



BalanceHealthSM Newsletter

June 2017 | Written by the wellness experts at eni



Adventurous Eating

Everyone falls into a food rut once in a while, eating the same rotation of foods for breakfast, lunch, and dinner. Well it's time to wake up your palette and try some delicious and healthy vegetables that you may not have considered before.

Chayote

Chayote is a pear-shaped, light green vegetable belonging to the gourd family. It has a crunchy texture and a sweet, mild flavor. Chayote is very low in calories and is a good source of dietary fiber, antioxidants, iron, manganese, phosphorus, zinc, potassium, copper, folate, and vitamins B1, B2, B6 and C. Chayote can be cooked in stir-fry's, soups, and casseroles and can be used raw in salads. Try grating chayote into your next salad for a fresh, crunchy element.

Sunchokes

Sunchokes are big knobby root vegetables that are very low in calories and high in fiber, iron, calcium, magnesium, and potassium. They have a nutty flavor profile and are gaining in popularity due to their versatility, quick cooking time, and minimal prep time. Sunchokes can be roasted, fried, boiled, steamed, grilled or even eaten raw. One word of caution, sunchokes contain inulin, which helps keep blood and glucose levels stable, but

can also cause excessive gas, so when trying sunchokes for the first time, start slow.

Kohirabi

Kohirabi has a taste and texture that resembles a mix between cabbage and broccoli stems. It is extremely rich in Vitamin C and is a good source of copper, phosphorus, and potassium, iron, magnesium, and manganese. Kohirabi is slightly crunchy and mildly spicy (similar to radish) when eaten raw, so it makes a great addition to a salad. It can also be made into fritters, roasted, added to soups, and pairs really nicely with traditional Indian spices.

Jicama

Jicama is a juicy, sweet, nutty, crunchy tuber. It more closely resembles a potato, but can be eaten raw like an apple. It is full of vitamin C and is a good source of iron, potassium, calcium, and magnesium. Jicama is most popularly eaten raw, but is also delicious when added to a sauté as it will maintain its crunchy texture when cooked for short periods of time. For a healthy, tasty and refreshing snack try this - peel and slice raw jicama, sprinkle it with a bit of lime juice and chili powder and enjoy!

For more information or advice about trying new foods, contact your Wellness Coordinator by calling:

1.800.327.2255

eni's BalanceHealth program is a confidential service provided by your employer to help you achieve and maintain a healthy lifestyle.



Swiss Chard

Swiss Chard is a leafy green similar to spinach. Interestingly, the color of the leaves can range from green to reddish and the stems can be white red or yellow, making it a colorful addition to salads. Swiss chard leaves are slightly more bitter than spinach and the stems are slightly sweet. Swiss Chard is extremely healthy and is a rich source of vitamins K, A, C, E, magnesium, copper, manganese, potassium, and iron. It is also a good source of fiber, choline, calcium, and vitamins B6 and B2. Try adding swiss chard to your next sauté.

It is so important to include a wide variety of foods in your diet to ensure you don't miss out on any essential nutrients. Try the following recipes to incorporate some of these vegetables into your diet:

Roasted Sunchokes

Pre-heat the oven to 425°F

Rinse sunchokes with cold water

Slice them thinly, leaving the skin.. Once the sunchokes are completely cleaned,

Drizzle with a bit of olive oil, sprinkle on salt and pepper to taste

Roast at 425°F for about 35 minutes.

Roasting will result in a sweet, caramelized crunchy side dish

Kohlrabi Carrot Fritters with Avocado Cream Sauce

Ingredients:

2 kohlrabi	½ avocado	¼ cup plain yogurt
1 carrot	¼ teaspoon salt	½ lemon
1 egg	¼ teaspoon cayenne	Green onions (for garnish)
¼ teaspoon salt	½ cup of oil	

Directions:

Cut the leaves off the kohlrabi and peel the bulb. Peel 1 carrot. Shred the vegetables in a food processor, or by hand using a grater. Squeeze the shredded vegetables in a tea cloth (or with your hands) to remove moisture, then add to a medium bowl with 1 egg, ¼ teaspoon salt, and ¼ teaspoon cayenne. Mix to combine.

Place ½ cup oil in a large skillet (enough for ¼-inch depth). Heat the oil over medium high heat, then place small patties of the fritter mixture into the oil. Fry on one side until browned, then fry on the other side. Remove and place on a plate lined with a paper towel to drain excess oil.

In a small bowl, mix ½ avocado, ¼ cup plain yogurt, juice from ½ lemon, and ¼ teaspoon salt to make the avocado cream (or blend the ingredients together in a food processor).

Serve fritters with avocado cream and sliced green onions.

Enjoy!