



7 Superfood Recipes for Winter Produce

When we think of fruits and vegetables in season, we usually think of the new growth of spring, the ripening warmth of summer, or the harvests of fall. But it might surprise you to see how much rich, colorful produce blossoms in the cool of winter!

Here are seven recipes that feature delicious winter veggies to treat your taste buds, fill your belly, and warm your bones.



1. CARROTS

Carrots are packed with natural antioxidants like beta-carotene and lutein, which help prevent vision problems. Treat your peepers and your palate to this cool-season crop.

Winter Recipe: [Garbanzo Bean Curry With Carrot](#)



2. LEEKS

The manganese in leeks can help support thyroid health and may lessen the pain of PMS. Plus, leeks are a great source of allicin, which can lower your cholesterol.

Winter Recipe: [Italian Spaghetti Squash With Leeks](#)



3. BROCCOLI

Broccoli can take on different flavors based on how it's cooked. You can enjoy its many tastes while filling up on its hearty amounts of folate, which has been linked with better brain function.

Winter Recipe: [Cashew Chicken and Broccoli Stir-Fry](#)



4. ONIONS

Research has begun to link the many nutrients in onions with lower blood pressure and a lower risk of heart disease. Peel back those layers, unlock that zingy flavor, and savor some good-for-you food!

Winter Recipe: [Breakfast Fajitas With Onions](#)



5. COLLARD GREENS

Collard greens are a filling veggie packed with fiber to help you digest your food. They are also rich in vitamin K, which can help keep your blood healthy.

Winter Recipe: [Black Bean Collard Burrito](#)



6. BRUSSELS SPROUTS

Brussels sprouts have been shown to help people balance their blood sugar levels, and they're chock-full of vitamin C, which helps boost your immune system. Roasting brussels sprouts unlocks a nutty flavor that can turn a bland meal into a satisfying supper.

Winter Recipe: [Roasted Brussels Sprouts](#)



7. MUSHROOMS

A fiber called beta-glucan, found in many mushrooms, is linked with improved heart health and lower cholesterol.

Winter Recipe: [Pasta With Ricotta and Mushrooms](#)

Not a Livongo Member? Livongo offers support for diabetes, blood pressure, weight, behavioral health, and more. See if you're eligible at get.livongo.com/STATEOFVERMONT/new.