

MEET MIZUNA

SECOND CITY GREENS

Get to Know this Fantastic Green

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Mizuna may not be one of the more common greens eaten in the US, but it is a great one to include for both its flavor and the nutrition it provides. Let's get to know Mizuna better.

Mizuna is a mustard green. More specifically, it is a Japanese mustard green. Its flavor is rich and peppery--similar to arugula, but slightly less peppery. Its leaves are light and feathery. They provide a great, tender texture for fresh dishes, but they can be eaten either fresh or added to

cooked dishes. Mizuna can also be pickled, which Japanese chefs have been doing for many years.



Like other dark green leafy vegetables, it is very nutritionally dense. What does nutritionally dense mean? Essentially, for the minimal amount of calories in this green--a mere 21 calories in 2 cups--it is packed with other beneficial nutrients. Those of note include: Vitamin K (more than 100% of the recommended daily value [DV] for adults), Vitamin A (40% DV), Vitamin C (20% DV), and Calcium (15% DV).

Additionally, it is a good source of several antioxidants--namely: Kaempferol, Quercetin, and Beta carotene. Antioxidants help counter the effects of free radicals. Free radicals develop in the body for various reasons, but too many can damage cells. This can increase risk of certain diseases, such as type II diabetes, heart disease, certain cancers, and possibly Alzheimer's. But, eating foods that contain antioxidants, such as mizuna, can potentially help lower your risk of these diseases.

How can you use Mizuna? The simplest way is to mix it into your salad. It adds a great flavor and texture. Another option is to add it to stir fry or cooked pasta dishes. You may also consider quickly sautéing it in the oil or broth of your choice as a quick side dish.

Be sure to store it in a container that allows for air circulation to prevent wilting. If it does wilt, just soak it in some water for a few minutes, and it should perk back up. We hope you enjoy your mizuna all year long!