

# You Complete Me

Just like two folks in a good relationship, when some foods are paired, they can bring out the best in each other.

December 4, 2008 By Kat Noel

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Check out these tasty combos:

## **Broccoli and tomatoes**

Tomato's lycopene and broccoli's glucosinolates, both thought to be cancer-fighters, may prevent prostate tumor growth when eaten together.

Try steamed broccoli with this pasta sauce: sautéed chopped tomatoes in olive oil with salt, pepper and a little minced garlic and parsley.

## **Apples and grapes**

When the quercetin in apples and catechin in grapes are consumed simultaneously, your blood platelets are less likely to clump and clog your arteries.

Try both in a fruit salad drizzled with some orange juice and a lemon spritz.

## **Kidney beans and bell peppers**

The vitamin C in peppers helps absorb the iron found in kidney beans, giving you a boost of energy.

Try bell peppers sautéed over brown rice. Add the beans toward the end to maintain their crunch.

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