Get to Know these Five Vegetables For Your Health

According to a study of the Harvard Medical School, eating more fresh vegetables, a simple improvement in your diet, can have a tangible effect on your health. Here are a few great vegetables to boost your immune system and a couple of food combos that will enhance their flavour:

Asparagus

Nutrition Facts

Asparagus has plenty of folate, dietary fibre, and iron. The greenery contains selenium, which decreases the risk of bladder, colon, breast, rectum, prostate, and lung cancer. A serving, 242 g of asparagus, provides 74% of the required daily intake of vitamin C and 25% of iron.

How To Cook It

To avoid losing flavour and the nourishing elements of the asparagus, you should not overcook it. Steam for 3 minutes or bake 10 to 15 minutes in the oven at 400 F (204 C). If you prefer, you can also cook asparagus on the barbeque and sprinkle with a few drops of balsamic vinegar.

What Works with Asparagus

The greenery goes well with steak or chicken, as well as with prosciutto, bacon, ham, mint, lemon, toasted almonds and Parmesan cheese. You can also add it to a quiche, risotto, or pasta to give the dish unique earthy undertones.

Almost Raw Asparagus Mango Salad Recipe

Spinach



Nutrition Facts

Spinach is low in saturated fat and cholesterol while it is rich in zinc. It is known for fostering the immune system and speeding up the healing processes in your body. Spinach is also a good source of protein, dietary fibre, folate, iron, and magnesium. In a single serving of 30 g, you get 56% of the required daily intake of vitamin A and 14% of vitamin C.

How To Cook It

You can use raw spinach in salads or steam it for a few minutes. You can also sauté the greenery for several minutes or roast it for 10 minutes. It is important to rinse it well before using it in your meals to remove dirt and grit.

What Works With Spinach

You can pair the leafy greenery with butter, cream, bacon, cheese, eggs, garlic, onions, mushrooms, red pepper flakes, anchovies, pine nuts, nutmeg, olive oil, sesame oil, salt, and soy sauce.

Raw Spinach Basil Soup Recipe



Rhubarb

Nutrition facts

Rhubarb is great for your bones and proper organ functioning because of its high vitamin C levels (10% of the daily value per 122g serving size). The vegetable is very low in saturated fat, cholesterol, and sodium. According to expert gardeners and herbalists, it can also relieve women’s hot flashes.

How To Cook It

Although you can eat it raw with a little sugar sprinkled on it, it is generally cooked with other ingredients, most often fruits to enhance their taste. Rhubarb is used for pie fillings, baked sauces, jellies, jams, muffins, cakes, and other desserts.

What Works With Rhubarb

To balance the sour flavour of this vegetable, combine it with sweet fruits such as strawberries. For savoury dishes, you can combine rhubarb with beets, garlic, olive oil, salt and pepper, or serve it as a sauce for meats and fish.



Beets

Nutrition facts

Beetroot contains a considerable amount of potassium, folate, and vitamin C can and have very few calories (around 50 per cup). However, large portion of the calories in the vegetable come from sugar.

How To Cook It

Baking and oven-roasting are wonderful ways to bring up the natural sweetness of the beets. You can use it raw in salads with some carrots, raisins and sweet dressing or add it in a stew or soup.

What Works With Beets

You can go with the classic combination of beets and goat cheese, especially if the vegetable is slightly older and flavourful. Orange or lemon juice will highlight its flavour. Other complementary herbs and foods are beef, bacon, smoked fish, apples, cheese, cream, chestnuts, honey, cinnamon, vinegar, and vinaigrette. Believe it or not, chocolate and beetroot are a match made in heaven.



Radishes

Nutrition facts

The crunchy, tasteful, and inexpensive superfood, which can be easily grown in your own garden, is full of vitamin C and almost zero calories. Ten radishes contain only 8 calories, and their sharpness will refresh your entire body in a minute.

How To Cook It

Radishes are usually included raw in meals, but they can be cooked just like other vegetables. You can toss them in the pan with some butter, chives, or other herbs that you use for your gardening project and season with pepper and salt. Radishes are great for braising, because they easily absorb the rich flavour of the braising liquid and get sweet and juicy.

What Works With Radishes

Radishes pair deliciously with creamy cheese, quinoa, faro, butter, onions, and citrus fruit. If you are looking for a lighter alternative to potatoes, try braised radishes with your meat or vegetable stew.

For more homesteading ideas and gardening techniques check the Skilful Gardeners Blog.

Editor’s Note: I eat every one of these vegetables raw in my daily salads. For my recipe, check out *Detox Cheap and Easy Without Fasting – Recipes Included.*

Further Reading:

- The Benefits of Root Vegetables – Recipes Included
- *Almost Raw Asparagus Mango Salad Recipe*
- *80% Raw Food Diet*
- *Spinach*

Sources:

- University of Illinois
- All Recipes