

Powerfoods From Today's Cooking Demo

1. **Quinoa** – described as a powerhouse because of the protein, vitamins, minerals, and fiber. It is also gluten free and easy to cook with as seen in these recipes.
2. **Leafy Greens** - According to a report published by the Centers for Disease Control, a powerhouse vegetable is one that supplies on average, 10 percent or more of the daily value of 17 qualifying nutrients. The top-rated *green powerhouse* vegetables are watercress, chard, beet greens, spinach, and chicory.
3. **Walnuts** - These nuts are rich in omega-3 fats and contain higher amounts of antioxidants than most other foods. They contain a high percent alpha-linolenic acid (ALA). This can help improve brain health, decrease heart disease, and decrease cancer recurrence.
4. **Squash** – All squash contain vitamins A, B6, and C, folate, magnesium, fiber, riboflavin, phosphorus, and potassium. That's a serious nutritional power-packed veggie. It is also great for hydration and good for your eyes.
5. **Onion** - Research has found that, as theorized, there is a significant relationship between the level of allium vegetables (garlic, onion, leeks, green onions) that an individual consumes and their risk of cancer or recurrence. They contain one of the highest concentrations of quercetin, a type of flavonoid found in food. Studies have shown that quercetin and sulfur compounds in the onion family are bioactive and can help hinder the development and progression of cancer.