



September 2016

Have you wanted to begin

# composting

but didn't know how  
to get started?

Here's everything you need to know!

There are many compelling reasons to compost the food scraps you throw away every day. One of the best: You can use the composted material to enrich the existing soil in your yard, where it will also suppress plant diseases and pests and reduce the need for chemical fertilizers. Talk about a win-win! What's more, composting reduces the amount of trash (and landfill storage needs) by 20 to 30 percent.

To get started, all you need is a small, dry, shady outdoor spot that's likely to get wet in a rainstorm. Add brown and green materials — fallen leaves, branches and twigs, grass clippings, fruit and vegetable scraps, used tea bags, coffee grounds — to the pile to establish the compost. Allow the pile to remain moist much of the time, and occasionally mix the new scraps down into the pile. When the compost has completely broken down and been converted into dark brown soil, it's ready to use. If you don't have a good space outdoors for composting, you can buy a small container, specially made for composting.

*By: Cleveland Clinic Wellness Editors*





# Stop- in the name of nutrition!

Buried treasure alert! If you tend to toss broccoli stalks, beet greens or sweet potato skins when prepping veggies, you're missing out on a whole lot of nutrition, fiber and flavor. Transform these "scraps" into scrumptious alternatives with tips from Cleveland Clinic chef Jim Perko.

**Broccoli Stalks:** Broccoli florets get all the glory, but the stalks are loaded with minerals and beta-carotene. You don't need a beaver's incisors to enjoy them, either; just peel the outer layer, chop off the woody bottom, and cut the remaining stalk into small slices. Cook the slices with the florets, or add them raw to salads. Yum! Like water chestnuts, but a lot less expensive!

**Beet Greens:** Beet greens are loaded with iron, calcium, magnesium - and flavor. Simply wash the greens well and julienne them into thin strips. Wilt them with garlic sautéed in a little olive oil, and then sprinkle lightly with salt and pepper. If you're feeling adventurous, try a bit of cayenne instead of black pepper.

**Potato Skins:** Sweet potato skins are packed full of fiber and beneficial flavonoids. Choose organic sweet potatoes, and scrub them well before cooking. Eat the skins along with oh-so-sweet potato, or chop or shred the cooked skins into your vegetarian chili, frittata or lentil soup.

These  
commonly  
discarded  
vegetable  
parts are  
pure gold.

*By: Cleveland Clinic Wellness Editors*



What to Eat Right Now:

# Green Beans

Green beans are the star of some of our favorite fall meals. (When was the last time you had Thanksgiving dinner without green beans?) But don't wait until fall to get your fill of this nutritious veggie. Now in season, green beans are both budget-friendly and versatile. You can keep it simple by steaming them or get a little more inventive by turning them into a salad with shallots, walnuts or even pesto and salmon — just make sure to add them to your summer meals.

## *Why They're Good for You*

Green beans are a good source of several vitamins and minerals including vitamins A, C, and K, manganese, and folate. They'll also fill you up for very few calories (just under 50 calories and 4g of fiber in one cup of cooked green beans). What's more, green beans are rich in a variety of carotenoids and flavonoids, which include antioxidant properties that support good health.

## *Best Ways to Eat Them*

When buying green beans, look for them to be a deep, vibrant green color and generally free of dark spots. You can keep green beans unwashed in the refrigerator for up to a week. Just before cooking, wash the beans in water and remove the tips. Because they're so versatile, you can steam, sauté, boil or bake them!

What to do when fresh green beans aren't available? Shop the frozen food section of your grocery store to get your fill year round. Frozen veggies offer plenty of nutrients to make them a valuable choice.

## *Perfect Pairings*

Eat your green beans with any of the following tasty combinations:

- Shallots + pine nuts
- Pesto + salmon
- Mushrooms + roast chicken
- Chicken + quinoa + stir-fried veggies
- Citrus + walnuts
- Tomatoes + onion + balsamic

*By: Amy Gannon, M.Ed., RD, LD*

## Healthy Recipe: Spiced Quinoa and Vegetables

Served as a vegetarian side dish or as a main meal (simply add chicken or shrimp to the recipe), this subtly spicy dish is a winner. The combination of vegetables offers a wide variety of phytonutrients that can positively impact health. For example, carrots are a good source of beta-carotene, which may play a role in bone health. This recipe takes 15 minutes to prepare and 35 minutes to cook.

By: *Cleveland Clinic Wellness Editors*



Yield: 4 servings

### Ingredients:

- 1 cup quinoa
- 2 cups low-sodium vegetable broth, divided
- 2 tablespoons olive oil
- 1 onion, finely chopped
- 1 cup finely chopped celery
- 2 medium carrots, chopped
- 1 teaspoon ground coriander
- 1/2 teaspoon paprika
- 1/2 teaspoon dried ginger
- 1/2 teaspoon ground cumin
- 1/4 teaspoon turmeric
- Pinch cayenne pepper
- 1/2 teaspoon kosher salt
- 2 small zucchini, chopped
- 1/4 cup golden raisins
- 1/4 cup minced fresh parsley or cilantro
- Freshly ground black pepper to taste

### Instructions:

1. Place quinoa in a strainer and rinse under running water until the water runs clear.
2. In a medium pot, combine the quinoa and 1 1/4 cups vegetable broth and bring to a boil. Reduce heat, cover and cook for 25 minutes or until the liquid is completely absorbed.
3. Meanwhile, in a medium saucepan, heat oil over medium-high.
4. Add onion and cook until golden brown, stirring occasionally.
5. Add celery, carrots, spices (except parsley and cilantro), salt and 1/4 cup vegetable broth. Simmer for 5 minutes.
6. Add zucchini and raisins. Cook for 1 minute. Add additional 1/4 cup vegetable broth if too dry.
7. Toss cooked quinoa and 1/4 cup vegetable broth with vegetables and stir until evenly mixed.
8. Top with fresh parsley or cilantro, if desired. Season to taste with salt and pepper. Serve.

### Nutrition Info Per Serving:

(1 cup): 330 calories, 9 g protein, 52 g total carbohydrates, 9 g fiber, 18 g sugars, 0 mg cholesterol, 10 g total fat, 1.5 g saturated fat, 0 g trans fat, 390 mg sodium