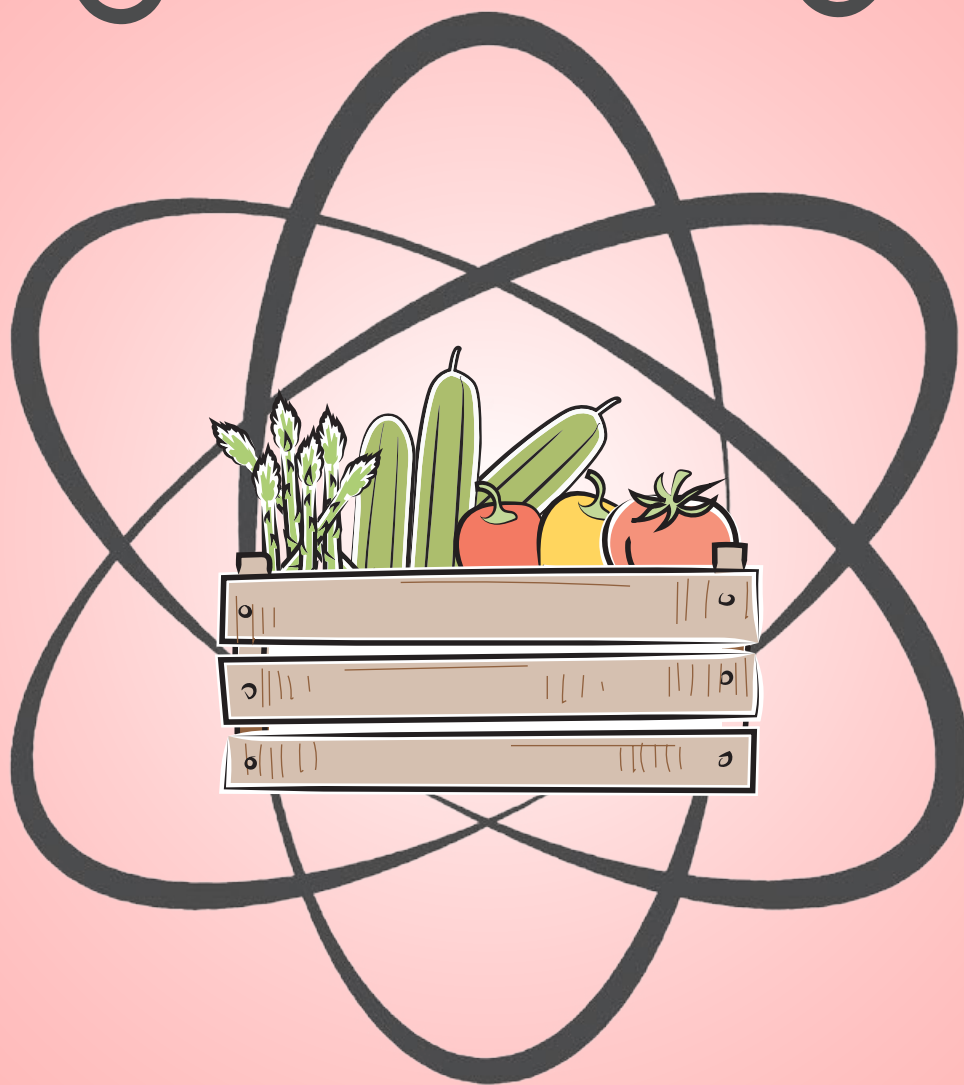


# Nutrivore

## GUIDE TO



# Vegetables

BY THE TEAM AT NUTRIVORE

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# Introduction to Vegetables

No broad category of food says “nutritional powerhouse” quite like vegetables do! From their dazzling array of phytonutrients, to their outstanding variety of vitamins and minerals, to their high content of gut-health-boosting fiber, veggies have a well-earned reputation for being some of the healthiest foods we can eat.

In fact, vegetables have a unique combination of features that pushes them to the top of the health scoreboard. In particular, they’re among our very best sources of:

- **PHYTONUTRIENTS.** Plants produce a variety of biologically active compounds needed for their growth, reproduction, and defense (including against pathogens, predators, and other plants). We refer to these compounds as “phytonutrients”—and while they serve important purposes for plants, they also impart a number of health benefits for humans! The phytonutrients concentrated in vegetables have been shown to benefit nearly every area of health: reducing the risk of cardiovascular disease and cancer, serving as antioxidants, lowering inflammation, reducing type 2 diabetes risk, promoting healthy blood pressure, lowering blood lipids, and even reducing overall mortality. Wow!
- **FIBER AND PREBIOTIC CARBOHYDRATES.** As plant components, vegetables provide a number of different types of carbohydrate with numerous benefits for gut health (including promoting regularity, maintaining the gut microbiota, and reducing the risk of several chronic diseases!), including:
  - **Cellulose** (the main component of plant cell walls)
  - **Hemicellulose** (another common component of plant cell walls)
  - **Pectin** (a water-soluble and highly fermentable fiber)
  - **Lignin** (a type of fiber with lots of branches made of chemicals called phenols)
  - **Chitin** (a fiber similar to cellulose, found abundantly in mushrooms)
  - **Chitosan** (a highly fermentable fiber similar to chitin)
  - **Gums** (a diverse group of fibers that plants secrete when they are damaged)
  - **Beta-glucans** (viscous, fermentable fibers closely related to gums)



- **Mucilages** (soluble fibers rich in the simple sugars xylose, arabinose, and rhamnose)
- **Fructans** (fructose-rich soluble and highly fermentable fibers)
- **Resistant starch** (an insoluble but highly fermentable carbohydrate that plays a major role in generating short-chain fatty acids by gut bacteria)
- **MICRONUTRIENTS**. On a per-calorie basis, it's hard to beat veggies in terms of micronutrient content! This food group delivers an enormous range of vitamins and minerals, with different vegetables serving as rockstars in their own unique way here: some boasting high levels of vitamin C, others shining in the vitamin B9 (folate) department, others providing abundant vitamin K. (This makes it extra important to "eat the rainbow"!)

Given their generous contributions of health-promoting compounds, it couldn't come as a surprise that science supports a high consumption of these foods! Speaking of which...

# What Counts as a Vegetable?

For the sake of defining the “vegetable” group, this category includes any part of a plant that we eat for food—with the exception of sweet fruits and seeds. And while technically not a plant, fungi (mushrooms) and algae (seaweeds) are also included here!

Many vegetables fall into one of five sub-categories, united either by their botanical family or their nutritional similarities:

- **ALLIUMS** (including chives, garlic, green onion, leek, onion, ramps, scallion, shallots, and spring onion)
- **CRUCIFEROUS VEGETABLES** (including cabbage, cauliflower, broccoli, turnips, Brussels sprouts, collard greens, kohlrabi, gai lan, kale, bok choy, rapini, horseradish, daikon, rutabaga, radish, mustard greens, watercress, and garden cress)
- **LEAFY VEGETABLES** (including lettuces, endive, escarole, frisee, radicchio, Swiss chard, spinach, lambsquarters, beet greens, amaranth greens, celery, cilantro, dill, fennel, hogweed, lovage, parsley, leafy cruciferous veggies like arugula, bok choy, collard greens, kale, mustard greens, cabbage, watercress, and garden cress, and herbs like basil, lavender, lemon balm, peppermint, sage, spearmint, and tarragon)
- **MUSHROOMS** (including the common mushroom, shiitake, oyster, enoki, maitake, cremini, portabella, puffballs, boletus, chanterelles, truffles, and morels)
- **ROOT VEGETABLES** (including beets, carrots, cassava, celery root, jicama, parsnips, potatoes, sweet potatoes, taro, and yams)

As vegetable sub-groups, the above categories tend to have some shared nutritional features (and subsequently, generalizable health benefits). **Alliums**, for example, are rich in thiosulfates—a class of sulfur-containing compounds that exhibit powerful anticancer properties, as well as antioxidant, anti-inflammatory, and anti-clotting effects. **Cruciferous vegetables** are known for their glucosinolates, which break down into isothiocyanates after the plant cells get damaged—in turn delivering significant anti-cancer, anti-diabetic, cardioprotective, antimicrobial, antioxidant, and neuroprotective effects. **Leafy vegetables** are famous for their cancer-fighting chlorophyll and fiber, while **mushrooms** contain a high content of ergothioneine—a non-proteinogenic amino acid with powerful antioxidant, anti-inflammatory, and detoxification properties, shown to combat diseases associated with aging and oxidative stress (in fact, it’s known as the “longevity vitamin!”). Meanwhile, **root vegetables** provide us with prebiotic carbohydrates (including resistant starch, inulin, fructooligosaccharides, and pectin) that beneficially modulate our gut microbiota.

However, plenty of veggies exist outside these sub-groups! Some botanical families provide us with only a few vegetables each that we commonly eat—such as the nightshade family, parsley family, Cucurbitaceae (gourd) family, and thistle family, to name a few. This group of misfits is the “**other vegetable**” category, and very much deserves a tour of its own! (We’ll get to that shortly.)

# The Benefits of Vegetables

Across the board, there's huge benefits to be had for eating more vegetables! Including more veggies in our diet has been linked to protection against numerous chronic diseases, lower risk of overall mortality, and better metabolic health and body composition.

For example, [a 2014 meta-analysis](#) showed that just three servings of vegetables per day reduced all-cause mortality risk by 25%. [A 2017 meta-analysis](#) showed that consuming 600g of vegetables daily (about five or six servings) reduced all-cause mortality risk by 25%, cardiovascular disease risk by 28%, and cancer risk by 12%. And, [a 2022 meta-analysis](#) showed that compared to eating no vegetables, consuming four or five servings daily reduced the risk of stroke, ischemic heart disease, and type 2 diabetes all by 23% or more!



And, let's not forget about variety! [A 2004 prospective study](#) found that over the course of 10 years, greater variety in vegetable intake was associated with a 36% lower risk of cancer.

Vegetables also offer significant benefits for metabolic health and body weight regulation. [A 2018 systematic review of cohort studies](#) found that consuming more than four servings of vegetables per day was associated with a 73% lower risk of weight gain over time. [A 2004 analysis](#) of Nurse's Health Study data found that over the course of a 12-year follow up, participants with the largest increase in vegetable intake had the lowest risk of obesity (a 28% risk reduction!).

What's more, vegetables may benefit metabolic health independently of weight loss. [A 2023 study](#) found that among overweight and obese young people, those in the highest tertile of vegetable intake (about three or four servings daily or greater) had a 94% lower likelihood of being a metabolically unhealthy phenotype, per the International Diabetes Federation definition. In other words, veggie consumption supports better metabolic health even within higher weight ranges!



# How Many Vegetables Do We Need to Eat to Get Their Health Benefits?

In general, to reap maximum health benefits, science supports an intake of 500 to 600 g of vegetables daily (that's a little over a pound, or about five to eight servings depending on the vegetable), and as much as you want above that. To help envision what this looks like: a serving is one cup (that's about the size of your fist) for most raw vegetables, and two cups (or two fists) for raw leafy veggies. Most vegetables will shrink to half a cup (or half a fist) when cooked. You don't need to weigh or measure your veggie servings—approximations are just fine.

However, if the idea of that many vegetables seems daunting, fear not! It's okay to work up to this lofty goal—every step in the right direction counts. Even though scientific studies show the more vegetables we eat, the better, there's a substantially bigger impact on health going from zero veggies to 200 g daily than there is going from 600 g to 800 g. In other words, lots is good, but some is much, much better than none! If you can manage just three servings for now, you're doing great.

Here's some more good news: when it comes to vegetables, you really can't go wrong! Barring issues like food intolerances or allergies, virtually any veggie you add to your diet will contribute something great. Whether it grows above ground or below, is starchy or leafy, or is raw or cooked, every vegetable deserves a place at the table. So, if you don't normally consider yourself a veggie fan, finding the ones you do enjoy eating is a perfectly fine strategy.



# “Other Vegetables”: The Misfit Veggies

“Other vegetables” encompasses all the veggies that don’t fit into any of the other large plant families. It contains many of our most well-loved veggies—including some botanical fruits that we use as culinary vegetables (like tomatoes and peppers), immature legumes (like sugar snap peas and green beans), asparagus, artichokes, and many more!

As a more comprehensive list, here’s some common members of this group:

- ARTICHOKE
- ASPARAGUS
- BABY CORN
- BAMBOO SHOOTS
- BITTER MELON (BITTER GOURD)
- BUSH TOMATOES
- CAPERS
- CARDOON
- CUCUMBER
- EDIBLE FLOWERS
- EGGPLANT
- GREEN BEANS
- HEART OF PALM
- LUFFA
- OKRA
- PEPPERS (SWEET OR HOT)
- PRUSSIAN ASPARAGUS
- RHUBARB
- SNOW PEAS
- SQUASH BLOSSOMS
- SUGAR SNAP PEAS
- SUMMER SQUASH
- TOMATILLOS
- TOMATOES
- ZUCCHINI



# Nutritional Highlights from the “Other Vegetables” Group

Like all veggies, members of the “other vegetables” food group are generally high in phytonutrients, fiber, and micronutrients. However, because they hail from so many different taxonomic families, individual vegetables in this group are all unique in what they provide! Let’s take a look at some of the top features of this diverse category of veggies.

For starters, eggplants are particularly rich in **anthocyanins**—a type of plant pigment that gives these veggies their beautiful deep purple color. Anthocyanins appear to have anti-inflammatory and neuroprotective effects, could improve glucose tolerance, may reduce the risk of chronic diseases like heart disease and cancer, and may even have pain-relieving properties (due to an affinity for certain “pain-sensation” cell membrane receptors in the brain!).

One particular anthocyanin in eggplants, **delphinidin**, exhibits anti-cancer activity against a number of cancer cell types, including breast, ovarian, lung, colon, prostate, liver, bone, blood, and skin cancers. It also has anti-inflammatory effects, neuroprotective activity, cardio-protective effects, liver-protective activity (reducing liver fibrosis and inflammation), ACE inhibitory activity (giving it blood pressure lowering effects), anti-diabetic activity, antiviral activity, and protective effects against osteoporosis (by reducing bone resorption and inhibiting the differentiation of osteoclasts—AKA specialized cells that break down bone tissue). It’s even shown beneficial effects on the gut microbiota, enhancing the proliferation of bifidobacteria and lactobacillus-Enterococcus species, and inhibiting the growth of some pathogens such as *Clostridium histolyticum*.

Eggplants also contain a derivative of delphinidin called **nasunin**, which also has powerful health-protective effects! This anthocyanin has been shown to protect cells from DNA damage, act against colon cancer cells, suppress angiogenesis, and scavenge free radicals.

Eggplants are also uniquely high in **acetylcholine**—a form of choline that functions as a neurotransmitter. In fact, studies have shown that owing to its acetylcholine content, eggplant can reduce hypertension and improve mental status!



“Other vegetables” of the Cucurbitaceae family—including zucchini, cucumber, summer squash, luffah, bitter melon, and gourds—contain compounds called **cucurbitacins**, a type triterpene with a number of disease-protective activities. Curcubitacins have been particularly well-studied for their anti-cancer actions, with experiments showing they can induce apoptosis (programmed cell death), autophagy, and cell cycle arrest, while also inhibiting cancer cell proliferation, epigenetic alterations, angiogenesis (the creation of new blood vessels for tumor growth), and cancer cell invasion and migration. There’s even evidence that curcubitacins can enhance the effectiveness of chemotherapy and radiotherapy treatments, and also protect against drug resistance during cancer therapy! One specific curcubitacin, called curcubitacin D, is particularly toxic to a number of human cancer types—including lung, pancreatic, oral, colon, breast, and hormone-dependent prostate cancer cells.

Beyond their anti-cancer actions, cucurbitacins have also demonstrated anti-inflammatory, anti-diabetic, cardio-protective, liver-protective, and immune-modulating activities. These phytonutrients really do it all!

Meanwhile, peppers provide us with **capsaicin** (in the case of “hot” peppers) and its non-pungent analog, **capsiate** (found in sweet peppers). Capsaicin is what gives chili pepper its characteristic heat, but it also has a number of health benefits for humans! For example, pre-clinical experiments show it can enhance energy expenditure and reduce the accumulation of body fat, giving it a potential role in body weight regulation. It also has pronounced anti-diabetic actions, anti-inflammatory and antioxidant properties, anti-cancer effects, and cardio-protective effects. And while this phytonutrient is known to cause gastrointestinal distress in some people, a growing body of evidence also suggests it could beneficially modulate the gut microbiota!

Although less well-studied than capsaicin, the capsiate in sweet peppers shows evidence for many of the same health effects as capsaicin. Some experiments show it can enhance energy expenditure and raise core body temperature similarly to capsaicin, although to a somewhat lesser degree—namely by activating TRVP1 receptors in the gut (in turn activating the sympathetic nervous system and inducing the release of catecholamines, which then increase thermogenesis and fat breakdown). In animal and in vitro studies, capsiate has also demonstrated some pain-relieving properties, and also appears to enhance lipid and glucose uptake in liver cells. More research is needed in humans!

Meanwhile, tomatoes are famous for providing **lycopene**—a type of antioxidant carotenoid (it has ten times more free radical scavenging ability than alpha-tocopherol!) with anti-inflammatory, cognitive enhancing, and neuroprotective properties. It’s been shown to reduce the risk of aggressive forms of prostate cancer, and higher intakes are associated with a lower risk of chronic diseases like cardiovascular disease, neurological disorders, and cancer (especially laryngeal, oral, and pharyngeal cancers). Although scientists are still researching its precise mechanisms of action, it may modulate the cellular redox environment, protect LDL cholesterol from oxidizing, and reduce neuroinflammation. In the gut, lycopene has antimicrobial activity against some pathogens, while promoting the growth of important probiotic species.

Asparagus are uniquely high in two saponins called **diosgenin** and **protodioscin**—which have been shown to induce cancer cell death, reduce the uptake of cholesterol, lower LDL levels (while increasing HDL levels), and prevent the initiation and development of colon cancer in animal models.

Green-colored members of the “other vegetable” category are also good sources of **chlorophyll**—the pigment that traps light for photosynthesis and gives plants their green color. But, chlorophyll has important functions for humans, too! It can actually combat some of the harmful compounds formed when meat gets cooked, and also has significant anti-inflammatory and antioxidant properties. Some research even shows it can beneficially modulate the gut microbiota, including in ways that contribute to healthy body composition. Asparagus, green beans, and edible-podded peas are good sources.

All of these incredible features are on top of the already vast array of phytonutrients found in vegetables in general—including specific well-studied polyphenols such as:

- **KAEMPFEROL** (an antioxidant with wide-ranging cancer-fighting properties, as well as an ability to reduce inflammation, regulate the immune system, act as an antimicrobial, prevent diabetes, reduce cardiovascular disease risk factors, prevent neurodegenerative diseases like Alzheimer’s disease, improve bone health, and aid weight loss)
- **QUERCETIN** (shown to reduce blood pressure, enhance insulin sensitivity, reduce inflammation, support wound healing, and even boost immunity)
- **LUTEOLIN** (which may help reduce inflammation, regulate the immune system, reduce allergic responses, protect the brain, protect against cancer, reduce the risk of neurodegenerative diseases, and reduce pain)
- **CHLOROGENIC ACID** (shown to help reduce blood sugar, prevent diabetes, aid in weight loss, reduce blood pressure, aid in homocysteine detoxification, and enhance mood)
- **P-COUMARIC ACID** (which may reduce inflammation, reduce intestinal inflammation, regulate the immune system, improve bone density, act as an antidepressant, prevent cancer, protect against kidney damage, and protect against tissue damage caused by drugs and alcohol)

...among many, many more!

# Other Vegetables Nutrivore Scores

As far as their Nutrivore Scores go, "other vegetables" rank as follows:

Artichoke	771
Asparagus	1385
Bamboo shoots	776
Capers, canned	5247
Cardoon, raw	1039
Cucumber	472
Eggplant (raw)	563
Green beans (raw)	605
Heart of palm, canned	707
Okra	859
Peas, edible-podded (raw)	669
Peppers, sweet green	1094
Peppers, sweet red	1358
Peppers, green chili	1234
Peppers, red chili	987
Summer squash, all varieties (raw)	1596
Tomatillos	621
Tomatoes	983
Zucchini, raw	1477

# The Great Tomato Debate

Out of all the botanical fruits we call vegetables, tomatoes have a particularly colorful history. In fact, the fruit-or-veggie debate made it all the way into the United States Supreme Court, in the *Nix v. Hedden* case of 1893!

In 1883, President Chester A. Arthur had signed a tariff act that (among other things!) imposed a 10% duty on imported vegetables, while exempting imported fruits. So, when a New York City fruit seller named John Nix found himself owing taxes on a large tomato import from the West Indies, he believed the taxation was wrongful: after all, tomatoes were a fruit, not a vegetable!

Insisting he was owed back duties, Nix filed a lawsuit against the city's tariff collector, a man named Edward L. Hedden. In court, Nix argued that tomatoes should be considered fruits under the common botanical definition; meanwhile, Hedden contended that they should be classified as vegetables based on their common culinary use.

After reading aloud the definitions of "fruit," "vegetables," and "tomato" from three different dictionaries, and calling forth two witnesses who had both been working in the produce-selling business for 30 years, the Supreme Court made its ruling. In a unanimous decision, it declared that for tariff purposes, tomatoes should be classified as vegetables because they are commonly used as such in meals.

Ultimately, the Court acknowledged that a tomato is a botanical fruit, but prioritized what they called the "ordinary" definitions of fruit and vegetable. And where tomatoes were concerned, they were more frequently eaten with the main course rather than dessert—the latter being the domain of fruit.

So, there we have it: in the grocery store, the kitchen, and the Supreme Court, tomatoes are a vegetable!



# Bottom Line

When it comes to vegetables, just remember: the more the merrier, but some is better than none! Every step you take in the direction of “more vegetables” will pay off.





# Recipes





BREAKFAST

# Zucchini Bread

**PREP TIME**

15 minutes

**COOK TIME**

1 hour

**YIELD**

two loaves

3 eggs

1 cup maple sugar or brown sugar,  
cane sugar, or your favorite granulated  
sugar

1 cup olive oil or your favorite vegetable  
oil

1 tablespoon vanilla

4 cups zucchini coarsely grated, about  
2 pounds, or 3 - 4 medium zucchini

2 cups all-purpose flour, gluten-free  
flour blend or grain-free flour of choice

2 teaspoons baking soda

1 teaspoon allspice

1 teaspoon nutmeg

1 teaspoon ground ginger

1 teaspoon salt

1 cup walnuts chopped

coconut oil and additional cassava  
flour to grease and flour pans

1. Preheat oven to 350°F. Grease and flour two loaf pans.
2. Beat together eggs, sugar, olive oil, and vanilla. Stir in zucchini.
3. Combine flour, baking soda, allspice, nutmeg, ginger and salt. Add to egg mixture and stir to fully incorporate. Fold in walnuts.
4. Pour half of the batter into each of the two prepared loaf pans.
5. Bake for 1 hour.
6. To remove from loaf pans, simply invert onto a cutting board or cooling rack. Cool on a cooling rack.
7. Store in an airtight container at room temperature for up to four days.



# Rhubarb Coffee Cake

**PREP TIME**

15 minutes

**COOK TIME**

1 hour

**YIELD**

12 servings

½ cup butter, or oil of choice

¾ cup maple syrup or honey

1 large egg

¾ cup heavy cream or coconut cream

1 tablespoon apple cider vinegar

2 teaspoons baking soda

1 ⅔ cups all-purpose flour, gluten-free flour blend or grain-free flour of choice

½ teaspoon allspice

½ teaspoon cardamom

½ teaspoons salt

3 cups rhubarb, finely diced

2 tablespoons butter, or your favorite solid oil

2 tablespoons cane sugar or granulated sugar of choice

½ teaspoons cinnamon

¼ cup all purpose-flour, gluten-free flour blend or grain-free flour of choice (for crumb topping)

½ cup pecans, chopped (optional)

1. Preheat oven to 325°F. Grease a 7"x10" or an 8"x8" baking dish with lard, coconut oil, or ghee.
2. Add lard, honey and egg to the bowl of a standing mixer. With whisk attachment at medium speed, cream together until light and fluffy, about 3-4 minutes.
3. Meanwhile, combine apple cider vinegar and coconut cream (tip: add vinegar to the bottom of a measuring cup and then pour in cream to the ¾ cup line). Add 1 tsp baking soda and let sit for 2 minutes. (Caution: it will froth and expand, so use at least a 2 cup size measuring cup or do this step in a mixing bowl.)
4. Combine flour, spices, remaining baking soda and salt.
5. With mixer on low, add thirds of flour mixture and cream mixture, alternately. Once fully incorporated, remove whisk attachment and fold in rhubarb by hand.



6. Pour batter into prepared baking dish.
7. Make the crumb topping. Combine butter, sugar, cinnamon and flour in a small bowl. With your fingers, gently drop crumbs onto the surface of the cake batter, breaking up any bigger pieces as you go.
8. Sprinkle chopped pecans over the top of the cake, if using.
9. Put in the oven. Set a timer for 10 minutes.
10. After 10 minutes, increase oven temperature to 350°F. Cook for a further 50 minutes.
11. Remove from oven and let cool before serving.

# APPETIZERS

# Artichoke and Spinach Dip

**PREP TIME**

15 minutes

**COOK TIME**

1 hour

**YIELD**

6-8 servings

4 ounces bacon

1 small yellow onion, finely chopped

3 cloves garlic, crushed

24 ounces frozen artichoke hearts, thawed and drained or 2 14-ounce cans, drained and rinsed

2 cups fresh spinach, chopped (or substitute any mild tasting green)

$\frac{2}{3}$  cup mayonnaise

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  teaspoon pepper

1 cup Romano cheese, optional

Carrot sticks, celery sticks, sweet pepper slices, broccoli florets, tortilla chips, or crusty bread for serving

1. Preheat oven to 375° F.
2. Cook bacon until crispy in a skillet over medium-high heat. Remove bacon and set aside.
3. Add onion, garlic and artichoke hearts to hot pan. Cook, stirring occasionally, until onion is soft and a little browned.
4. Add spinach and cook until wilted, about 2-3 minutes (longer if you substitute a more substantial leaf).
5. Add artichoke mixture to a small casserole dish or pie pan and stir in mayonnaise.
6. Sprinkle chopped bacon and cheese, if using, over top and bake for 25-30 minutes.



SIDES



# Zucchini Fritters

**PREP TIME**

20 minutes plus  
resting time

**COOK TIME**

30 minutes

**YIELD**

12 large fritters

3 large zucchini (about 2 ½ pounds),  
or any variety of summer squash

1 ½ teaspoon salt, divided

2 large eggs

1 bunch green onions, sliced

¾ cup all-purpose flour, gluten-free  
flour blend or grain-free flour of  
choice

1 teaspoon baking powder

¼ teaspoon black pepper

Oil for frying

Sour cream or tzatziki for serving, if  
desired

1. Trim ends off zucchini and grate using the large holes of a box grater or a food processor. In a large mixing bowl, toss zucchini with 1 teaspoon of salt, and set aside for 10 minutes.
2. Transfer zucchini to a cheesecloth, kitchen towel or nut milk bag and squeeze out as much liquid as possible. Discard the liquid. Place back in the mixing bowl.
3. Mix eggs, green onion, flour, baking soda, pepper and remaining ½ teaspoon of salt into zucchini until combined.
4. Heat a large skillet over medium heat. Add 3 tablespoons of oil to the hot skillet then, using a ¼-cup scoop or ladle, drop fritter batter into the pan and flatten slightly with the back of a spoon or a spatula to form a pancake shape. Repeat with remaining batter, making sure not to overcrowd the pan, and work in batches. Top up the oil in the skillet before each batch.
5. Cook the patties for 2 to 3 minutes on the first side, flip, and cook for 2 to 3 more minutes, or until well browned. Place on a paper towel-lined plate while you finish cooking remaining fritters.
6. Serve with sour cream or tzatziki if you like.



# Roasted Green Beans with Sesame Seed Dressing

**PREP TIME**

5 minutes

**COOK TIME**

20 minutes

**YIELD**

4 servings

5 tablespoons olive oil or oil of choice

1½ pounds green beans, trimmed

1 teaspoon sea salt

⅛ teaspoon black pepper

2 tablespoons lemon juice

2 teaspoons Dijon mustard

½ teaspoon toasted sesame oil

1 tablespoon toasted sesame seeds

1. Preheat oven to 450°F. Line a rimmed baking sheet with aluminum foil or parchment paper.
2. Toss the green beans with 3 tablespoons oil and sprinkle liberally with salt and pepper.
3. Roast for 18 to 20 minutes (longer if you have thicker beans), stirring the green beans at the 10-minute mark. They're done when they start browning and getting a little crisp on the outside and are soft but not mushy inside.
4. **MAKE DRESSING:** In a small bowl, whisk together lemon juice, mustard, sesame oil and remaining 2 tablespoons olive oil.
5. Remove the green beans from the oven, place in a serving bowl. Toss with the dressing and sprinkle sesame seeds over the top.



# Eggplant and Mushroom Casserole

**PREP TIME**

15 minutes, plus time to salt eggplant

**COOK TIME**

1 hour

**YIELD**

4 to 6 servings

2 large eggplants, peeled and cut into ½-inch dice

2 tablespoons sea salt

6 ounces bacon, chopped

2 to 3 tablespoons butter, olive oil or oil of choice

1 medium yellow onion, finely chopped

2 to 3 stalks celery, cut into ¼-inch slices

2 pounds mushrooms

1 tablespoon fresh parsley, finely chopped

1 tablespoon dried savory

Sea salt and black pepper, to taste

1 cup bone broth

1. Put the eggplant in a colander and sprinkle liberally with the salt. Place the colander in the sink and let sit for at least one hour. This step is critical for getting the eggplant to hold its shape and not turn to mush.
2. Rinse the salt off the eggplant, then place the eggplant on several paper towels on the counter or a rimmed baking sheet. Cover with more paper towels and gently squeeze the excess water out of the eggplant. Set aside.
3. Add the bacon to a cold skillet, then heat the skillet over medium-high heat, stirring frequently. When the bacon is mostly cooked, add the eggplant and cook, stirring frequently, until the eggplant is starting to brown. If the eggplant starts to stick to the pan, add additional tablespoon of butter or oil.
4. Set the bacon and eggplant aside in a large bowl and return the skillet to the stovetop. Add 1 tablespoon of butter to the skillet with the onion and celery and cook until softened.



5. Add the mushrooms to the skillet. If the vegetables start to stick, add another tablespoon of butter. Cook until the mushrooms are nicely sauteed but still firm. Add the mushrooms to the eggplant and bacon in the bowl.
6. Toss the vegetables with the savory and parsley until well combined. Taste and add salt and pepper, if desired.
7. Preheat the oven to 325° F.
8. Place the vegetable mixture in a casserole dish and pour the broth over the top. Bake for 30 minutes. Let cool and serve.



**TIP:** Using an assortment of wild mushrooms, such as morels, chanterelles, and oyster mushrooms adds a depth of flavor and more varied texture to this dish.



# Broiled Tomatoes with Romano

**PREP TIME**

10 minutes

**COOK TIME**

4 minutes

**YIELD**

6 servings

1 tablespoon olive oil, or oil of choice  
1 small garlic clove, minced  
¼ cup grated Romano cheese  
3 plum tomatoes, cut in half lengthwise

1. Preheat the broiler in your oven on high with oven rack at highest position.
2. Mix oil and garlic clove on a small plate. Spread Romano on a second small plate. Dip the cut side of each tomato into the olive oil and then into the Romano.
3. Place tomatoes cheese-side-up on a broiling pan or rimmed baking sheet. Repeat with remaining tomato halves. Mix any remaining olive oil and Romano together and spoon over the top of each tomato half.
4. Broil until cheese is golden brown, about 3 to 4 minutes. Serve.



# Roasted Veggies with Walnuts

**PREP TIME**

15 minutes

**COOK TIME**

15 minutes

**YIELD**

3-4 servings

½ red bell pepper, cut into 1-inch cubes

½ orange or yellow bell pepper, cut into 1-inch cubes

¼ red onion, cut into 1-inch cubes, separated

4 ounces portabella mushrooms, thickly sliced

1 tablespoon olive oil or oil of choice

¼ teaspoon salt

¾ cup sugar snap peas

1 small zucchini, sliced into ¼-inch thick rounds

1 yellow summer squash, sliced ¼-inch thick rounds

2 cloves garlic, minced

2 teaspoons balsamic vinegar

¼ cup fresh basil leaves

¾ cup walnut halves or large pieces

1. Preheat oven to 400°F.
2. Toss bell pepper, onion and mushrooms with olive oil and salt.
3. Place on a rimmed baking sheet, spreading out to not overcrowd, and bake for 10 minutes.
4. Add snap peas, zucchini, yellow squash and garlic to baking sheet, stir to incorporate, and then top with walnuts. Cook for 5 to 6 minutes, until vegetables are tender-crisp and walnuts are toasted.
5. Drizzle with balsamic vinegar and sprinkle with basil. Serve.



# Roasted Okra

**PREP TIME**

10 minutes

**COOK TIME**

35 minutes

**YIELD**

4 servings

3 tablespoons olive oil, or oil of choice

2 pounds fresh okra, stems removed  
and sliced into 1- to 2-inch pieces

1 teaspoon sea salt

$\frac{1}{8}$  teaspoon cracked black pepper

1 tablespoon lemon juice

2 tablespoons sliced almonds

1. Preheat the oven to 425°F.
2. Toss the okra with olive oil and sprinkle liberally with salt and pepper.
3. Roast for 30 to 35 minutes (longer if you have larger okra), stirring the at the 20-minute mark. They're done with they start browning and getting a little crisp on the outside.
4. Remove from the oven, place in a serving bowl, toss with the lemon juice and sprinkle sliced almonds over the top.





SOUPS AND

SALADS

# Asparagus Soup

**PREP TIME**

10 minutes

**COOK TIME**

25 minutes

**YIELD**

5-6 servings

2 bunches asparagus (about 2½ pounds)  
6 cups chicken stock, divided  
1½ cups cubed green plantain (about 1 large plantain or 1½ medium)  
2 cups cauliflower florets (about ½ small head)

1 tablespoon lemon juice  
1 teaspoon sea salt  
8 to 12 ounces lox, for garnish (optional)  
1 cup plain yogurt or coconut milk yogurt, for garnish (optional)

1. Snap the tough stems off the asparagus. Add the tough stems to a large soup pot with 5 cups of the stock, the plantain, and cauliflower. Bring to a boil and then reduce the heat to maintain a simmer.
2. Simmer for 15 to 20 minutes, until asparagus stems are soft when pierced with a knife and cauliflower is overcooked. (For very tough stems, you may need to simmer longer.)
3. Meanwhile, slice the tender asparagus tips into ½-inch pieces.
4. In a blender in two batches or with an immersion blender, puree the contents of the pot until a completely smooth puree forms (this takes 1 to 2 minutes in a blender, but may take longer with an immersion blender).
5. Bring the remaining 1 cup of stock and sliced asparagus tips to a simmer on the stovetop (do this in a separate small pot if you opted to puree using an immersion blender, or in the same pot if you opted to use your countertop blender). Simmer for 3 to 5 minutes until tender but not too soft.
6. Add the tender asparagus tips and stock to puree in your soup pot. Stir in lemon juice and salt. Stir and taste to see if it's seasoned to your liking. Add additional salt, if needed.
7. Spoon into bowls and garnish with lox and plain yogurt, if desired.



# Spicy Avocado and Vegetable Gazpacho

**PREP TIME**

20 minutes, plus 30 minutes chilling time

**COOK TIME**

none

**YIELD**

4-6 servings

2 large tomatoes, seeded and coarsely chopped

1 medium yellow pepper, cut into ½-inch pieces

1 medium cucumber peeled, seeded, and cut into ½-inch pieces

1 large celery stalk, thinly sliced

½ bunch radishes, finely chopped

2 medium avocados, seed and peel removed and cut into ¾-inch chunks

1 32-oz bottle spicy cocktail vegetable juice, chilled

¼ cup red wine vinegar

¼ teaspoon sea salt

½ teaspoon chili flakes (omit if you'd like it less spicy)

1 tablespoon fresh cilantro, chopped

Yogurt or sour cream, or dairy free alternative, to serve (optional)

1. Combine all ingredients, and gently stir.
2. Cover and refrigerate at least 30 minutes, or until very cold.
3. Serve with a spoonful of sour cream or yogurt, if desired.



# Celery and Parsnip Soup

**PREP TIME**

20 minutes

**COOK TIME**

15 minute

**YIELD**

6 servings

2 tablespoons olive oil or oil of choice

½ cup raw cashews

1 onion, diced

4 garlic cloves, rough chopped

6 cups celery, sliced thin (about 1 extra-large head)

1 pound parsnips, sliced

5 cups chicken stock

1 bay leaf

1 teaspoon chopped fresh lemon thyme  
or regular thyme

1 teaspoon sea salt

½ teaspoon pepper

1 tablespoon lemon juice

½ cup chopped fresh parsley

1. Heat oil in a large pot over medium high-heat. Add onion and cashews, stirring occasionally, and cook until onions are starting to brown, about 5 minutes.
2. Add garlic, celery, parsnips, chicken stock, bay leaf, thyme, salt and pepper. Bring to a boil and then reduce heat to maintain a simmer. Cover and cook until vegetables are tender, about 10 minutes.
3. Remove bay leaf. With an immersion blender, blend until smooth. Alternately, blend in batches using a countertop blender.
4. Stir in lemon juice and parsley. Taste and add additional salt, if needed. Serve warm or chilled.



# Avocado Mango Seaweed Salad

**PREP TIME**

10 minutes

**COOK TIME**

none

**YIELD**

4 servings

1 6-oz bag sea vegetables, rehydrated  
½ English cucumber, thinly sliced  
½ teaspoon sugar of choice  
3 tablespoons fresh lemon juice  
2 tablespoons olive oil or oil of choice

1 tablespoon toasted sesame seed oil  
1 tablespoon sesame seeds  
2 avocados, diced in ½-inch pieces  
1 whole mango, diced in ½-inch pieces

1. Rehydrate seaweed according to package directions. Rinse well and drain completely in a sieve.
2. Thinly slice cucumber using the finest setting on a mandoline slicer (or as thin as you possibly can with a sharp knife).
3. Combine cucumber and rehydrated seaweed in medium bowl.
4. Combine sugar, lemon juice, olive oil, and sesame oil, and add to cucumber and seaweed mixture. Toss to coat.
5. Add sesame seeds, avocado and mango and gently toss to combine. Serve immediately.





# Grilled Corn Salad

**PREP TIME**

20 minutes

**COOK TIME**

10 minutes

**YIELD**

4-6 servings

4 ears sweet corn

¼ cup olive oil or oil of choice, divided

½ teaspoon sea salt

½ teaspoon black pepper

1 tablespoon honey

½ cup lime juice

2 tablespoons chopped fresh cilantro

1 romaine heart, shredded

½ red onion, finely sliced

1 cup cherry tomato, halved

1 orange pepper, diced

1 avocado, pitted, peeled and chopped

1. On a plate, rub corn with 2 tablespoons of olive oil to fully coat. Season with sea salt and pepper.
2. Preheat gas or charcoal grill to medium-high heat.
3. Add the seasoned corn to the grill. Cook until charred slightly, 3 to 5 minutes per side. Remove from the grill and set aside to cool.
4. **MAKE DRESSING:** whisk together remaining 2 tablespoons olive oil, honey, lime juice and cilantro.
5. Slice kernels off of grilled corn.
6. In a large bowl, mix corn kernels with romaine, red onion, tomatoes, pepper and toss with dressing to fully coat. Gently fold in avocado.



# ENTRÉES



# Heart of Palm Linguini with Clam Sauce

**PREP TIME**

10 minutes

**COOK TIME**

15 minutes

**YIELD**

2 servings

2 12-ounce packages or 14-ounce cans of heart of palm linguine or spaghetti

1 10-ounce can chopped clams

2 tablespoons oil

½ onion, finely chopped

1 clove garlic, minced

½ teaspoon sea salt

⅛ teaspoon cracked pepper

2 tablespoons fresh chopped parsley

1. Drain heart of palm linguini, rinse thoroughly, and set aside.
2. Drain clams but reserve liquid. Set aside
3. Heat oil over medium-high heat in a skillet. Add chopped onion and sauté for 4 to 5 minutes, until soft and aromatic. Add garlic and cook for an additional minute.
4. Add chopped clams and clam liquid. Bring to a boil and then reduce heat to maintain a rapid simmer. Simmer until liquid has reduced by more than half (pan should have very little liquid), about 5 minutes.
5. Add salt, pepper and parsley. Add heart of palm linguini and cook, stirring constantly but gently, until linguini has heated through, about 1 to 2 minutes.



# Stir-Fried Prawns and Snow Peas

**PREP TIME**

20 minutes

**COOK TIME**

20 minutes

**YIELD**

2-3 servings

4 teaspoons sea salt, divided  
2 cups cold water  
1 pound prawns or large shrimp,  
peeled and deveined  
½ cup chicken stock  
1 tablespoon rice vinegar or coconut  
water vinegar  
1 tablespoon soy sauce or coconut  
aminos  
1 tablespoon cornstarch or arrowroot  
powder

1 teaspoon honey  
⅛ teaspoon ground white pepper  
3 tablespoons oil of choice, divided  
2 tablespoons minced garlic (about 8  
cloves)  
2 teaspoons minced fresh ginger root  
8 ounces snow peas, strings removed  
1 green onion, thinly sliced  
Rice or cauliflower rice for serving

- 1. BRINE SHRIMP:** Stir 1 tablespoon salt into cold water until dissolved. Pour over shrimp and let marinate 5 minutes. Rinse shrimp and drain dry on paper towels
- 2.** In a small bowl, whisk together chicken stock, rice vinegar, soy sauce, cornstarch, honey, and white pepper. Set aside.
- 3.** Heat 2 tablespoons oil in a large wok or skillet over high heat. Cook shrimp, stirring constantly, until pink on all sides, about 1 minute. Add in garlic and ginger, and stir fry 1 minute, until fragrant. Add remaining 1 tablespoon of oil, snow peas and remaining 1 teaspoon salt, and stir fry until cooked al dente, about 1 to 2 minutes.
- 4.** Add green onion and broth mixture to wok and cook until sauce thickens, about 1 to 2 minutes. Serve immediately.



# Beef Pot Pie

**PREP TIME**

20 minutes

**COOK TIME**

1 hour, 40 minutes

**YIELD**

6 - 8 servings

2 cups all purpose flour, gluten free flour blend or grain free flour of choice  
2 ⅛ teaspoon sea salt, divided  
1 cup cold lard or unsalted butter  
1 tablespoon apple cider vinegar  
5 to 6 tablespoons ice cold water  
2 tablespoons olive oil or oil of choice  
2 pounds flank steak or other inexpensive tougher steak

½ large white onion, diced  
3 carrots, diced  
4 stalks celery, diced  
4 cups beef stock  
2 tablespoons apple cider vinegar, or 3 tablespoons tomato paste  
2 bay leaves  
1 green plantain or Russet potato, peeled and grated  
1 ½ cups fresh or thawed frozen peas

1. Mix the flour and ⅛ teaspoon salt in a mixing bowl. Add the lard, then use a whisk or two knives to cut the lard into the cassava flour until the mixture resembles dry oatmeal; the largest pieces of lard should be no bigger than peas.
2. Add the apple cider vinegar and then the ice water 1 tablespoon at a time and work it into the dough. Stop as soon as the dough easily holds together.
3. Wrap the dough in wax paper or plastic wrap and place in fridge while you prepare the pie filling to keep it cold.
4. Heat a large skillet over medium-high heat. Add the oil and meat. Brown the meat, 6 to 8 minutes, stirring occasionally.
5. Add the onion, celery, and carrots to the meat. Cook until starting to brown, about another 7 to 8 minutes, stirring occasionally.



6. Add the stock, vinegar, remaining 2 teaspoons salt, bay leaves, and grated plantain. Reduce heat to maintain a simmer. Cook until grated plantain dissolves into stock, about 20 minutes. As stock thickens, stir more frequently to make sure it's not burning on the bottom (add additional water, if needed to prevent scorching).
7. Taste and add additional salt, if needed. Spoon the filling into ramekins for individual pot pies or a large casserole dish. Allow to cool before adding crust.
8. Preheat the oven to 375°F.
9. Roll pie crust dough between two sheets of parchment paper to  $\frac{1}{4}$  to  $\frac{3}{8}$  inch thick, trying to roughly mimic the size and shape of your chosen dishes. Carefully transfer crust onto the filling. Use any leftover crust to fill any gaps or make decorations for the top. Using a sharp knife, pierce a few slits through the crust.
10. Bake for 50 to 60 minutes, until crust is starting to brown and filling is bubbling through slits.



# Cedar Plank Salmon with Dill and Capers with Foil-Wrapped Asparagus

**PREP TIME**

20 minutes

**COOK TIME**

30 minutes

**YIELD**

4-5 servings

1 cedar grilling plank (large enough for all four fillets)

2 lemons

3 tablespoons chopped parsley

1 tablespoon chopped fresh dill

2 tablespoons capers, drained and chopped

1 clove garlic, minced

1 anchovy fillet, finely minced (or use ½ teaspoon anchovy paste)

¼ teaspoon sea salt

⅛ teaspoon cracked pepper

4 to 5 salmon fillets, with skin (about 1½ pounds)

1 pound asparagus, trimmed

2 tablespoons butter, cut into small pieces

1-2 teaspoons lemon pepper seasoning, to taste, or substitute with salt, black pepper and a squeeze of lemon juice

1. Submerge cedar plank under water for at least an hour. Pat dry right before putting on the grill.
2. Thinly slice 1½ lemons. For the remaining half lemon, zest the peel and juice.
3. In a small bowl, combine lemon juice, lemon zest, parsley, dill capers, garlic, anchovy, salt and pepper.
4. Spread the seasoning evenly over the top of the salmon fillets. Top with lemon slices.
5. Preheat grill to medium-high heat (about 450°F). Place the soaked cedar plank on the grill grates and close the lid. When the plank begins to smoke and lightly char, about 6 to 7 minutes, remove from the grill.
6. Prepare the asparagus: spread asparagus evenly over one half of a large sheet of aluminum foil. Place the





pieces of butter evenly over the asparagus and sprinkle with lemon pepper seasoning. Fold the foil over the asparagus to cover, and then fold and pinch the foil to seal on all sides.

7. Place prepared salmon fillets on the charred side of the cedar plank and return to the grill. Add the foil-wrapped salmon to the grill as well.
8. Close the lid and grill until the salmon is fully cooked, segments should flake apart easily and salmon should be opaque throughout, and the asparagus is tender, flipping the foil packet halfway through, about 15 minutes per inch thickness.
9. Open the foil packet and stir to coat the asparagus evenly in the butter and seasoning. Serve with the salmon.

# About the Creators of this Book

## Dr. Sarah Ballantyne, PhD

### FOUNDER OF NUTRIVORE

Award-winning public speaker, New York Times bestselling author and world-renowned health expert, Dr. Sarah Ballantyne, PhD believes the key to improving public health is scientific literacy. She creates educational resources to help people improve their day-to-day diet and lifestyle choices, empowered and informed by the most current evidenced-based scientific research.



## Charissa Joy, AOS

### CHIEF OPERATIONS OFFICER

Charissa Joy has over 15 years of experience working in the wellness space. Charissa has many roles on the team. She is Dr. Sarah's right hand woman and touches every part of Dr. Sarah's businesses. She manages all communications for Nutrivore, both external and internal. She is the project and team manager. She handles all marketing internal and external marketing, as well as all brand/affiliate partnerships.



## Nicole Anouar, BA

### GRAPHIC DESIGNER

Nicole Anouar has a B.A in graphic design from the University of San Francisco and specializes in branding and educational design for healers and health professionals in the online space. With 8+ years of education and practice in graphic design, content marketing and ancestral lifestyle tradition, Nicole expresses her passion for truth and her love for alternative living into the work she does every day.



## Kiersten Peterson, BA, NTP

### CONTENT CREATOR AND PHOTOGRAPHER

Kiersten is a Content Creator for Nutrivore with a focus on recipe creation, practical resources and food photography, with a little writing on the side. After experiencing full body healing with the help of Dr. Sarah's and others' work, she now enjoys finding and creating beauty both in her work for Nutrivore and in her home as she raises two daughters alongside her military husband.



## Denise Minger

### CONTENT CREATOR AND RESEARCHER

Denise is a health researcher and author of the best-selling book, “Death By Food Pyramid”—an award-winning exposé of the forces that shaped our dietary guidelines and beliefs, and that’s been featured in documentaries, UPenn medical writing curricula, the Nutritional Therapy Association certification program, and numerous other health education courses around the world.



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Jacqueline has a degree in Chemical Engineering (Bachelor of Applied Science) from the University of British Columbia in Canada, along with a master’s degree in renewable energy technology from the United Kingdom. She has also achieved her Professional Engineering designation in her home province of Alberta, Canada.



Jacqueline does a wide variety of tasks for Nutrivore including, article writing, data design, data visualization, all things excel, research, and content creation. When she’s not googling her way out of the excel jungle, she is parenting her two young boys and spending time outdoors.

## Lisa Hunter, MSc

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Lisa has a Bachelor of Science degree in Chemistry and Biochemistry, a Master of Science degree in Biochemistry, and worked in the pharmaceutical industry developing bio-products for 7 years, prior to taking time off to raise her two children.



On Nutrivore.com she is a researcher, writer, and content creator and is responsible for developing and maintaining the expanded Nutrivore Score database of over 7,500 foods (plus many of the nerdy puns sprinkled throughout the website!).

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