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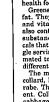
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Green goodness: A single serving of leafy greens is estimated to contain more than 100 different cancer-fighting phytochemicals.

Healthy greens have rich American history

While children in the classroom are learning about the contributions of African-Americans
during Black History Month in
February, there are also lessons
to be learned in the kitchen.
Cooked greens were found on
African-American – and Southern – tables long before they
appeared on the menus of fashionable restaurants. Edna
Lewis, the grand dame of
African-American cooking and a
national spokesperson for Southern cooking, remembers growing
up in rural Virginia and picking
wild greens not only for food, but
for medicine. "If you were sick,"
she writes, "your neighbor might
walk a mile or more to pick
something green to bring to your
bedside, and then sit by the bed
to feed and comfort you. Those
greens were like black folks'
health food."

Greens are low in calories and
fat. They are also rich in fiber

greens were like black folks health food.

Greens are low in calories and fat. They are also rich in fiber and vitamins A and C. Greens also contain naturally-occurring substances called phytochemicals that help fight cancer. A single serving of leafy greens is estimated to contain more than 100 different phytochemicals.

The most common greens are collard, kale, chard and broccolirabe. They all look quite different. Collard greens have large, cabbage-like leaves and are a muted green, sometimes tinged with blue. Most varieties of kale have ragged or frilled leaves ranging in color from bluish to almost black, magenta, yellow, or gray. Chard usually has dark green leaves that are usually ruffled. The leafy green broccolirabe (also called rape or rapin) has 6- to 9-inch stalks and clusters of small buds that look like broccoli.

When you buy greens, look for those that are crisp and unblemished. The darker the color, the higher the nutritional value. Leafy greens are highly perishele and should be used within a few days of purchase. If you are not going to cook them immediately, wrap them, unwashed, in damp paper towels and refigerate in a plastic bag with a few air holes so the greens can breathe.

breathe.
Greens can be full of soil and grit, so wash them carefully before cooking. They should not be cooked in pans made of alu-minum, which gives them an minum, which gives them an unpleasant taste. Keep in mind that greens cook way down. A pound of fresh greens will result in 1 1/2 to 2 cups of cooked greens, or about 4 servings.

After you try this recipe, you may agree with Edna Lewis that. "Greens are a dish that most Southerners would walk a mile for."

GARLICKY GREENS

1 tablespoon extra-virgin

olive oil
3/4 cup sliced leek, white
part only
1/2 cup chopped scalilons (about 3), both green
and white parts

1 Tablespoon minced gar-lic (2 large cloves) 3 cups chopped kale 1 cup chopped broccol

3 cups collard greens cut in 1/2-inch ribbons 5 cups fresh spinach 1 cup fat-free, reducedsodium chicken broth Salt and freshly ground

black pepper, to taste

Heat oil in a large, heavy skille over medium-high heat. A allions and garlic. Sauté until leeks are limp, about 4 minutes.

Add kale, broccoli rabe and collards, stirring until wilted. Mix in

Add broth and simmer, stirring casionally, until greens are tender, about 15 minutes. Senson to taste with

salt and pepper. Makes 4 servings.

Per serving: 101 calories, 4 g. total fat (less than 1 g. saturated fat), 14 g. carbohydrate, 5 g. pro-tein, 4 g. dietary fiber, 214 mg.

This information is from the American Institute for Cancer Research. AICR offers a Nutrition Holline (1-800-843-8114), Open 9 a.m. to 5 p.m. ET, Monday-Friday, this free service allows you to ask a registered dietitian questions about diet, nutrition and cancer. The American Institute for Cancer Research is the only major cancer charity focusing exclusively on the link between diet, nutrition and cancer. The Institute provides a wide range of education programs that help millions of Americans learn to make changes for lower cancer risk. AICR also supports innovative research in cancer prevention and treatment at universities, hospitals and research enters across the U.S. The Institute has provided more than \$60 million in funding for research in diet, nutrition and cancer. AICR's Web address is www.nicr.org. This information is from the

Get creative with casseroles, try savory Chicken Jambalaya

Jambalaya, the ultimate American casserole, is a spin-off of Spanish paella. It's a New Orleans favorite, a well-seasoned combination of rice and chicken, often including ham, sausage, or shellfish.

This version of Chicken Jam-balaya is more healthful, chock full of flavor, without the fat.

full of flavor, without the fat.
When you shop and cook
with one eye on future meals,
it's easier to think about how
you can adjust plans for unexpected company or days when
time is short.
If you buy packages of boneless, skinless chicken breasts
when they are on sale, they can
wait until needed in the freezor, wrapped in air-tight plastic
bags.

One of the ingredients called for in this recipe is cooked brown rice. It's easy enough to make a double batch for dinner one night and reserve half for

More than likely, you will have staples like onions, garlic, celery and bell peppers on hand. A can of tomatoes is usu-

ally somewhere in your pantry. For more ideas on casseroles

For more ideas on casseroles and other one-pot meals, call the American Institute for Cancer Research for its free brochure, One-Pot Meals, at 1-800-843-8114, Ext. 46, 9 a.m. to 5 p.m. Monday-Friday.

CHICKEN JAMBALAYA

1 medium onion, chopped 2-3 garlic cloves, minced 3/4 pound skinless, boneless chicken breast, cut

in 3/4-inch pieces 1 can (14.5 oz.) whole plum tomatoes in juice

1 rib celery, cut in 1/2-inch slices

1 small green bell pepper, chopped 1 scallion, chopped

1 tablespoon tomato paste 1 bay leaf 1 teaspoon dried thyme 1 /4 tenspoon dried red pop

per flakes ... pinch ground cloves 1 cup hot long-grain brown rice, cooked according to package directions

In 3-quart Dutch oven, heat oil over medium-high heat. Add onion and garlic. Sauté, stirring frequently, until onion is tender but not brown, about 4 minutes.

Add chicken and cook, stirring, until pieces are white on all

Add tomatoes with liquid, breaking up with spoon. Mix in celery, bell pepper, scallion and

Stir in bay leaf, thyme, pepper flakes and cloves. Bring to a boil, then reduce heat and slimmer until chicken is cooked and sauce has thickened, about 20 minutes.

Remove bay leaf. Stir rice into chicken mixture until well com-

- Makes 6 servings.

Nutrition information: Per serving: 235 calories, 4 g. total fat (less than 1 g. saturated fat), 33 g. carbohydrate, 17 g. protein 4 g. dietary fiber, 203 mg sodi-

Recipe from the American Institute for Cancer Research