

## RECIPES FROM: WWW.GREENSONABUDGET.ORG

**Brassica vegetables** bear cross-shaped flowers and are also known as Cruciferous vegetables. This special group of vegetables includes **Arugula, Broccoli, Cauliflower, Brussels Sprouts, Cabbage, Watercress, Bok Choy, Turnip Greens, Mustard Greens, and Collard Greens, Rutabaga, Napa or Chinese Cabbage, Radish, Daikon, Turnip, Kohlrabi, and Kale**. Many substances found in these vegetables stimulate our bodies to break down potential carcinogens, thereby helping normal cells from becoming cancerous cells. Cruciferous vegetables contain nutrients which help delay the onset of some cancers, and reduce the size and growth of tumors. Cruciferous vegetables also help reduce homocysteine levels which is a marker associated with a higher risk of cardiovascular disease.

Suggestions when using these vegetables: Serve them stuffed as you would cabbage leaves, sauté in garlic with a drizzle of olive oil and add to mashed potatoes or sweet potatoes, stir fry with other vegetables, add flavorful herbs and spices.

### **Baked Brassica Vegetables**

1 head of cauliflower and / or broccoli - separated into florets  
1 red and 1 yellow bell peppers - cut in half inch strips  
Spread them single layer in an oven-proof pan (Pyrex©)

Whisk the marinade separately, and drizzle over the vegetables.

juice of 2 large lemons  
1 tsp sherry vinegar (optional)  
1 tsp cumin  
1 tsp coriander  
salt and pepper  
chipotle powder to taste  
1 Tbs olive oil

Bake at 400 for 45 minutes until they look roasted, not crisp or burnt. Remove from the oven, add a layer of chopped fresh cilantro, and inhale! Eat hot or cold.

### **Brassica al Horno**

1 cabeza de coliflor y / ó 1 cabeza de brócoli  
1 pimiento rojo y 1 pimiento amarillo  
Arréglalos en una camada en un molde de cristal a prueba de horno Pyrex©

Bate el aderezo aparte:

jugo de 2 limones grandes  
1 cucharadita de vinagre sherry (opcional)  
1 cucharadita comino  
1 cucharadita de coriander molido  
sal y pimienta  
chipotle en polvo  
1 cucharada de aceite de oliva

Riévalo por todo el molde.

Hornea a 400° por 45 minutos hasta que estén asados oscuritos pero no quemados. Retira el molde del horno y cúbrelo con cilantro fresco picadito, y gózalo frío o caliente.