

## How Healthy Are Winter Veggies? Beets Me!

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An array of vegetables greets you at the market. Maybe you don't even know what some of them are called. For the adventuresome, root vegetables and leafy greens can provide bushels of tasty nutrition, says Dr. Tim Harlan, aka Dr. Gourmet.



Root vegetables such as beets and turnips can be sweeter after you roast them, and greens such as kale and Swiss chard require just a little sweetening that may add less than 20 calories per serving, says Dr. Tim Harlan, aka Dr. Gourmet. (Photo by Paula Burch-Celentano)

“Often winter vegetables are more bitter, so they may not be as popular as others,” says Harlan, who publishes healthy cooking advice under the name [Dr. Gourmet](#). “But vegetables like turnips, parsnips, beets, yams, Swiss chard and kale have high fiber, store well and are delicious with judicious sweetening,” says Harlan, medical director of general internal medicine at Tulane Medical Center.

Dieters who want to lose weight faster while feeling more satisfied should turn to fiber, he says. The high fiber content of these winter vegetables also reduces the amount of serum cholesterol in the blood, so they help provide protection against heart disease. They also reduce the risk of some gastrointestinal cancers and help

with diabetes control.

In addition to buying these vegetables fresh at a farmers market, consumers can opt for frozen greens and those found in plastic bags in the produce section at grocery store, says Harlan.

In a recipe, look for balance between three or more of the essential tastes – salty, sweet, bitter, sour and umami (savory) – advises Harlan, who was a chef before he became a physician.

In addition to offering tasty and healthy recipes on his [website](#), Dr. Gourmet has developed two apps for the iPhone: dinner4one and dinner4two. The apps offer recipes in hand for quick grocery store decision-making, information about stocking your pantry and refrigerator, and taste-tested, healthy packaged food options.

“Dr. Gourmet is not a fan of convenience foods,” Harlan says, “but he is realistic.”

“One of the great things about kale is that it cooks so quickly, and you can use almost any flavors with it – honey, maple syrup, olive oil, sesame oil,” says “Dr. Gourmet” Tim Harlan. Here is a recipe from [www.drgourmet.com](http://www.drgourmet.com).

### **Kale with Nutmeg and Honey**

Servings = 2; Serving size = 4 ounces

This recipe can be multiplied by 2. This keeps well and makes a good addition to sandwiches, salads and egg dishes.

1 tsp	olive oil
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8 ounces	fresh kale (thinly sliced crosswise)
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2 tsp	honey
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1/4 tsp                      ground nutmeg

1/8 tsp                      salt

to taste                      fresh ground black pepper

Heat oil over high heat in a large non-stick skillet. Add the kale and cook, tossing frequently. As it begins to wilt, add the honey, nutmeg, salt and pepper. Cook until the kale is very hot, stirring frequently. When the kale is wilted, but still bright green, it is done. This should take only about 2 minutes.

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