

GREENS PARTY



Nutrition experts love to talk about “dark leafy greens,” which deliver so many nutrients—vitamins A, C, and K, folic acid, calcium, magnesium, and iron—for so few calories.

But spinach is as close as most people get to dark leafy greens, and some never get beyond romaine lettuce. Yet kale, collards, and others are

right there in the produce section. Many people pass them by, not sure how to pick, clean, cook, or store them. No more.

Del Monte now packages pre-cut, pre-washed Collards, Kale, Mustard, and Turnip Greens in handy plastic bags. There’s no dirt to wash off or fibrous stems to hack away. Just heat and eat.

Try sautéing them in a little olive oil and fresh garlic. Or add fresh ginger, some lite soy sauce, and a few drops of sesame oil. Cooking time: four minutes, max.

Del Monte’s Web site (www.freshdelmonte.com) has a few good recipes. You can even try a traditional recipe using turkey bacon instead of pork. Just remember that greens cook down to about a quarter of their raw volume. And keep them out of aluminum pots or pans, which can turn them brown.

Washed and bagged salads made salad-eaters out of people who never fixed their own. Maybe washed and bagged greens can do the same for kale and collards.

Del Monte: (800) 659-6500.

Photos: Nick Waring.

SLAM JUNK



“Two hotcakes, two eggs, two bacon strips, two sausage links, and too famous for words.”

That’s how Denny’s menu describes the **Original**

Grand Slam Breakfast. You get roughly 1,300 calories, three-quarters of a day’s saturated fat, and a day’s sodium for just \$5.59.

But the Slams are spreading. Now you can get a whole day’s sat fat in the **All-American Slam** (three eggs plus cheddar cheese, hash browns or grits, two strips of bacon, two sausage links, and bread). **The French Slam** will set you back 1,260 calories. **The Farmer’s Slam** (three eggs with sausage, hashed browns, peppers, and onions, all topped with gravy and cheddar cheese, plus two hotcakes, two bacon strips, and two sausage links) tops 1,400 calories. So does the **Lumberjack Slam.**

At least Denny’s did one thing right. Its **Slim Slam** (Egg Beaters egg substitute with one slice of grilled ham and two hotcakes with fruit topping) means a mere 600 calories and three grams of sat fat.

A big breakfast used to mean either eggs and bacon or pancakes and sausage or an omelet and hash browns. The Slams put the whole shebang on one plate.

Dennys: (800) 733-6697.

TIP OF THE MONTH

You’ll get twice as much juice from your lemon—with half the effort—if you first roll the uncut lemon back and forth on the kitchen counter, pressing down on it firmly with the palm of your hand.

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About CSPI, publisher of **Nutrition Action Healthletter**



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