



feed your potential 365™

Whether you're prepping for a big meeting, studying for a major exam or gearing up for a tough workout, the foods you choose directly impact the focus and energy you'll have to help you succeed.

Unlock the Energy

While most of us know that lean protein and healthy carbs (like whole grains) give us energy, many don't realize that there's a group of superfoods that help us unlock the energy from the other foods we eat.

These superfoods are easy to find, and with some advice from our chefs—delicious to eat. They're nutrition packed wonders and they have one thing in common, they're all green!

A Nutrition Powerhouse

Leafy greens and green veggies are a treasure trove of nutrients. They help your body unlock the energy from other foods, all the while powering your health in so many other ways. Dark leafy greens are a great example.

They're rich in vitamins A, C, E, and K as well as the B-vitamins essential to converting food into usable energy. With fiber, iron, magnesium, potassium and calcium, in addition to other beneficial antioxidants, these greens are a true superfood that can help you unlock the energy you need to tackle your to-do list.

Super Nutritious and Delicious

Whether you pick dark leafy greens, Brussels sprouts, broccoli raab, the humble green bean, or any other green veggie—adding some extra green to your plate is one of the best ways to support your active, healthy lifestyle.

Find new ways to cook the greens that you've been eating for years and try new greens that you may not have tried before. If you're not bowled over by the flavor of your greens – it's time to get some advice from our chefs. They have lots of tips and tricks for making sure that your greens are super nutritious and super delicious.

Discover all the ways to go green

Whether you prefer them cooked or raw, spicy or mild, tossed or topped—spring is one of the best times of year for fresh and healthy greens.

Love the leaf

- Romaine and leaf lettuce both have the mild flavor that's perfect for salads from Caesar to Chef to Cobb.
- Baby Spinach is great raw or cooked. Add fresh to salads or sauté with olive oil and garlic.
- Kale is all the rage—its slightly bitter but peppery taste is so popular that it's popping up everywhere.
- Mustard and collard greens are also a great choice any time of year.

Asparagus of all colors

Asparagus stalks are a spring favorite. Most asparagus sold in the US is green, but white and purple varieties are also nutrition powerhouses. Known for mild, earthy flavor asparagus are great steamed, roasted, stir fried or sautéed.

Broccoli with a twist

Broccoli has a familiar taste some love and some love to hate. Whether you're a broccoli fan or not, try some different ways to prepare this go-to green. For a change of pace replace the broccoli floret with broccoli raab. Both are versatile and terrific in omelets, pasta salads, stir fries and bean salads.

Slaws with attitude

Cabbage is a terrific stand-by for regular coleslaw. But to dial it up start your slaw with shredded Brussels sprouts – with a more robust flavor than cabbage it makes a terrific Asian slaw. Just shred and add white vinegar, ginger, scallions, cilantro and garlic.

Discover what healthy food can do to *feed your potential* every day at Aramark.com/FYP365



Aramark, as part of its *Healthy for Life*® initiative, is proud to be working with the American Heart Association to improve the health of Americans 20% by 2020.



food that fits YOUR LIFE[®]

HEALTHY Lifestyles

Simple tips from our chefs can help you dial up the flavor and take your greens to a whole new level.

Roast

Asparagus and Brussels sprouts are ideal for roasting and it takes only 10 to 12 minutes in the oven. Before roasting, drizzle olive oil mixed with a pinch of black pepper and a little balsamic vinegar or low sodium soy sauce.



Toss

Get creative with your salad. Toss your greens with herbal or fruit flavored vinegars and olive, sunflower or peanut oil. Vary your vinegar and oil choices until you find the perfect combination for you.

Top

Top your greens—hot or cold! Pour your favorite hot broth based soup over raw spinach or other dark leafy greens and enjoy the flavor of the soup with the added flavor and texture of the greens.



If you prefer 'cool greens' top them with 'cool beans'. Marinate edamame in white wine vinegar, honey, garlic and Dijon mustard; or marinate garbanzo beans in olive oil, lemon zest and Italian seasoning. Top off your greens and enjoy.

Wrap

For healthier sandwiches add spinach, romaine lettuce or spring mix in your wraps. Or you can ditch the tortilla altogether and use your greens to 'green wrap' everything from chicken to tuna to curried lentils.

Blend

Load spinach or kale into the blender with yogurt, soy or almond milk and your favorite fruit to create a nutritious, great tasting green smoothie.



Mix or Stir

For a quick and easy side dish, start with sautéed onions and garlic in broth or olive oil, then add broccoli raab or collards and cook until tender. Or you may prefer to stir-fry shredded cabbage or broccoli in sesame oil with a touch of ginger.

Since everyone's health history and nutritional needs are so different, please make sure that you talk with your doctor and a registered dietitian to get advice about the diet and exercise plan that's right for you.

Tangy Kale Slaw

Serves 8

- 3 Tbsp red wine vinegar
- 1 Tbsp mayonnaise
- 1 Tbsp honey
- 2 tsp chopped fresh cilantro
- 1 tsp sugar
- 1 tsp lime juice
- ½ tsp salt
- ⅛ tsp black pepper
- 3 cups sliced kale
- 1 cup shredded red cabbage
- ½ cup shredded carrots
- ¾ cup sliced scallions

Combine vinegar, mayonnaise, honey, cilantro, sugar, lime juice, salt and pepper. Whisk until well blended. Add remaining ingredients. Toss to coat. Serve chilled.

NUTRITIONAL INFORMATION *per serving*

Calories: 40	Protein: <1g	Cholesterol: 0mg
Sodium: 85mg	Carbohydrates: 5g	Saturated Fat: 0g
Fiber: 1g	Total Fat: 2g	

Apricot Brussels Sprout Slaw

Serves 6

- 2 cups trimmed and shredded Brussels sprouts
- ¾ cup dried apricot, diced
- ¼ cup trimmed and diced red onion
- 2 Tbsp Dijon mustard
- 1 Tbsp honey
- 1 Tbsp granulated sugar
- ¾ tsp salt
- ¾ tsp ground black pepper

Combine mustard, honey, sugar, salt and pepper. Mix well. Add remaining ingredients, toss to coat.

NUTRITIONAL INFORMATION *per serving*

Calories: 100	Protein: 2g	Cholesterol: 0mg
Sodium: 290mg	Carbohydrates: 23g	Saturated Fat: 0g
Fiber: 3g	Total Fat: 0.5g	

