

Mayo Clinic Minute

Healthy Farmers Market Finds

Video	Audio
Vivien Williams	Lots of color. That's what you'll find at your local farmers market.
Jen Welper Executive Wellness Chef Mayo Clinic	"Different color offer different nutrients."
Vivien Williams	Jen Welper is the executive wellness chef with Mayo Clinic's Healthy Living Program. She's loaded with ideas to help you transform this gorgeous, vitamin-rich produce into fun and healthy foods for your family.
Jen Welper	"If you're trying to make your vegetables a little bit more interesting, especially if you're trying to get kids to eat them a little bit more, you can shred them, maybe a little bit of parmesan cheese and bread crumbs ..."
Vivien Williams	Press them into patties and sauté them.
Jen Welper	"Dark leafy greens are extremely fibrous, so they're really good for the digestive system."
Vivien Williams	Add them to soups, salads or even a stir-fry. Grab herbs ...
Jen Welper	"Instant flavor"
Vivien Williams	Mix with tomatoes and olive oil for a tasty topping for free-range chicken.
Jen Welper	"You're still incorporating your tomatoes, you're having greens from the basil, you're having a little bit of olive oil, garlic, antioxidants, you've got healthy fats."
Vivien Williams	Chef Welper says if you make meals from the rainbow of colors at the farmers

market, you'll enjoy foods that are nice to look at and healthy. For the Mayo Clinic News Network, I'm Vivien Williams.