

**March 2015**

**Tip of the Month**



***Go for green.***

Wearing green on St. Patrick's Day? Why not go for green, as in veggies, all month? Broccoli, spinach, kale, green peppers, and all the leafy greens supply plenty of nutrients. Snack on broccoli or peppers, use dark greens in your salad, or add chopped greens to your main dishes. An easy way to add a cup of greens is to put spinach and/or arugula on the bottom of your plate and top with hot food to wilt the greens.