



# Here's to Your Health!

Now being tested for the new Sproul Residential Restaurant, discover how these ingredients are both tasty *and* beneficial to your health!

## VEGETABLES

### ARUGULA • *Eruca sativa*

Arugula is a tender, peppery green native to the Mediterranean region.

**Benefits:** Arugula is a good source of vitamins A and K.

### BRUSSELS SPROUTS

*Brassica oleracea var. gemmifera*

Brussels sprouts belong to the Brassica family, which are also known as cruciferous vegetables. They look like little heads of cabbage and grow in a rows on thick stalks.

**Benefits:** Brussels sprouts are an excellent source of vitamins C and K. They are a good source of vitamin A, folate, potassium, and fiber. Like other cruciferous vegetables, they contain sulforaphane, a phytochemical that may help prevent certain types of cancers.

### SWEET GOLDEN BEETS • *Beta vulgaris*

Sweet golden beets tend to have a milder flavor than the typical red beet. They have a very similar nutritional profile, but do not bleed or stain.

**Benefits:** Beets contain betalains, which are phytonutrients with anti-inflammatory and antioxidant properties. They are also a good source of folate, potassium, and fiber.

### BROCCOLI • *Brassica oleracea var. botrytis*

Broccoli is a member of the cabbage family and is closely related to cauliflower. It is native to Italy and has been cultivated for 2000 years.

**Benefits:** Broccoli is a great source of vitamins K, A, and C, in addition to fiber, potassium, folate, and lutein. It also contains sulforaphane, which may promote the elimination of potential carcinogens from the body.

### CAULIFLOWER • *Brassica oleracea var. botrytis*

Cauliflower belongs to the same family as cabbage, Brussels sprouts, kale, broccoli, and collard, and can be eaten cooked or raw.

**Benefits:** Cauliflower is an excellent source of dietary fiber, folate and vitamins C and K. Like other cruciferous vegetables, cauliflower also contains phytochemicals that may protect against cancer.

### CELERY ROOT • *Apium graveolens var. rapaceum*

Celery root is a knobby, brown-skinned root vegetable that can be eaten cooked or raw. It belongs to the carrot family and unlike other root vegetables, celery root is not starchy.

**Benefits:** Celery root is a good source of vitamin K and phosphorus.

### CHAYOTE • *Sechium edule*

Native to Mexico and Central America, chayote is actually fruit that is used like a vegetable. It has a mild flavor, crisp texture, and is cooked like a summer squash.

**Benefits:** Chayote is good source of vitamin C and fiber

### FENNEL • *Foeniculum vulgare*

Fennel, related to carrots and parsley, is often described as having a licorice-like flavor. The entire plant is edible from the crisp bulb to the feathery leaves.

**Benefits:** Fennel is a source of vitamin C, potassium, and fiber.

### KOHLRABI • *Brassica oleracea var. gongylodes*

Commonly known as the "German turnip," kohlrabi belongs to the cabbage family. It has a mild, sweet flavor with a texture similar to a broccoli stem, and can be eaten raw or cooked.

**Benefits:** Kohlrabi is an excellent source of vitamin C and potassium.

## MUSTARD GREENS • *Brassica juncea*

Mustard greens are the leaves of the mustard plant. They are in season from December through April, and add a peppery flavor to dishes.

**Benefits:** Mustard greens are an excellent source of vitamins A, C, and K. They are also a good source of phytonutrients associated with cancer prevention.

## PARSNIPS • *Pastinaca sativa*

Parsnips look like white carrots and have a sweet, nutty flavor. Native to Eurasia, they are mentioned in Greek and Roman literature.

**Benefits:** Parsnips are a good source of fiber, vitamin C, and folate, and provide more essential minerals per serving than its close relative, the carrot.

## PURPLE CAULIFLOWER

*Brassica oleracea var. botrytis*

The purple color in this cauliflower is caused by antioxidants called anthocyanins, which are also found in red wine and red cabbage. Common varieties are named "Graffiti" and "Purple Cape."

**Benefits:** Purple Cauliflower is an excellent source of dietary fiber, folate, and vitamins C and K.

## PURPLE/BLUE POTATOES

*Solanum tuberosum*

These potatoes originated in South America. The presence of the antioxidant anthocyanin gives them a purple skin and flesh that turns blue when cooked.

**Benefits:** The antioxidants in purple potatoes may work to reduce elevated blood pressure.

## SWEET POTATOES • *Ipomoea batatas*

Native to Central and South America, sweet potatoes are botanically distinct from yams which originate from Africa and Asia.

**Benefits:** Sweet potatoes are an excellent source of Vitamin A, with over 300% of the recommended daily value in just one half-cup serving. They are also a good source of vitamin C, potassium, and the antioxidant beta-carotene.

## SWISS CHARD • *Beta vulgaris subsp. cicla*

Chard's large, green leaves are packed with nutrition. Chard belongs to the same family as spinach, beets, and quinoa. It has a slightly bitter taste that fades with cooking.

**Benefits:** Chard is especially high in vitamins K and A, with a one-cup serving containing 358% and 107% respectively of the recommended daily value. It is also high in vitamin C, iron, magnesium, and potassium.

## YUKON GOLD POTATOES

*Solanum tuberosum subsp. Yukon Gold*

This Canadian potato variety was developed in the 1960s. It is characterized by its rich color ranging from a buttery yellow to gold, and has a smooth, creamy texture.

**Benefits:** Yukon gold potatoes are an excellent source of vitamin C and good source of potassium. The golden color is due to anthoxanthin pigments.

# GRAINS, CEREALS & SEEDS

## AMARANTH • *Amaranthus cruentus*

Considered to be a pseudo-grain, Amaranth is rather a seed native to Mexico and South America. It was the staple food of the Aztecs and was incorporated into their cultural and religious practices. Its flavor is described as mild, sweet, and nutty.

**Benefits:** Amaranth is an excellent source of iron, magnesium, phosphorus, manganese, and fiber.

## BARLEY • *Hordeum vulgare*

One of the first domesticated grains in Mesopotamia, barley spread throughout Eurasia and was used in bread, beer, soups, and even as currency. As a cereal it has a rich nutlike flavor and chewy consistency.

**Benefits:** Barley is an excellent source of fiber, thiamin, selenium, and manganese.

## BLACK QUINOA • *Chenopodium quinoa*

A staple of the ancient Incas, quinoa is a complete protein with essential amino acids. Black quinoa has a crunchier texture and a stronger earthy flavor compared to white quinoa.

**Benefits:** Black quinoa is nutritionally the same as white quinoa; it has a high protein content and is a source of fiber, magnesium, phosphorus, and folate.

## FARRO • *Triticum dicoccum*

An ancient form of wheat believed to have sustained Roman legions, farro is now commonly used in Northern Italian cuisine. It has a complex, nutty taste similar to brown rice, but has a lighter texture.

**Benefits:** Farro is rich in fiber, magnesium, and vitamins A, B, C, and E.

## KASHA BUCKWHEAT GROATS

*Fagopyrum esculentum*

Kasha refers to toasted buckwheat, which comes from the seeds of a flowering plant. Used in Russian, Slavic, and Jewish cuisine, kasha has a strong nutty, toasted flavor.

**Benefits:** Kasha is a good source of magnesium and fiber.

## POLENTA • *Zea mays*

Polenta is finely ground cornmeal boiled with water or stock to make a thick porridge. It has a smooth, creamy texture if served hot; it can also be hardened, sliced, and grilled.

**Benefits:** Polenta is a source of fiber, magnesium, and phosphorus.

## QUINOA • *Chenopodium quinoa*

Originating in the Peruvian Andes, quinoa seeds can be prepared like a grain. When cooked, it becomes light and fluffy with a nutty flavor.

**Benefits:** With over eight grams of protein per one-cup serving, quinoa is a complete source of protein, meaning it contains essential amino acids. In addition, it is an excellent source of fiber, magnesium, phosphorus, and folate.

## SPELT • *Triticum spelta*

Spelt is a close relative to wheat and is a common crop grown in Central Europe. It has a rich nutty flavor and can be used as a substitute for wheat flour.

**Benefits:** Spelt is high in fiber, phosphorus, and magnesium. It also contains iron and zinc.

## SPELT BERRIES • *Triticum spelta*

Spelt berries are the whole kernel of spelt, a form of wheat. Depending on the cooking technique they can have a chewy consistency or a soft texture similar to that of steamed rice.

**Benefits:** Spelt berries are high in fiber, phosphorus, and magnesium. They also contain zinc and iron.

## WHEAT BERRIES • *Triticum aestivum*

The wheat berry refers to the entire wheat kernel from which wheat flour is derived. They are often added to breads and salads to add a crunchy texture. When cooked they are chewy and have a mild nutty, earthy flavor.

**Benefits:** Because they retain all parts of the wheat kernel, wheat berries contain more fiber, protein, iron, and vitamin E than wheat flour.

## RICE

### BAMBOO RICE • *Oryza sativa L.*

This short-grain rice is infused with Chinese bamboo extract, which causes the green color that retains the benefits of chlorophyll when cooked.

**Benefits:** It contains fiber and is high in vitamin B.

### BHUTAN RED RICE • *Oryza sativa L.*

Imported from the Paro Valley in Bhutan, this rice has part of the outer layer still on it and is nutty and flavorful when cooked.

**Benefits:** It is high in fiber, trace minerals, manganese, magnesium, molybdenum, and phosphorus.

### BROWN JASMINE RICE • *Oryza sativa L.*

This long-grain brown rice has a moist, slightly sticky texture.

**Benefits:** It contains 10% rice bran and retains the fiber and essential fatty acids that are lost in the milling process of white rice.

### FIVE GRAIN RICE BLEND • *Oryza sativa L.*

A blend of Colusari™ Red Rice, grano (an ancient wheat from southern Italy), wild rice, sprouted brown rice, and long-grain brown rice.

**Benefits:** Whole grains and rice are a good source of fiber, magnesium, and phosphorus. They also contain more protein than refined grains.

### FORBIDDEN RICE • *Oryza sativa L.*

Forbidden rice is a strain of black rice that is considered to be both food and medicine in China. It is named “forbidden rice” because it is said that black rice was only eaten by royalty.

**Benefits:** Forbidden rice contains more fiber, molybdenum, magnesium, manganese, iron, zinc, and phosphorus than white rice. It also contains anthocyanins and antioxidants which contribute to its dark purple color.

### PINK MADAGASCAR RICE • *Oryza sativa L.*

Uniquely from Madagascar, this rice has a subtle sweet flavor with the aroma of cinnamon, cloves, and nutmeg.

**Benefits:** This rice is an excellent source of the minerals manganese and molybdenum, as well as a good source of phosphorus and magnesium.

### VOLCANO RICE • *Oryza sativa L.*

Grown on volcanic soil in Japan, volcano rice is a blend of brown rice, whole grain red rice, and milled red rice.

**Benefits:** This rice is rich in magnesium, manganese, phosphorus, and zinc

## LEGUMES

**Benefits:** Beans, peas, lentils, soybeans, and peanuts are part of the legume family. Legumes are an excellent source of vegetable protein that is rich in unsaturated fats, soluble fiber, and low-glycemic index carbohydrates. They also contain micronutrients like iron, magnesium, zinc, and folic acid. Studies show that including legumes in your diet can lower the risk of cardiovascular disease and Type 2 Diabetes Mellitus.

### ANASAZI • *Phaseolus vulgaris*

Native to the Southwest region of the United States, the Anasazi bean was named after the people who inhabited the “four corners” of Arizona, New Mexico, Colorado, and Utah. This heirloom bean has red and white markings and is considered a sweet, unusually tasty baking bean. It is commonly used in Latin, Mexican, and Native American dishes.

### BLACK BEAN • *Phaseolus vulgaris*

Especially popular in Latin American cuisine, the black bean has a dense and meaty texture. It is commonly used in soups, burritos, and side dishes.

### BLACK VALENTINE BEAN • *Phaseolus vulgaris*

The Black Valentine can be used either as a snap bean or dry soup bean. It tastes more like a meaty kidney bean than the more commonly known black bean.

### CANNELLINI BEAN • *Phaseolus vulgaris*

Cannellini beans are large, white beans with a firm texture and outer skin. They have a nutty flavor and are commonly added to minestrone soup and salads in Italian cuisine.

### CALYPSO BLACK BEAN • *Phaseolus vulgaris*

The Calypso bean has dramatic black and white patterns running down its length, leading some to nickname it the “Yin Yang” bean. It is often used in salads and rice dishes.

### GARBANZO BEAN • *Cicer arietinum*

Also known as chickpeas, garbanzo beans have been grown in the Middle East for thousands of years. They have a firm texture and nutlike flavor. Garbanzo beans can be eaten cold in salads, cooked in stews, and ground into flour. They are the main ingredient in hummus and falafels, and are used in Indian, Mediterranean, and Spanish dishes.

### GREAT NORTHERN BEAN • *Phaseolus vulgaris*

The Great Northern bean is a white bean with a delicate flavor and small size. It is often added to soups, stews, and casseroles.

### KIDNEY BEAN • *Phaseolus vulgaris*

A dark red bean with a shape resembling the kidney organ, this bean originated in Central Mexico and Guatemala. Kidney beans are often used in chili, cold salads, and Indian cuisine.

### LENTILS • *Lens culinaris*

One of the first crops domesticated in the Near East, lentils have a high protein content with many essential amino acids. They come in a variety of colors and have a mild, earthy flavor. Lentils are usually used in soups and stews, but are also added to rice and salad dishes.

### **RED HIDATSA** • *Phaseolus vulgaris*

This bean is named after the Hidatsa tribe that cultivated it in the Missouri River Valley of North Dakota. It is a dark, red bean rich in fiber, iron, and protein.

### **SNOW CAP** • *Phaseolus vulgaris*

This bean has distinctive coloring: beige on the bottom and white on top, resembling a snow-capped mountain. It retains its color even in cooking.

### **SOYBEANS (EDAMAME)** • *Glycine max*

A legume native to East Asia, the soybean is considered to be a complete, plant-based protein. Edamame beans are green, immature soybeans. They have a crisp texture and are often served steamed or boiled, and served in their pods.

### **SPLIT PEAS** • *Pisum sativum*

Made from dried, peeled pea seeds, split peas are high in protein and fiber. There are yellow and green varieties, both of which are commonly used to make pea soup and the Indian stew, *dal*.

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