



## Quick Bites — Dark Green Leafy Vegetables

Spinach, kale, romaine lettuce, leaf lettuce, mustard greens, collard greens, chicory and Swiss chard are excellent sources of fiber, folate and a wide range of carotenoids such as lutein and zeaxanthin, along with saponins and flavonoids.

According to AICR's second expert report, Food, Nutrition, Physical Activity, and the Prevention of Cancer: A Global Perspective, foods containing carotenoids probably protect against cancers of the mouth, pharynx and larynx.

Researchers believe that carotenoids seem to prevent cancer by acting as antioxidants – that is, scouring potentially dangerous “free radicals” from the body before they can do harm. Some laboratory research has found that the carotenoids in dark green leafy vegetables can inhibit the growth of certain types of breast cancer cells, skin cancer cells, lung cancer and stomach cancer.

The Second Expert Report also noted probable evidence that foods containing folate decrease risk of pancreatic cancer and that foods containing dietary fiber probably reduce one's chances of developing colorectal cancer.



### Kale Chips

Prep time: 15 minutes Ready In: 50 minutes

Cook Time: 35 minutes Servings: 2

Easy and Healthful snack chip.

#### Ingredients:

- 1 bunch kale
- 1 tablespoon sherry vinegar (or your favorite)
- 1 tablespoon extra-virgin olive oil, divided
- 1 pinch sea salt, to taste

#### Directions:

1. Preheat oven to 300 degrees
2. Cut away inner ribs from each kale leaf and discard; tear the leaves into pieces of uniform size. Wash torn kale pieces and spin dry in a salad spinner or pat dry with paper towels until they're very dry.
3. Put the kale pieces into a large resealable bag. Add about half the olive oil; seal and squeeze the bag so the oil gets distributed evenly on the kale pieces. Add the remaining oil and squeeze the bag again until all kale pieces are evenly coated with oil. Sprinkle in the vinegar and shake to spread the vinegar evenly over the leaves.
4. Spread the leaves evenly onto a baking sheet and roast in preheated oven until crisp, about 35 minutes.
5. Season with salt and serve immediately.



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