

# BROOKLYN\_BORN

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## There's a color missing from my rainbow

Thursday, January 22, 2015

It's not easy being green, for me at least. During my spark years I've learned a lot about nutrition. I suppose I've always known that it's important to eat fruit and vegetables, but knowing doesn't always lead to doing the right thing.

Fruit – no problem, never was. In fact I packed on quite a few pounds over the years overeating healthy fresh fruit. I can make a pound of grapes disappear. The same with plums or cantaloupe.

Vegetables – now that took more work and motivation from Sparkers and their recipes.

While looking at my plate at dinner recently, I noticed something. It was all shades of orange. I had baked BBQ chicken, a small sweet potato, steamed carrots and butternut squash.

I like orange food.

In the fridge I had parsnips, rutabaga, turnips and carrots all ready to make “balsamic root vegetables” in the crock pot. It seems I like white food too.

Red food is OK. I like beets, cooked or pickled.

I'm eating my vegetables all right but not a hint of green.

The only time I'm sure of green is at Subway since I always order spinach and green peppers on my oven roasted chicken sandwich, but that's at most once a week.

It's time to expand my horizons. This morning I bought a container of organic 50/50 salad mix and a package of frozen peas. OK, it's not Brussel sprouts or swiss chard or kale, but I step into new things gradually.

Remember I began my running career with a 30 second run and increased slowly from there. That was nearly 30 years ago.

Now maybe if I adjust the colors on my plate gradually, I can enjoy a complete rainbow.

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**HAYBURNER1969**



Good for you! I have been trying to keep salad stuff cut up in little containers in the fridge to encourage more salad eating in our house. Also, I've gotten back into planning our weekly menu, and including vegetables in the plan. I like most veggies, but when it comes to the green ones, I prefer the brussels sprouts, asparagus, broccoli, spinach - which seem to be less popular in general.

2329 days ago



**FANGFACEKITTY**



LOL I love the greens but do not like the orange veggies much at all.

2330 days ago



**PHEBESS**



Spinach omelet, spinach or zucchini quiche, asparagus omelet (just grill on a nonstick pan), spinach with pasta, broccoli with rice, raw greens on every sandwich, tons of salad.....I really like greens, especially spinach!

Let me know if you need ideas! (Buy pre-made crepes, add spinach, put on some shredded mozzarella and then a scrambled egg on top - roll up and you have a wonderful brekkie or light lunch!)

2330 days ago



**SUNNYWBL**



One step at a time will get you there!

2330 days ago



**MISCHAKEO**



Good luck on adding green. I like that 50/50 mix also. I like colorful salads and try to get as many colors as possible.

2331 days ago



**BBEAGAN**



Frozen peas are great - they can be steamed in the microwave in 2 min and added to any meal. I don't like many frozen veg... Grew up on a farm, and have high standards about freshness! But salads in winter tend to get abandoned in the bottom of the fridge. I don't want cold food in winter...

If you get brave enough, try a little lemon juice on any cruciferous veggies (broccoli, cabbage, Brussels sprouts, kale... The strong tasting ones). The acid seems to cut through something and make them yummier and easier to digest.

2331 days ago



**ONEKIDSMOM**



Happy greening... slow or fast...



2331 days ago



**STRIVERONE**



Although I like fresh greens, I depend on frozen broccoli to keep my intake up where it belongs. I'll add it to many recipes and let it turn to mush, or I'll have it steamed and relatively crunchy.

2331 days ago



**PANFRIEDTROUT**



maybe it's not the veggie itself you don't like ... maybe it's the way it's been prepared? or perhaps you prefer some kinds of texture over others?

anyway, I'd give asparagus, avocado, broccoli, celery, and artichokes another chance. maybe find recipes that use them in different ways?

and for sure, do a google search for "massaged kale salad".... it's yummy & that's coming from a person who didn't like kale.

Marie



2331 days ago

**DOVESEYES**



Greens are hard to like but have great nutrients to add to our bodies so I 'really love' them



...smiling as I say it!!!... hey I'd eat concrete if it helped!!! :)  
2331 days ago



**CD4114015**

I wish we could share palates somehow. I am a VEGGIE through and through...love them but never eat fruits....just too sweet for me. I have to remind myself to at least get a rainbow in mine



too! GREAT blog!  
2331 days ago



**MARYJEANSL**

I would imagine it must be possible to get all the nutrients one needs and never eat a salad, or anything else green. And if anyone could do it, it would be you, with all the healthful and nutritious fruits and veggies you eat. I'm not a particular fan of green salads myself. If I buy salad greens, they nearly always rot before they get eaten. My bad. Brussels sprouts can be roasted in the oven like root veggies, so you might try them in the crock pot with the other veggies. I hope you find lots of tasty ways to prepare the 'greens.'

2331 days ago



**SUNSHINEYOURWAY**

I love the Organic Salad Mix. Loved it so much I started growing Organic and it is easy. Enjoy your Rainbow!



Sharon

2331 days ago



**CD15068443**

I love almost all kinds of veggies but stay away from the high carb ones. Leafy greens are my fav. Love kale chips!!



2331 days ago



**SUBMOM2**

I tend to get in a veggie rut, too, but I guess I'll start chasing those rainbows!



2331 days ago



**GINIEMIE**

I love sweet potatoes, broccoli, cauliflower, Brussel sprouts, Belgian endives, kale, beets, and will eat turnips, black beans, kidney beans (but not so much chili) parsnips, lima beans, peas, red peppers in moderation-the green ones kill me. I can also eat a half a cantaloupe at a sitting several apricots or nectarines. I get bored of grapes but can eat a bag of cherries without realizing I ate the whole thing. Fruits are great, but I like veggies too. Salads-well I like them but I am picky-no iceberg lettuce. I don't really care much for celery either, but do like grated celery root. We grew up on variety. Potatoes, a salad and another veggie each day. I did not like the fruit cocktail mom served-but I understand that with 10 children it was the most affordable fruit to offer in the winter-especially in jello. Crushed pineapple became routine and no longer a favorite either. I like em, just don't always want to prepare them...there in lies my problem. Good luck introducing greens. I'll try



to add variety to my meals.



2331 days ago



**JAMIRBLAZE**


I tend to fall back on what I like and what's simple, but I have been trying to branch out more. I was not a fan of kale, but then I sauteed some in a tiny bit of oil with mustard and cider vinegar. Delicious. All about finding the flavor combination that works for you.



2331 days ago



**GIVEUP30**

 eating is a problem I like veggies, but don't care to eat



anything else. but I do  
2331 days ago



**LIVINGLOVINLIFE**

I really don't have trouble eating greens but I do need to widen my variety. There are all kinds





of vegetables I have never eaten. I should make this one of new goals, a new vegetable every week. Variety is the spice of life they say. Hugs and have a great day.  
2331 days ago



**DR1939**

I love greens but can get tired of them easily. As a result I, too, suddenly find myself looking at an all orange plate. My mother taught me to serve an attractive plate with foods in a variety of colors. It's an easy way to remember to balance your meals. Sometimes I will plate our food and suddenly realize I'm missing a color. I usually have some raw vegetable I can add along with a low-calorie dip. Broccoli and snap or snow peas are excellent eaten raw.  
2331 days ago



**JOYNEW**

Variety is a good thing!  
2331 days ago



**PHOENIX1949**

You have another version to the popular advertising slogan to 'Go Green' which is aimed at environmental protection.

Enjoy your greens!  
2331 days ago



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