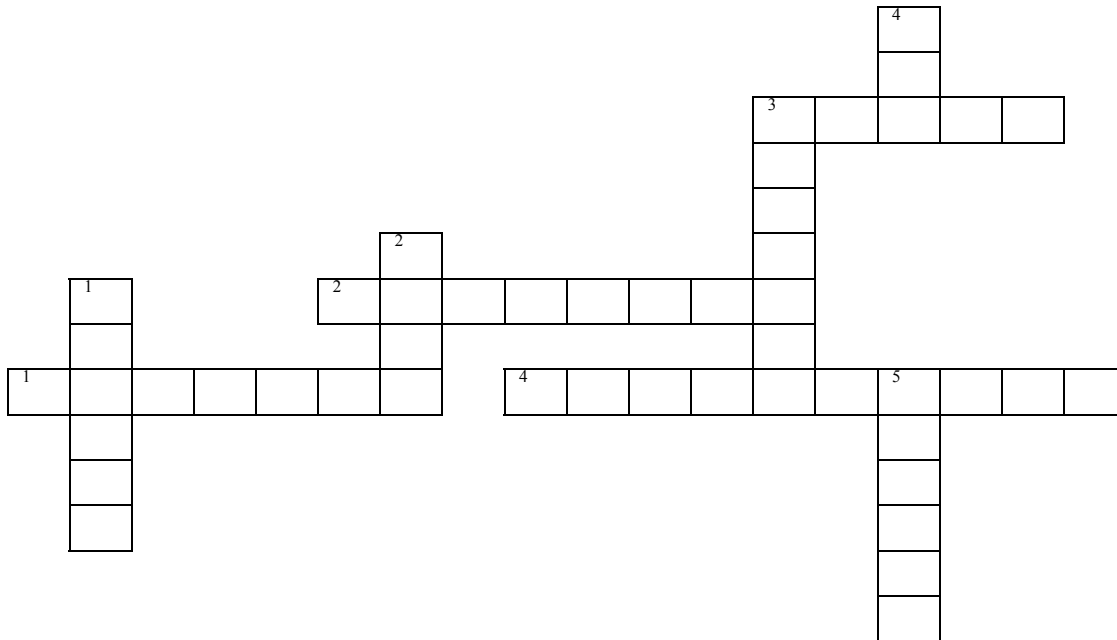


Leafy Green Vegetables Crossword



Across:

1. _____ greens and mustard greens are popular soul food ingredients.
2. Greens contain fiber, vitamin C, and _____, all of which may help reduce the risk of cancer.
3. Before cooking greens, wash thoroughly and remove tough _____.
4. Vitamin A is necessary for healthy _____ tissue, which is the site of many common cancers.

Down:

1. Spinach, collard, kale, mustard, and turnip greens can be found _____ as well as canned and fresh.
2. Use a tangy salad dressing for _____-flavored greens like spinach, kale, and chard.
3. The first frozen vegetable to be sold, _____, is also the leafy green with the most vitamin A.
4. One serving of greens is one-half cup cooked or _____ cup raw vegetables.
5. Stronger-flavored greens, like collard, mustard, and turnip greens, should be cooked for a _____ time.