



EAT LIKE DR. OZ

## LUCKY GREENS!

Approximately no one will be shocked to learn that I can't get enough leafy green stuff in my life. In honor of St. Paddy's Day, I challenged my favorite green-uses to invent new ways to try them. I'll be eating all these dishes from Ulli Stachl, the food stylist on my show; Jenn Louis, the author of *The Book of Greens* (out in April); my wife, Lisa, healthy cook extraordinaire and the author of *The Oz Family Kitchen*; Katie Morford, R.D.; and Frances Largeman-Roth, R.D.N., the author of *Eating in Color*.

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 Spinach is one of my staples. It's in my green juice, under my salmon, inside my omelets...

SPINACH

ARUGULA

ROMAINE

COLLARD GREENS

**When should you go easy on greens?**  
If you're on a blood thinner (such as Coumadin) or prone to kidney stones, ask your doc before changing your diet significantly.

KALE

SWISS CHARD

 Make veggie tops your best fronds. (Also good: beet and radish greens.)

VEGGIE TOPS

BOK CHOY

 Don't forget about bok choy's stalks. Slice them nice and thin, then add to salads for snappy texture.

MUSTARD GREENS

CABBAGE

### Swiss Chard

Milder than kale. A cup has up to 500% of your daily vitamin K needs.

#### RECIPE IDEAS

##### Riff on hummus.

Ulli purees raw chard, tahini, pinto beans, garlic, lemon juice, and cumin to make a dip.

##### Add to lentils.

Stir stemmed, chopped chard into a pot of spiced lentils when they're nearly ready to serve. Cook until wilted.

### Bok Choy

Pile it high. This low-cal green comes with plenty of filling fiber.

#### RECIPE IDEAS

##### Try it in stir-fries.

Bok choy goes in when everything else is about done cooking, right before adding sauce.

##### Make a salad.

Toss raw baby bok choy with orange segments, shredded chicken, cashews, and an Asian-inspired dressing.

### Spinach

An iron champ with a light, easy taste. Sneak it into most anything.

#### RECIPE IDEAS

##### Add to smoothies.

Just a handful healthies up any blend.

##### Popeye-ify pancakes.

When Jenn makes pancakes, she purees 1 cup fresh spinach with the wet ingredients (egg, milk) until smooth, then combines with dry ingredients (flour, sugar, etc.).

### Kale

Generous helpings of vitamins A, C, and K: check, check, check.

#### RECIPE IDEAS

##### Bake tasty chips.

Lisa drizzles stemmed kale with olive oil and whatever spices we're in the mood for, then bakes till crispy.

##### Serve up a side.

For a spicy-sweet dish, Ulli sautés kale with almonds, raisins, and red pepper flakes.

### Arugula

This peppery stuff is a good source of folate, iron, and beta-carotene.

#### RECIPE IDEAS

##### Plump your pasta.

Arugula + halved cherry tomatoes + feta + balsamic + noodles. Ta-da: pasta, salad.

##### Put it on pizza.

Roughly chop arugula, pile it onto a cooked pie, then pop the whole thing in the oven for a minute or two.

### Mustard Greens

Tons of sharp flavor plus some compounds linked to eye health.

#### RECIPE IDEAS

##### Toss with lettuce.

These leaves add zing to salad greens, says Katie.

##### Fix a frittata.

Frances sautés greens and onions with olive oil in a cast-iron skillet; pours in a mix of eggs, milk, Parmesan, salt, and pepper; and bakes at 350°F until set, 40 min.

### Romaine

The salad bar go-to brings lots of vitamin A for only 6 cals per cup.

#### RECIPE IDEAS

##### Swap with bread.

Sub in a romaine leaf or two for the top piece of bread in a sandwich.

##### Try Caesar 2.0.

Quarter 1 head romaine lengthwise. Brush with olive oil, then grill or broil just until wilted. Sprinkle on Caesar dressing and Parmesan.

### Veggie Tops

Don't toss these! Many are rich in nutrients such as vitamin C.

#### RECIPE IDEAS

##### Do carrot-top pesto.

Ulli pulses carrot greens in a food processor with basil, pine nuts, lemon juice, olive oil, and Parmesan until smooth. Great on a sandwich.

##### Garnish with celery.

Its leaves are delicious chopped and scattered over grain dishes.

### Collard Greens

These deliver a dose of choline, a nutrient that supports brain health.

#### RECIPE IDEAS

##### Swirl into soup.

Green up minestrone with chopped collards.

##### Have veggie tacos.

Cook collards in boiling water 2 min; drain. In a pan, heat olive oil and minced garlic. Add greens; sauté for 1 min. Spoon onto tortillas with salsa and avocado.

### Cabbage

Great crunch. Its phytochemicals may help to lower cancer risk.

#### RECIPE IDEAS

##### Roast away.

Drizzle cabbage wedges with olive oil. Add salt and pepper, and roast at 450°F until softened. Spritz with lemon juice.

##### Make a slaw.

Mix shredded cabbage with chopped apple, olive oil, apple cider vinegar, salt, and pepper.