips baked with extra-virgin olive oil as an alternative to potato chips.



## Blood oranges

### Selecting

Look for firm and heavy without soft spots and mold. Bits of green and brown are fine.

### Storing

Refrigeration is best and will preserve for up to two weeks. Room temperature will only preserve for a few days.

### Enjoying

Just peel and eat! They are also great added to salads. Try the blood orange fennel salad recipe on page 27.



## Boysenberries

### Selecting

Look for shiny, plump and firm. Avoid berries that are bruised or leaking.

### Storing

Remove any moldy or deformed berries. Refrigerate for up to one week in their original package.

### Enjoying

Wash first and then eat fresh or make into jams, syrups, sauces and pie fillings. They freeze well and are a great addition to smoothies or yogurt.



## Brussels sprouts

### Selecting

Choose firm and compact sprouts that are bright green. Avoid those with yellow or wilted leaves and a strong, cabbage-like odor.

### Storing

Store in the refrigerator for up to five days. Do not wash before storing.

### Enjoying

These “tiny cabbages” make a great side dish. Steam, boil, stir fry, roast or grill. You can also thinly slice or shred them and add to salads.



## Buddha's hand (fingered citron)

### Selecting

Look for firm with bright peels and a floral-lemon scent. Avoid those with soft spots or limp fingers.

### Storing

Store at room temperature or in a cool place for up to two weeks. Refrigerated, it can last up to a month.

### Enjoying

The flavor is similar to that of a lemon peel. You can grate the entire fruit and use the shavings as a substitute in any recipe that calls for lemon zest.



## Butternut squash

### Selecting

Choose those that are firm and heavy for their size. Look for dull, not glossy, skin. Avoid those with tender skin and soft rinds.

### Storing

Store for up to one month at room temperature or cut into pieces and freeze. Do not refrigerate.

### Enjoying

Bake, grill or steam, or try in soups and casseroles. Also, see our recipe on page 39. If you like roasted pumpkin seeds, then try roasting the squash seeds!



## Celery root

### Selecting

Look for rough, globe-shaped roots with knobby, uneven surfaces. The outside is brown, and the inside is white. Avoid soft spots.

### Storing

Wrap loosely and refrigerate for up to two weeks.

### Enjoying

Try cooked or raw. Add to side dishes such as root vegetable hash. Or, use raw in salads, grated and tossed with creamy dressings.



## Coconut

### Selecting

Should be heavy and full without cracks, and sound full of water when shaken. The browner the coconut, the more white meat on the inside. A green coconut will have more juice.

### Storing

Store a fresh, unopened coconut at room temperature for up to four months. Refrigerate grated, fresh coconut in a tightly sealed container or plastic bag for up to four days or freeze for up to six months.

### Enjoying

Add to fruit salad, oatmeal, baked goods or rice dishes.



## Collard greens

### Selecting

Look for deep green leaves. Avoid those that are limp or have yellow spots. The smaller leaves are more tender.

### Storing

Wrap unwashed greens in damp paper towels and place in a plastic bag to refrigerate for up to five days. Wash well before cooking.

### Enjoying

Smoky in flavor, they are great sautéed with onion and bacon. Stew a few hours ahead of time to allow their flavor to deepen.



## Dates

### Selecting

Select those that are soft and glossy with wrinkles. A little white is OK but avoid crystallized sugar on the skins.

### Storing

Store in an airtight container at room temperature for up to one month. To get the most flavor, eat within one week. Refrigerate or freeze to store longer.

### Enjoying

Eat fresh, in a variety of foods and desserts, or added to cereal. Try as an appetizer, stuffed with goat cheese and wrapped in bacon.



## Dragon fruit (pitaya)

### Selecting

Look for bright, evenly colored skin. Avoid brown blotches and shriveled stems.

### Storing

Store at room temperature for a few days. To keep longer, place it in a sealed plastic bag and refrigerate. Wrap well, as this fruit can pick up the flavors of other foods.

### Enjoying

Eat fresh, on its own or try it as part of a smoothie. If you can't find it fresh, look for it frozen in a specialty grocery store.



## Eggplant

### Selecting

Look for shiny skin that's not shriveled, wrinkled or spotted. The stem should be green. The flesh should give a bit when gently pressed and not have any hard spots.

### Storing

Store in a cool place for up to two days.

### Enjoying

Fry, grill or stew with other vegetables. It's a great meat substitute. Check out the eggplant bolognese recipe on page 29.



## Escarole

### Selecting

Choose firmly packed heads with unblemished leaves.

### Storing

Wrap in paper towels and store in an unsealed plastic bag in the refrigerator for up to four days.

### Enjoying

Escarole's subtle bitterness makes it an interesting addition to mixed greens salads. Try an escarole salad with sliced apples and toasted pecans tossed in a white-wine vinegar and dijon dressing.



## Fava beans

### Selecting

Select fresh, large, evenly shaped green pods. The bigger, the better. Avoid yellowed pods.

### Storing

In a refrigerator set at high humidity, place unshelled beans in a perforated plastic bag. Store for up to one week.

### Enjoying

The beans, with the outer seed coat removed, have a sweet, earthy flavor. Fresh beans can be served as appetizers or blended into spreads. They are also added to soups, stews and side dishes like succotash.



## Fennel

### Selecting

Look for clean, firm, solid bulbs that are white or pale green without splits, bruises or spots. Avoid those with droopy stalks and flowering buds.

### Storing

Refrigerate, as is, for up to four days.

### Enjoying

Fennel adds a sweet, licorice-like flavor to dishes. Thinly slice it and add to salads. Try the recipe on page 27 for blood orange fennel salad.



## Figs

### Selecting

Look for a rich, deep color. They should be plump and tender, but not too soft. Favor those with a mild, sweet fragrance and no bruises.

### Storing

Refrigerate on a paper-lined plate or in a shallow container for up to two days. To ripen, store on a plate at room temperature, away from direct light.

### Enjoying

Figs are sweet and juicy, and great fresh or dried. Try pairing with nuts and cheeses.



## Guava

### Selecting

Look for fruit that's yellow, orange, pink or green, and soft without blemishes.

### Storing

Place in a plastic or paper bag in the crisper drawer of a refrigerator for up to four days.

### Enjoying

Guava is a tropical fruit that tastes sweet and tart. Use it as an alternative to oranges or grapefruit in salads, or try adding it to yogurt. You can also try adding it to breakfast breads and pastries.



## Jicama

### Selecting

Look for firm and heavy without soft spots and mold. Bits of green and brown are fine.

### Storing

Refrigeration is best and will preserve for up to two weeks. Room temperature will only preserve for a few days.

### Enjoying

Jicama's flavor is a marriage of water chestnut and apple. You can slice it and eat on its own or with various dips. Or, add it to salads and slaw. Try the jicama slaw recipe on page 35.



## Kale

### Selecting

Look for firm with hardy stems and smaller leaves. Avoid kale with wilted, browning or yellowing leaves and leaves with holes.

### Storing

Wrap, unwashed, in a damp paper towel and place in a plastic bag. Refrigerate in a crisper drawer for several days.

### Enjoying

Kale is part of the cabbage family and is one of the most nutrient-dense foods. Try it in salads, soups and stews. Check out the sausage, kale and bean soup recipe on page 31.



## Kohlrabi

### Selecting

Choose one with unblemished leaves and a bulb that's three to four inches in diameter. Avoid those that are cracked or overgrown.

### Storing

Cut off leaves, wrap in a damp paper towel and place in a plastic bag. Refrigerate for up to two weeks.

### Enjoying

Slice and eat on its own or with various dips. Try grating it and adding to salads. It's also great steamed or baked as fries or wedges.



## Kumquats

### Selecting

Look for firm, a fresh scent and free of blemishes. Avoid those with green skins.

### Storing

Store at room temperature for up to a few days or in the refrigerator for up to two weeks.

### Enjoying

Kumquats have a sweet and sour taste. Just peel and eat. You can also try them dried, pickled or added to meat dishes and salads. Consider using kumquats instead of orange in cranberry relish.



## Leeks

### Selecting

Look for a straight shank. The leek should be crisp, smooth and unblemished instead of dry, wilted or withered.

### Storing

Unwashed and untrimmed, place loosely wrapped in plastic and refrigerate for up to two weeks.

### Enjoying

Similar in flavor to onions, leeks can be used as a hearty alternative in dishes. They're great in soups and mixed in creamy sauces. Try the recipe for crustless leek quiche on page 33.



## Lychee

### Selecting

Look for bright red skin that gives a little when pressed. The lychee should be about 1 inch in diameter and have a floral smell. Avoid those that are too soft.

### Storing

Store in a plastic bag or container and refrigerate for up to three days. You can keep the lychees moist by spraying them with water regularly.

### Enjoying

Lychees taste a bit like grapes that have been sprinkled with a hint of sweet citrus and rose water. Just peel and eat or make into sorbet or pudding.



## Mango

### Selecting

Choose like you would a peach or avocado. The softer the mango, the more ripe it will be.

### Storing

You can keep unripe mangos at room temperature until they soften, which is usually within a few days. To ripen faster, place the mango in a paper bag at room temperature. Refrigerate ripe mangos for up to five days.

### Enjoying

Just peel and eat! You can also add to fruit salad or make into sorbet and even salsa.



## Morel mushrooms

### Selecting

Look for firm yet spongy. The darker the morel, the stronger its flavor. You can find dried, canned or frozen morels year-round.

### Storing

Place morels in a single layer on a tray, cover with a damp paper towel and refrigerate for up to three days.

### Enjoying

Try them sautéed in a little butter or add to soups, pastas and stir-fries. You can make the stir-fry healthier by using chicken or vegetable broth.



## Mustard greens

### Selecting

Look for small leaves with a rich green color. Avoid any that are wilted or yellow.

### Storing

Wrap unwashed greens tightly and store in a refrigerator's crisper drawer for up to one week. Wash before cooking.

### Enjoying

Sauté with olive oil and onion and add a squeeze of fresh lemon before serving. You can also steam them, add them to soups or juice them with other vegetables.



## Okra

### Selecting

Choose those that snap very easily and puncture with slight pressure. Avoid those that are fibrous and tough.

### Storing

Refrigerate, unwashed, in a plastic bag for up to four days. Wash before use.

### Enjoying

Enjoy on their own and sautéed in a little olive oil. Or, add to soups and stews. You can also pickle it or add it to salsa.



## Parsnips

### Selecting

Look for those that are firm and not hairy. Attached greens can indicate that they are fresh. Avoid any that are limp, shriveled or spotted.

### Storing

Clip off any greens and place in a plastic bag to refrigerate for up to two weeks.

### Enjoying

Parsnips are often enjoyed roasted. You can also eat them raw and add to salads, toppings and coleslaw. Or, try them mashed like potatoes.



## Persimmons (fuyu variety)

### Selecting

Look for deep red undertones. Choose those that are round, plump and have glossy and smooth skin. Avoid any with blemishes, bruises, cracked skin or missing green leaves.

### Storing

Store firm, unripe ones in a paper bag at room temperature until soft (add an apple or banana to ripen more quickly). When ripened, refrigerate for up to several days.

### Enjoying

Peel and eat or add to fruit salad. Also try making a sorbet or serving with various cheeses.



## Plantain

### Selecting

Look for dull yellow skin with patches of black. At peak ripeness, a plantain will be completely black.

### Storing

Keep ripe ones at room temperature and out of direct sun for up to several days. Also, you can refrigerate ripe ones for up to one week.

### Enjoying

Just peel and eat like a banana. You can also bake them and eat like chips or steam them and add a little butter and sugar.



## Pomegranates

### Selecting

Choose slightly heavy ones. The skin should give lightly to pressure. Avoid any with dry, wrinkled skin and cracks.

### Storing

They will not ripen after purchase. Keep at room temperature for up to three days or refrigerate for up to two months.

### Enjoying

Rinse, cut and extract the seeds to enjoy on their own or in salads, soups and desserts. Their festive color makes them a great addition to holiday dishes like cranberry relish or roasted brussels sprouts.



## Radicchio

### Selecting

Look for crisp leaves without brown spots.

### Storing

Refrigerate in a tightly sealed bag for up to one week.

### Enjoying

Its hearty nature and slightly bitter flavor makes it a great addition to salads. You can also grill it or use its leaves instead of bread to hold chicken or tuna salad. Try using its leaves instead of crackers for all kinds of appetizers.



## Rhubarb

### Selecting

Look for firm, crisp stalks and shiny skins with small leaves, but DON'T eat the leaves. They are toxic! Avoid limp stalks with split ends.

### Storing

Wrap unwashed rhubarb stalks in aluminum foil and refrigerate in the crisper drawer for up to two weeks. Wash under cold water before eating.

### Enjoying

It is typically made into pie, but you can also enjoy it in a crisp or baked into scones and muffins.



## Rutabaga

### Selecting

Look for purple-tinged skin that will reveal yellow flesh when scratched. Avoid those with bruises, blemishes and green shoots.

### Storing

Place, unwashed, in a refrigerator or cold cellar. Before peeling, wash with cool or slightly warm water and a vegetable brush.

### Enjoying

Rutabaga is similar in flavor to a turnip. Just peel and eat! They are also great added to salads.



## Spaghetti squash

### Selecting

The yellower, the riper. Choose those that are hard and heavy. Avoid white and green shades, soft spots, bruises and cuts.

### Storing

Store at room temperature for up to one month. After you cut it, refrigerate for up to two days. You can also freeze it.

### Enjoying

Cut squash in half, roast it or bake it, use a fork to draw out the "spaghetti." Enjoy any number of ways as a replacement for pasta! It's also great steamed with a little butter and brown sugar.



## Star fruit

### Selecting

Look for ones that are primarily yellow with only hints of green and slightly brown edges. They should be firm.

### Storing

Refrigerate for up to two weeks.

### Enjoying

Cut off the ends, slice and remove seeds. Eat as is! The flavor is similar to that of a melon. It is also great juiced, diced and enjoyed in plain Greek yogurt or as a marinade for flank steak or chicken.



## Sweet potatoes

### Selecting

Choose those that are firm, medium-sized and tapered at both ends. Avoid cracks and ones that have been refrigerated.

### Storing

Store, unwashed, at room temperature for up to one week.

### Enjoying

Wash and scrub with a vegetable peeler. Bake whole with the skin on or cut like fries. You can also roast, mash or grill them. Try dicing or shredding into hash browns or peel and cook in chili!



## Swiss chard

### Selecting

Look for firm and crisp stalks and leaves that are a vivid green color. Avoid those that are brown or yellowed.

### Storing

Keep, unwashed, in a plastic bag in the refrigerator for several days.

### Enjoying

You can eat the stems and leaves! Try making a slaw or adding it to pastas and quiches or even pizza. The stems make great pickles. This vegetable is also delicious with a bacon vinaigrette – see the recipe on page 37.



## Tomatillo

### Selecting

Open the husk just a little to see the fruit. It should be firm and bright green.

### Storing

Store in a way that keeps them dry. Place in a paper bag or in a bowl with a paper towel over them and refrigerate in the crisper. Leave the husks on until you're ready to use the fruit.

### Enjoying

Tomatillos are used in many Mexican sauces. They're also used to make salsa verde. Try roasting them and adding to omelets and soups.



## Turnips

### Selecting

Look for small, heavy turnips with smooth skin and firm flesh. Avoid those that are misshapen and have soft, spongy or forked roots.

### Storing

Cut off the greens and store in a cool, ventilated place for up to two weeks, or wrap in plastic and refrigerate for up to one week. If you plan to eat the greens, store them the same way, but separately.

### Enjoying

Wash, peel and eat raw or roasted. Try the turnip and butternut squash with a five-spice glaze recipe on page 39.



## Watercress

### Selecting

Look for bright green bunches that are clean and fresh. Avoid leaves that are yellowed, soggy or wilted.

### Storing

Watercress is very perishable. Wrap with damp paper towels and store in a plastic bag for up to two days. You can revitalize it by submerging it in ice water. Be sure to discard wilted, bruised or yellow leaves.

### Enjoying

Watercress is a bit peppery and makes a great addition to soups, salads and sandwiches. Try it atop an open-faced egg and bacon sandwich.



## Yucca root (cassava)

### Selecting

Look for firm and heavy without soft spots and mold. Bits of green and brown are fine.

### Storing

Store in a cool, dry place for up to two weeks. You can also peel it, cut it into pieces and freeze.

### Enjoying

Never eat yucca root raw. Always peel and cook it first. It's a healthy alternative to potatoes. Try substituting it in your favorite potato recipes.



# Blood orange fennel salad with sweet mustard dressing



## Ingredients

### For the sweet mustard dressing:

- 1 teaspoon grapeseed or olive oil
- 3 tablespoons maple syrup
- 1/4 cup dijon mustard
- 2 tablespoons red wine vinegar
- salt and pepper, to taste

### For the salad:

- 1 cup fennel, thinly sliced
- 1 red pepper, cored and thinly sliced
- 1/4 red onion, thinly sliced
- 1 head of leafy lettuce, washed and torn into pieces
- 2 blood oranges, peeled and separated into segments
- 1 avocado, cubed
- 1/2 cup walnuts, chopped and toasted

## Preparation

Prepare the dressing first. In a small bowl, combine oil, maple syrup, mustard, vinegar, salt and pepper to taste. Whisk together until thoroughly combined. Transfer the dressing to a medium bowl and place the fennel, red pepper and onion in it to soak for 30 minutes, tossing occasionally.

Place the lettuce, blood orange segments and avocado in a large serving bowl. Pull the fennel, red pepper and onion out of the dressing and toss with lettuce mixture. Drizzle with additional sweet mustard dressing to taste, sprinkle with toasted walnuts and serve immediately.

*Yields 6 servings*

Source: adapted from  
[meatlessmonday.com](http://meatlessmonday.com)

# Eggplant bolognese



## Ingredients

8 tablespoons olive oil  
1 large eggplant (about 1 pound),  
peeled and cut into 1/2-inch pieces  
1 medium onion, finely chopped  
1 green bell pepper (ribs and  
seeds removed), finely chopped  
1 zucchini (about 8 ounces),  
quartered lengthwise, sliced  
1/4-inch-thick crosswise  
1 garlic clove, minced  
Coarse salt and ground pepper  
1 pound ground beef chuck  
1 can (28 ounces)  
crushed tomatoes  
1 tablespoon dried oregano  
1 pound rigatoni or other  
short tubular pasta (whole  
wheat if possible)  
Parmesan cheese,  
shaved (optional)

## Recipe

Heat 6 tablespoons oil over medium-high heat in a Dutch oven or large (5-quart) saucepan with a lid. Add eggplant. Cook, stirring occasionally, until softened, 6 to 8 minutes. Transfer to a bowl and set aside. Add remaining 2 tablespoons oil to the pan and reduce heat to medium. Add onion, bell pepper, zucchini and garlic. Season with salt and pepper. Cook until the vegetables have softened, stirring occasionally, 7 to 10 minutes. Add the beef. Cook, stirring and breaking up the meat with a spoon, until it's no longer pink, about 5 minutes.

Bring a large pot of salted water to a boil. Meanwhile, add tomatoes, oregano and eggplant to the beef-vegetable mixture. Season it with salt and pepper. Bring to a boil and then reduce heat to medium-low. Simmer, stirring occasionally, until the sauce is thick, and the eggplant is tender, about 25 minutes. Season with salt and pepper.

Meanwhile, cook pasta until al dente, according to the package instructions. Drain and serve topped with sauce. If desired, add Parmesan.

*Yields 8 servings*

*Source: adapted from  
Martha Stewart*



# Sausage, kale and bean soup



## Ingredients

4 ounces Cajun sausage, chopped  
3 cups fat-free, low-sodium chicken broth  
1 (14.5-ounce) can no-salt-added diced tomatoes, undrained  
6 cups coarsely chopped kale (about 8 ounces)  
1 (16-ounce) can navy beans, drained and rinsed

## Recipe

Heat a large saucepan over medium-high heat. Add sausage to pan and cook 2 minutes, stirring occasionally. Add chicken broth and diced tomatoes. Bring to a boil over high heat. Stir in the kale. Reduce heat and simmer 4 minutes or until the kale is tender. Stir in beans and cook 1 minute or until soup is thoroughly heated.

*Yields 4 servings*

*Source: adapted from  
Cooking Light*

# Crustless leek quiche



## Ingredients

- 1 tablespoon butter
- 4 leeks with the dark green parts discarded, and stems quartered lengthwise, cut into thin, 2-inch-long strips, then rinsed well and drained
- Coarse salt and white pepper
- 4 eggs
- 4 ounces fresh goat cheese
- 1 cup heavy cream
- ½ cup milk
- A few drops of hot sauce, such as Tobasco
- A few drops of Worcestershire sauce
- 8 ounces brie, rind trimmed, cut into 8 equal pieces
- 3 scallions, white and green parts thinly sliced

## Recipe

Position a rack in the center of the oven and preheat oven to 400° F. In a medium skillet, melt the butter over medium-high heat until frothy and brown around the edges of the pan; remove from heat. Stir in the leeks and return to pan to medium heat; season with salt and pepper. Cook until the leeks are slightly tender but not soft, about 3 minutes. Spread on a baking sheet and refrigerate.

In a medium bowl, add the eggs, whisking to break them up. Crumble in the goat cheese and whisk until the mixture looks fairly smooth; season lightly with salt and pepper. Then, whisk in the cream, milk, hot sauce and Worcestershire. Grease an 8-inch baking dish. Fill it evenly with chilled leeks, then pour in the egg mixture. Bake for 20 minutes.

Remove from the oven and layer the brie pieces on top. Bake again until the quiche is slightly browned and just set, 10-15 minutes. Let cool for 20-30 minutes. Slice into 8 even pieces and top with the scallions.

*Yields 8 servings*

*Source: adapted from Rachel Ray*

# Jicama slaw



## Ingredients

### For the slaw:

2 carrots, peeled and julienned

1 small jicama (about 1 1/4 lbs.), peeled and julienned

1 large red bell pepper, cored and very thinly sliced

1/4 head red cabbage, cored and very thinly sliced

1/2 red onion, halved lengthwise and very thinly sliced lengthwise, rinsed, and patted dry

### For the dressing:

6 tablespoons olive oil

6 tablespoons unseasoned rice vinegar

3 tablespoons fresh lime juice

1 tablespoon minced cilantro leaves, plus more for garnish

1 teaspoon salt

1 teaspoon freshly ground black pepper

1 teaspoon sugar

1/2 teaspoon chili powder

1/2 teaspoon red chile flakes

## Recipe

Thinly slice carrots, jicama, red bell pepper, cabbage and onion. Combine oil, vinegar, lime juice, minced cilantro, salt, pepper, sugar, chili powder and chile flakes. Add dressing to vegetables, shake to combine well, and let sit 15 minutes, stirring 2 or 3 times. Serve garnished with cilantro, if you like.

*Yields 6-8 servings*

*Source: adapted from  
Guy Fieri, Sunset*

# Warm bacon vinaigrette Swiss chard



## Ingredients

2 slices applewood-smoked bacon  
2 teaspoons cider vinegar  
1/4 teaspoon freshly  
ground black pepper  
6 cups chopped Swiss chard

## Recipe

Heat a medium nonstick skillet over medium heat. Add bacon to the pan and cook until crisp. Remove the pan from the heat. Remove the bacon and let it cool, then crumble it. Add vinegar and freshly ground black pepper to the pan, stirring with a whisk. Pour the vinegar mixture over the Swiss chard and toss.

*Yields 4 servings*

*Source: adapted from  
Cooking Light*



# Roasted turnips and butternut squash with five-spice glaze



## Ingredients

4 medium turnips (about 1 1/2 pounds), peeled  
1 small butternut squash, peeled and seeded  
2 tablespoons extra-virgin olive oil  
1/2 teaspoon salt  
1/4 teaspoon freshly ground pepper  
1 small red onion, halved and sliced  
2 lemons, halved  
2 tablespoons molasses  
1 teaspoon Chinese five-spice powder (see the tip\*)

## Recipe

Position racks in upper and lower thirds of oven and preheat to 450 F. Slice turnips and squash crosswise into 3/4-inch-thick slices. Cut each slice into 3/4-inch-wide strips or “sticks.” Toss with oil, salt and pepper in a large bowl until well coated. Divide between two large-rimmed baking sheets and spread into an even layer. Set the bowl aside.

Roast the turnips, lemons and squash for 10 minutes. Carefully transfer back to the bowl. Gently stir in and combine the onion, molasses and five-spice powder. Return the vegetables to the baking sheets and roast, stirring once halfway through and rotating the pans top to bottom and front to back. Bake until tender, 15 to 20 minutes more.

**Tip:** You can get Chinese five-spice powder in well-stocked supermarkets and Asian markets. All blends contain cinnamon, fennel seed, cloves and star anise. Some are made with white pepper and some with Szechuan pepper.

*Yields 6 servings*

*Source: adapted from  
eatingwell.com*

[modahealth.com](https://modahealth.com)

