



September 12, 2015 – Grand Rapids, MI

Rich Foods

Today I finish up my look at Southern-style collard greens. On Thursday, I looked at bacon, one of the key ingredients in most recipes. Another is ham. As long as the ham is lean, it has much more protein than fat so that's not a real concern at 45 calories per ounce. That leaves us with the greens and onions.

Adding a large white, yellow, or red onion doesn't add many calories but it adds plenty of phytonutrients. It adds flavonols such as quercetin and kaempferol as well as another type of phytonutrient called alliacins. Research shows that diets rich in onions and garlic reduce the risk of cardiovascular disease.

The major benefits come from the collard greens. These greens are a cruciferous vegetable, which adds the sulfurophane phytonutrients. On top of that, they're also a great source of flavonols as well that include those found in the onions. When you look at it, the greens are low in calories and high in nutrients. There's nothing poor about it; this is a rich food for sure.

To be fair, some recipes call for a lot of added fat in more bacon and ham hocks. That can render the end product more fatty and therefore, less healthy. But with careful preparation, Southern-style collard greens certainly have a lot going for them.

I'm going to use the same approach with the crop of kale I've not managed to kill this summer; that's it in the photo. You can see pictures of the prepared recipe on the *Real-Life Detox* [Facebook](#) page. That's just one of the recipes I'm posting for next weekend's Gourmet Detox Weekend. If you still haven't gotten your copy of [Real-Life Detox](#), order it today and you can join the fun of getting healthy.



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Dr. Chet

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