

Romaine and broccoli energize



Iva
Young

"Hands down my favorite winter green is Romaine lettuce, along with good ol' broccoli," says Iva Young, author of *Healthy Mom: Simple Knowledge About Nutrition That All Moms Should Know!* (Yorkshire, 2010). She tosses this tasty duo into a simple salad with tomatoes and homemade dressing (made by combining 1 tsp. of extra virgin olive oil, 5 Tbs. of white vinegar and a pinch of seasoning salt). "This salad complements every meal," Young says. "It's such a relief because I used to struggle thinking that I had to vary my vegetables to complement the flavors of certain meats and sides, but that isn't the case." Young loves this salad so much, she serves it almost daily. "To say that I feel good after I eat it would be an understatement," she raves. "I feel empowered and infused with energy without feeling weighed down. I don't feel as good if I go a day without it."

How they ward off fatigue: Romaine and broccoli are both loaded with B vitamins, which boost the liver's ability to convert dietary sugars and starches into cellular energy.

Swiss chard makes skin radiant

"When Swiss Chard is a staple in my diet, I always have more energy, plus my skin takes on a certain glow," shares Katie Brown, author of the cookbook *Katie Brown Celebrates* (Little, Brown and Company, 2008). And whipping up nutritious dishes with the veggie is easy. "I am a firm believer that if you keep it simple, you can't go wrong," says Brown. "So I love to chop the chard, stems and all, and sauté it with olive oil and garlic. It's quick and healthy—the stems are jam-packed with antioxidants—and it's so yummy." For a twist: "I toss some cut up chard in a teaspoon of olive oil and put it on a baking sheet with a few big whole cloves of garlic, then bake it at 350°F for about 5 minutes... perfectly crispy and absolutely delicious!"

How it beautifies: Swiss chard is a top source of antioxidant vitamin A, which helps boost skin-cell production to ward off fine lines, according to researchers at the Hebrew University of Jerusalem. And chard's vitamin C helps build collagen to keep skin elastic and supple.



Katie
Brown

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