



Landman & Associates, Inc.



### Green Is GOOD- Kale, Spinach, Collards, Choy



Greens such as Kale, Collard & Mustard Greens, Spinach, and Swiss chard are important vegetables to include at least 2-3 times per week in your diet. They contribute chlorophyll, Vit C, A, Magnesium, Iron, and what is called methyl groups that enable the nervous system to improve function, improve red blood cell production, and detoxify the body. Many cultures use these greens in classic dishes: Greens cooked with ham hocks or turkey necks, Greens in Minestrone soup, Greens in Miso soup, and Greens in casseroles. Below is a simple way to prepare greens that will support your health and taste delicious. It is optional when preparing the greens, to cut the stem out first. Enjoy!

### STEAMED GARLIC GREENS

Serves:	6
Portion size:	1 cup
Calories:	40
Carbohydrates:	10 g
Fat Grams:	0 g
Sodium:	160 mg

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**10% off Supplement Sale on all Isotonix Supplements from Nutrametrix thru March 31st, 2011.**

Isotonix vitamins are the most absorbable vitamin products and have been proven to be absorbed in to your tissues within 10 minutes. OPC-3, Multivitamins with and without iron for women and men, Calcium, Aloe, Greens powder, are some of the many products we have available both in the office and online.

We also carry the complete line of the Transitions weight loss supplements, shakes and package foods to augment your exercise and weight loss efforts.

Call the office for more information, or read about it on our website: [www.nutrametrix.com/alixlandman](http://www.nutrametrix.com/alixlandman) Click on the Transitions product line.

Landman & Associates, Inc **954-792-7303**

## Ingredients:

1 T.	Olive Oil
3 cloves	Garlic, sliced or minced
4 cups (1 bunch) washed and cut	Kale, Collards, Bok Choy-
1 cup	Mushrooms- sliced
2 tsp.	Lite Sodium Soy Sauce
3-5 sprays (optional)	Spray Margarine-

## Cooking directions:

- 1) Wash and slice all vegetables.
- 2) Heat skillet on high and add olive oil, garlic and mushrooms, stir for one minute.
- 3) Add greens and stir for 3-5 minutes.
- 4) Add some water, vegetable or low sodium chicken stock to further cook steam vegetables.
- 5) Steam covered for 5 minutes more until greens are tender but still retain their bright color.
- 6) Serve greens with protein, grains, beans, noodles, or soup.

**Note:** To cut kale, fold a single leaf in half to expose the vein. Cut alongside the vein to remove it from the leaf. Do this to all the leaves. Then stack the leaves one on top of the other and cut across the leaf following the veins of the leaf to make strips.

Stay Healthy!

Alix

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