

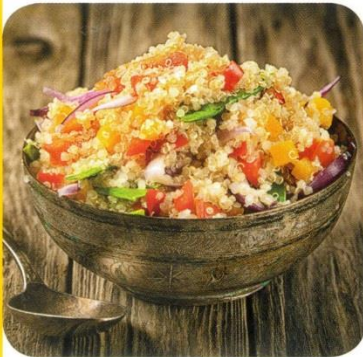


**NATIONAL
GEOGRAPHIC**

**Discover Immune-Boosting Foods
Explore Health and Wellness Benefits
Try Easy Recipes for Optimal Health**

SUPERFOODS

Eat Your Way to Health and Longevity



DISPLAY UNTIL 4/8/16

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TIME INC. SPECIALS



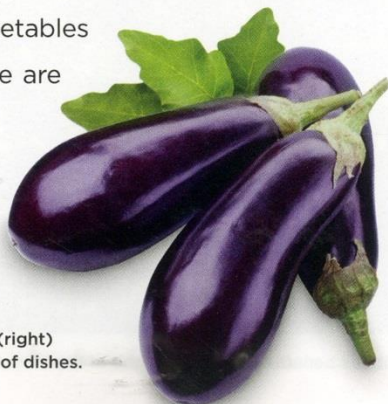
VEGETABLES

JUST EAT MORE

Fresh or frozen? Conventional or organic? What about canned? These are common questions many consumers have when it comes to vegetables, and this chapter provides the answers to consider when planning your dinner. But the bottom line is simple: Eat your veggies with abandon, because the fact is most Americans don't consume enough vegetables for optimal health and disease prevention.

Science has shown that people who eat more than five servings of vegetables (and fruits) a day have a roughly 20 percent lower risk of heart disease and stroke—with an even greater reduction in risk at more than eight servings a day. A plant-based diet abundant in vegetables also promotes gastrointestinal health and helps manage weight. And veggies have phytonutrients with unique health effects, so it's not just more that matters but the sheer diversity that's particularly important. Dark leafy greens and brightly colored vegetables in red, yellow, and orange are particularly beneficial.

Explore the wide, wonderful world of vegetables—and enjoy.



Use beets (opposite) and eggplant (right) as a substitute for meat in a variety of dishes.

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Broccoli Rabe

BRASSICA RAPA

Broccoli rabe (also called rape or rapini) is a cruciferous vegetable common in the cuisines of southern Europe, Portugal, the Netherlands, and China. The plant has six- to nine-inch stalks, ruffled green leaves, and scattered clusters of broccoli-like buds.

► CHOOSE AND USE

Select bunches with slender stems, crisp leaves, and compact florets; avoid wilted or yellowed broccoli rabe. Store in the refrigerator and wash well before cooking.

Before using, trim an inch from the tough stems. Braising tames the bitterness of this vegetable: Heat sliced onions in a bit of olive oil; then add chopped broccoli rabe and a few tablespoons of raisins; cover with water. Simmer for an hour or more and garnish with chopped almonds to serve.



Find purple sprouting broccoli rabe at spring markets.

For those less sensitive to bitter flavors, a simple sauté is a quicker preparation.



FOOD SCIENCE

THE *BRASSICA* GENUS

Brassica is a genus of the mustard family that includes cabbage, cauliflower, broccoli, kale, Brussels sprouts, bok choy, and turnips. Collectively known as cruciferous (Latin for “cross-bearing”) vegetables, they are rich in sulforaphanes, which help prevent arterial diseases. *Brassica* vegetables are nutritional powerhouses because they contain two mighty anticarcinogens: isothiocyanates and organosulfur compounds.

► FOR YOUR HEALTH

Broccoli rabe is a rich source of glucosinolates, which the body converts into cancer-fighting compounds. Studies credit nutrient-dense broccoli rabe with many other benefits as well, such as strengthening bones and lowering the risk of heart disease.

► FOR OUR PLANET

Broccoli rabe is a good choice for your home garden because it's easy to grow and doesn't require major fertilization. Plus the entire plant can be enjoyed, which means more of it lands on your table and less in landfills.

GIVES YOU: Vitamin K | Vitamin C | Folate | Vitamin E | Thiamine | Niacin | Riboflavin
Pyridoxine | Manganese | Iron | Calcium | Phosphorus | Tryptophan | Phytonutrients
(carotenoids, glucosinolates)