

NUMBER

1

VOLUME 1 NUMBER 1 MARCH 2006

EAT YOUR WAY TO HEALTH

|||||

fruits & vegetables

March is **NUTRITION MONTH** – a great time to get friendly with fruits and vegetables. With the tips and advice inside, you'll find it easy to incorporate these delicious, nutrition-packed foods in your diet **ALL YEAR LONG**.

Featuring
**fruits and
vegetables**



Move
more.
eat
better.

Québec

FROZEN FRUITS AND VEGETABLES:

What you
should know

Helpful hints
by the dozen

FRESH NEWS ABOUT YOUR FAVOURITE FRUITS AND VEGETABLES!

EAT YOUR WAY TO
HEALTH

NUMBER
1

Published by Sun Media
Corporation, Corporate
Supplements Division

Publishing, Concept and Design:
Manon Chevalier, Vice-President
Copy: Johanne de Bellefeuille,
Pierre Couture
Research: Andréanne Beaudoin
Translation: Judith Berman
Controller: Serge Massé
Printed by Quebecor World



SUN MEDIA
CORPORATION
A QUEBECOR MEDIA COMPANY

Sun Media Corporation
Corporate Supplements Division
Phone: 514-848-0001
mchevalier@sunmedia.ca

Vegetables

Canadians
aren't eating
enough of them



According to recent data from Statistics Canada, Canadians are starting to eat more fruits but they are slowly giving up on vegetables.

The consumption of fresh vegetables dropped slightly in 2004 – a phenomenon that Statistics Canada believes is largely due to the declining popularity of that old favourite, the potato.

Whatever your tastes may be, the important thing to remember is that you should eat at least 5 servings of fruits and vegetables every day. Canada's Food Guide particularly recommends eating dark green or orange vegetables and orange-coloured fruits, which contain more nutrients.

Cranberries

Nature's own
antibacterial



Several studies have shown that cranberries actually prevent urinary tract infections. In people who are susceptible to such infections, the lining of the bladder is particularly receptive to bacteria. Cranberries contain an ingredient that reduces the ability of bacteria to adhere to the lining of the bladder, thus reducing the risk of infection.

As with all dried fruit, dried cranberries have a higher concentration of sugar than fresh ones. Fresh cranberries should be stored in the fridge, since they spoil rapidly. Add them directly to cakes, muffins and other baked goods. When making mousses or sherbets, it's better to cook them first until they burst.

Blueberries

The best
antioxidant



Blueberries, which are so abundant in the Saguenay/Lac-Saint-Jean region, are nothing but good news. They currently lead the pack in terms of total antioxidant capacity, edging out cranberries, which had long been at the top of the list. Antioxidants are known to help prevent heart disease and certain cancers.

Like all berries, blueberries are very delicate. They should be stored in the fridge, unwashed, for no more than a few days. Be sure to remove any damaged berries, which will cause the others to spoil. You can even enjoy them frozen when they're not in season. Add them to your breakfast cereal or eat them with yogurt as a healthy snack. They're a delicious way to eat well!

What is
a serving?



Get
cooking!

SAY YES TO AN ACTIVE LIFE!

Moving is good
for you!



Get acquainted with
Cabbage

Use your head!

Cabbage is part of a large botanical family that includes broccoli, Brussels sprouts, cauliflower and kohlrabi. Over the last few years, cabbage has been recognized for its anti-cancer properties, particularly with respect to cancers of the digestive tract. This low-calorie, inexpensive vegetable is a worthwhile addition to your diet!

Cabbage is so easy to prepare. The inner leaves usually grow close enough together to stay clean and do not require washing. Simply remove any damaged outer leaves, then steam it, pan-fry it or shred it raw for coleslaw or as an addition to any salad.





Brrrrrr!

Frozen foods have a number of interesting qualities you may not know about. Modern freezing techniques produce great-tasting frozen foods with almost as much nutritional value as their fresh counterparts.

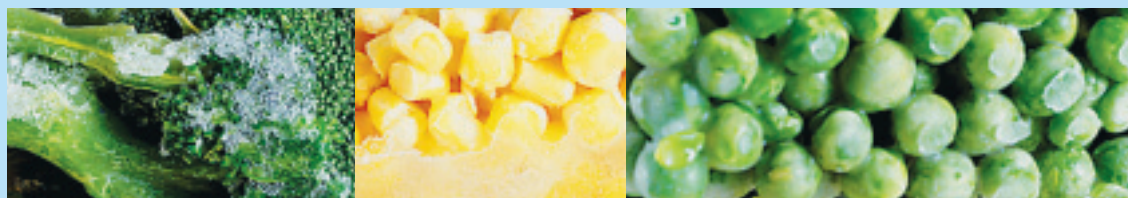
Frozen Fruits and Vegetables:

Myth: Frozen fruits and vegetables are not a healthy choice since they contain very few nutrients.

Fact: It is absolutely false that frozen fruits and vegetables are low in vitamins and minerals. In fact, the opposite is true! Modern freezing methods preserve all the natural nutrients and great taste of fresh food, without adding salt or chemical preservatives.

Also, fruits and vegetables are picked for freezing when they are fully mature, which means they are packed with vitamins. And vitamins, which do not react well to sunlight, heat or exposure to air, are best preserved by freezing! Frozen fruits and vegetables are therefore a tasty, nutritious option any time of year.





Cool!

What you should know

The freezing process

Vegetables (most of them) are picked and sent quickly to be sorted and cleaned. They are heated for a minute or two to soften them and brighten their colour. The heating process minimizes vitamin loss and also destroys enzymes and bacteria that can affect taste. After heating, the vegetables are cooled with cold water and then frozen.

Fruits are usually sorted, cleaned, stemmed and pitted a short time after being picked. Some fruits require additional preparation before they can be frozen.

What is fast freezing?

For the longest time, frozen fruits and vegetables suffered from a bad reputation. But fast freezing has changed all that: the food goes from field or tree to frozen package in a matter of hours, which preserves a maximum of flavour and nutritional value.

Fast freezing is a commonly used process that employs extremely low temperatures to freeze fruits and vegetables very quickly. Because fast freezing does not alter the natural state of the food cells, nutritional value, texture and taste are preserved. When the frozen food is thawed through cooking, all the natural goodness is released. Another advantage of frozen foods is that they can be stored in their sealed original packaging for up to six months.

A wise choice in winter!

Winter is the best time of the year to enjoy frozen fruits and vegetables. We import a lot of fresh fruits and vegetables from other countries during the winter. That produce spends a lot of time in warehouses and trucks, which affects their freshness and nutritional value. By choosing frozen fruits and vegetables, you can be certain of the quality and food value of the fruits and vegetables you like.

Quick side dishes

Frozen vegetables don't have to be peeled, cleaned or cut. Just put them in a basket or on a rack and steam them. They can also be baked in a regular oven or microwaved for even faster results!

How to buy frozen vegetables

A quick visit to the frozen food section of your supermarket reveals just how many choices there are! You can get all the different vegetables alone, in combinations and in various cuts. Feel the package if you can, and avoid buying vegetables that are stuck together in clumps, which indicates over-freezing, or possibly thawing and re-freezing.

What about frozen fruits?

Most supermarkets stock an interesting variety of frozen fruits, including cranberries, blueberries, strawberries, raspberries, blackberries and mangos. Frozen fruits are particularly good for making frozen yogurt, fresh beverages, jams, sauces and muffins. Check any recipe book or magazine and you'll find the options are endless.

Freezing your own

Home freezing is not as efficient as industrial fast freezing, but it's still worthwhile to freeze some fresh fruits and vegetables yourself so that you can enjoy them all year round.

1 Step 1
First, you need to clean, rinse, peel (if necessary) and cut the food. Blanching it for a few minutes is also a good idea. Be sure to cool the food before freezing.

2 Step 2
Arrange the fruits and vegetables in a single layer on a baking sheet and place in the freezer for about five hours. Remove from the freezer and transfer the food to plastic freezer bags.

3 Step 3
It is important to remove as much air as possible from the bag. You can do so by sealing the bag almost completely, inserting a straw, and sucking out the remaining air before completing the seal.

Helpful Hints by the dozen



1 **Something a little different: Bok choy**

Can you recognize bok choy when you see it? This cabbage, which is a member of the Cruciferae family, has long white stalks and dark green leaves. Both stalks and leaves are edible. To make sure everything is perfectly crunchy, steam the stalks for about two minutes before adding the leaves. You'll like what you taste!

2 **Bananas are the BEST!**

Did you know that bananas are the favourite fruit of athletes? One banana can compensate for the loss of potassium caused by perspiration during a workout. So next time you go to the gym or out for a hike, don't forget to bring a banana. Ripe ones will give you the most energy, and the best time to eat them is when the skin is yellow with only a few dark spots. Enjoy this healthy, nutritious snack any time.

3 **The joys of summer squash**

Fresh local zucchini, crooknecks, pattypan and other summer squashes will soon be available at your supermarket. While you can usually find summer squashes all year round, it is better to buy them when they're in season (April to September). And the sky's the limit when it comes to preparing them! Stuffed, baked, steamed, fried, broiled or grilled, each has its own delicate flavour, which can be enhanced by all kinds of seasonings.





4 Raw is good

Raw vegetables have a higher concentration of vitamins and minerals than cooked ones, which makes them an excellent choice for a healthy snack. Clean them, cut them and store them in a plastic container with a paper towel at the bottom. The paper will absorb humidity and keep the veggies fresher and crisper longer. Put some in the fridge right now!

5 Fruit for breakfast

Start your day with an extra boost by adding citrus fruits to your breakfast. Oranges, grapefruits, clementines, pomelos and lemons are only a few members of this amazing fruit family. Rich in vitamin C, potassium, fibre and folic acid, citrus fruits will definitely replenish your energy. Slice them, juice them or eat them whole. Bon appétit!

6 Make a spinach salad!

Loaded with vitamins A and C, spinach is also a great source of folic acid, potassium and iron. Raw spinach is great in salads that have a little fruit in them. Sweet-tasting clementines, mangos, pears and grapes go perfectly with the dark green leaves. Do like Popeye and add some spinach to your meals!

7 Fruit and cheese

Sure, grapes go well with cheese, but so do other fruits! Crunchy, juicy apples are wonderful with grilled goat cheese, for example. Pears and blue cheese are a timeless, sophisticated combination that's out of this world. And you haven't lived until you've tasted ricotta cheese with plums!

8 The versatile string bean

Green and yellow beans are the perfect addition to all kinds of dishes, including soups, stews and seafood. If you want them to keep all their flavour, vitamins and crunch, steam them for no more than 3 minutes, drain them quickly and place them in cold water for a few seconds to stop the cooking process. Truly delicious!

9 Exotic fruit of the season: The kumquat

Kumquats are small orange citrus fruits that look like cherries. To prepare them, simply cut them in half and remove all the seeds. Blanch them in boiling water for twenty seconds to soften them, then rinse with cold water and enjoy! Why not give them a try this year?

10 An apple that doesn't turn brown

Are you reluctant to add sliced apples to salads because you're worried they'll go brown too quickly? All apples turn brown as soon as they are exposed to air, but some do it a little more slowly than others. The Cortland is one of them. So go ahead and slice away!

11 Turn overripe fruit into instant sorbets

Did you know you can transform overripe fruits into delicious sorbets? First, purée the fruit with a little sugar and lemon juice to sweeten it and prevent oxidation. Freeze the purée, return it to the blender, put it back in the freezer and voilà! Dessert!

12 Keep your potatoes fresh

Poor potatoes have been much maligned lately, but so long as you don't fry them, they're a healthy addition to your diet, providing generous amounts of vitamins B and C. The important thing is storing them properly to keep them fresh. Put them in a cool, dark, well-ventilated place and they won't develop the greenish spots that can give them a sour taste.



Servi

What is a serving?

Canada's Food Guide to

Healthy Eating recommends

that you eat 5 to 10 servings

of fruits and vegetables

every day. Of course, the

actual amount you should

eat will vary according to

your age, height, sex and level

of daily physical activity.

Ideally, you should eat about

2 servings of vegetables

and an average-sized fruit

at every meal. But how do

you calculate a serving?

Prepared Food	1 Serving of Vegetables =
Vegetable soup	About 250 ml (1 cup)
Shepherd's pie	About 250 ml (1 cup)
Beef with carrots	About 250 ml (1 cup)

Fruits and Vegetables	1 Serving =
Broccoli	4 stalks or 125 ml (1/2 cup)
Apple	1 apple or 100 g
Mashed potatoes	125 ml (1/2 cup)
Grapes	15 grapes or 125 ml (1/2 cup)
Fruit juice	125 ml (1/2 cup)
Vegetable juice	125 ml (1/2 cup)
Carrots	1 average carrot or 125 ml (1/2 cup)
Lettuce (most types)	250 ml (1 cup)



ng?

125 ml



Calculating the number of fruit and vegetable servings in your meals is not always easy, but the following tips can help.

Tip #1 Look at the recipe and count the total number of fruit and vegetable servings it contains. If you eat a quarter of the recipe, divide the number by four.

Tip #2 Look at your plate as a whole and try to estimate the number of fruit and vegetable servings it contains (keeping in mind that one serving amounts to about 125 ml or 1/2 cup).

Use a measuring cup

Keeping a measuring cup handy will help you recognize a serving more easily. Try to use a clear 250 ml (1 cup) cup with easy-to-read markings. Start by measuring the different fruits and vegetables on your plate at every meal, and before long, you'll know exactly what a serving looks like.

For quick estimates

The simplest way to measure a serving of fruits or vegetables is to use your fist. Close your hand as shown in the picture: One serving is approximately the size of your fist.

Fruit servings made easy

According to *Canada's Food Guide to Healthy Eating*, a serving of fruit is one whole medium-sized fruit. But what about smaller and larger fruits?

Very small fruits such as cranberries, cherries, blueberries, strawberries and raspberries: 125 ml (1/2 cup).

Small fruits like prunes, apricots and clementines: two whole fruits.

Medium fruits such as bananas, pears, apples and oranges: 1 whole average-sized fruit.

Big fruits like pineapples, mangos, melons and grapefruits: about 125 ml (1/2 cup) of chunks or slices.

Servings for preschoolers

Obviously, a child's serving is not the same as an adult's. Use the following guidelines to calculate a serving for 2 to 5-year-olds:

- Medium-sized fruit or vegetable: 1/2 to 1
- Canned, cooked, frozen or fresh vegetables: 30 to 50 ml (2 teaspoons to 1/5 cup)
- Canned, cooked, frozen or fresh fruits: 50 to 125 ml (1/4 to 1/2 cup)
- Lettuce: 125 to 250 ml (1/2 to 1 cup)
- Fruit or vegetable juice: 125 ml (1/2 cup)

Children aged two to five should eat 2 to 4 servings of vegetables and 1 to 3 servings of fruits every day, for a total of 5 daily servings of fruits and vegetables. Raw vegetables may be introduced around the age of two, or whenever children can chew properly.



Moving

is good for you!

Say Yes to an active life!

Experts agree that 30 minutes of moderate physical activity or 60 minutes of light physical activity every day will keep you in good shape. Wondering where you'll find the time?

Don't worry – you don't have to do it all at once. You can divide those 30 or 60 minutes of daily physical activity into 10-minute sections without losing the benefits. In fact, ideally, you want to combine endurance, flexibility and strength-building exercises, doing at each for 10 minutes at a time. There are so many activities to get you moving! Just pick the ones that suit your lifestyle.

The three basics

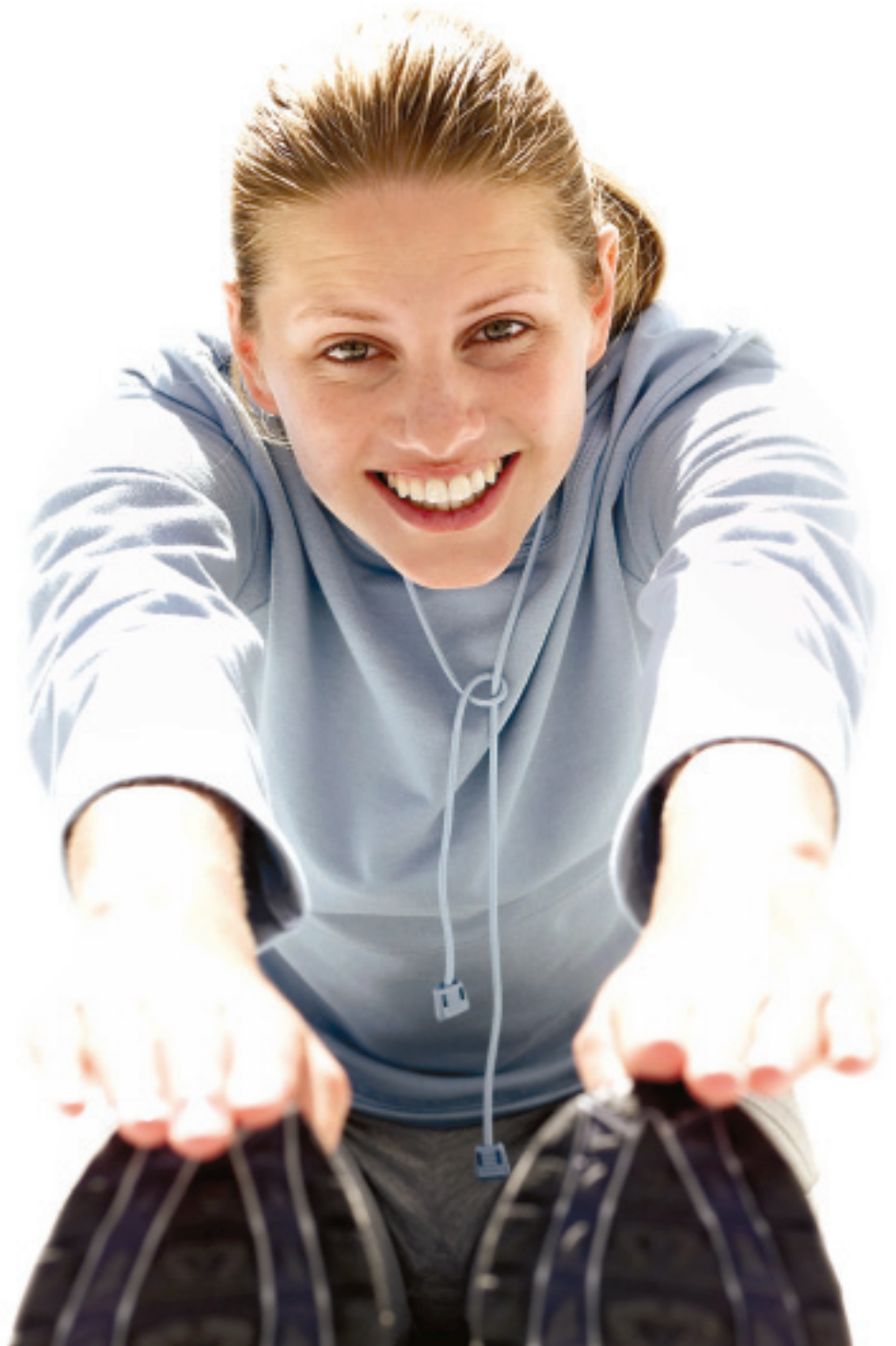
Endurance exercises, also known as aerobics, increase heart and respiratory rates over an extended period of time. Swimming, biking, jogging and brisk walking are among the exercises in this category. They build cardiac strength, promote the elimination of toxins and increase lung capacity.

Flexibility exercises maintain and increase your flexibility. These activities help reduce the muscle tension that builds up during the day, while keeping your muscles and joints supple and relaxed. Yoga is probably the most popular activity of this type right now.

Strength building exercises are perfect if you want to lose weight, build muscle and increase your physical strength. Use dumbbells or stretching bands for your workouts.

Exercise is for kids, too!

Make sure your children stay healthy by encouraging them to do about 60 minutes of physical activity daily. These activities should range from moderate to sustained, and can include brisk walking, swimming, hockey, etc. If you feel your children need to get more exercise, try increasing their



daily activities 10 minutes at a time by reducing the time they spend in front of the computer or playing video games.

Keep it simple – with stairs!

You don't need special equipment or fancy accessories to stay in shape at home or at work. All you need is a few flights of stairs and the willingness to get moving. Walking up stairs burns twice as many calories as walking on flat ground. It also builds muscle strength in your legs and helps develop cardio-pulmonary endurance. Of course, it's best if you do it every day. So what are you waiting for? Get climbing!

Do it right, from start to finish

Muscle aches and soreness after intense exercise can discourage you from continuing your workouts. The solution? Warm-ups at the beginning and stretches at the end.

A good start when exercising helps you avoid certain types of injuries. Start your workout with some light exercise. This warm-up phase gradually raises your body temperature, which prepares your muscles and heart for the effort to come.

A good finish means slowing down gradually and taking the time to stretch. Progressively reduce the intensity of your exercise and leave yourself enough time to do your stretching while your muscles are still warm. This will help prevent aches and pains the next day.

Bye-bye back pain!

Inactivity and poor posture can place an unnecessary strain on your back and neck. Regular stretching can prevent, reduce, control and even cure many kinds of back pain. Try doing these simple exercises, as often as you can:

- **Stretching**

Start by lying on your back with your knees bent and your feet flat on the ground.

Bend your right leg and grasp your knee with both hands, keeping your arms straight. Press your knee firmly against your hands while you hold the position for 30 seconds. Release and repeat with the left leg. This exercise targets your lower back.

- **The bridge**

Start by lying on your back with your knees bent and your feet flat on the ground.

Raise your pelvis and lower back and hold for a few seconds, breathing normally. This exercise targets every muscle of your back.

Proper breathing for maximum benefit

Breathing comes so naturally that few people really pay attention to how they're doing it. And yet, proper breathing can increase your ability to concentrate, help you relax and maximize the benefits of exercise.

The trick is to notice how you breathe. Focus on how the air enters your lungs. When you breathe in, your stomach should expand first, followed by your chest and your sides. Practise this "conscious breathing" exercise for about 10 minutes a day. Your breathing should become much more natural, which will improve the way you breathe during physical activity.

Let's go!

An easy exercise to strengthen your thighs and buttocks

Start by kneeling on the floor, legs about shoulder width apart, with your hands on your hips.

Maintaining a straight line from knees to head and using your legs for support, contract the muscles of your buttocks and slowly lean backwards. (Do not bend at the waist and sit on your heels). Slowly return to the starting position. This exercise is great for firming and toning the thighs and buttocks.





Mm-mm

Get Cooking!



A few fresh ingredients and a little imagination can turn your favourite fruits and vegetables into treats for the eye as well as the palate. And it's easier than you think. Ready? **IT'S TIME TO GET COOKING!**



Kiwi coulis

Kiwis are very rich in vitamin C, potassium, magnesium and soluble fibre. The best way to get the most out of the kiwi's nutritional zing is to eat it plain, just as is. But you can cook with kiwis, too. Here's a recipe to turn the fuzzy little fruit into a delicious coulis.

Kiwi coulis – Ingredients

- 8 ripe kiwis
- a pinch of sugar
- 60 ml (4 tbsp) water
- 4 fresh mint leaves

Preparation

1. Peel the kiwis and cut them in half. Chop the mint leaves finely.
2. Put all the ingredients in a blender and purée until smooth.
3. Serve this slightly sweet, slightly sour coulis with poultry, veal, lamb, fish and seafood.

Helpful hint

Never put kiwis into a gelatine dish. They possess a natural enzyme that "digests" protein and prevents the gelatine from setting.

That same enzyme, however, can be very useful for tenderizing tougher cuts of meat, such as rump, eye of round or sirloin tip. Make a marinade using kiwis and marinate the meat (in the refrigerator) for about two hours. Don't leave it any longer than that, or it will become pasty and unappetizing.



Cooking with cucumbers?

Cucumbers are great eaten raw. Which is why not too many people tend to cook with them! Still, they do make a fabulous sauce.

Cucumber sauce – Ingredients

- 1 cucumber
- 1 green onion, finely chopped
- 2 cloves of garlic, chopped
- 250 ml (1 cup) plain yogurt
- 30 ml (2 tbsp) fresh mint leaves
- 15 ml (1 tbsp) lemon juice
- 2 ml (1/2 tsp) salt
- 2 ml (1/2 tsp) pepper

Preparation

1. Peel the cucumber and cut it in half lengthwise. Scoop out the seeds.
2. Dice the cucumber and place the pieces in a sieve over a bowl. Sprinkle with salt and let rest for 30 minutes.
3. In a bowl, combine the remaining ingredients.
4. Rinse the cucumber pieces and pat dry. Add them to the yogurt mixture and stir to combine well.
5. Cover and refrigerate for three hours.
6. Serve the cucumber sauce with chilled fish or use it as a dip for veggies.

Helpful hint

Cucumbers can be a little bitter. Avoid the bitter ones by picking cukes that are firm but not too hard. You can further reduce the natural bitterness by cutting a piece off one end and rubbing the two cut surfaces together. The whitish foam that appears will draw out some of the bitterness.

Red bell peppers: Turn up the heat!

Oven-roasting red bell peppers brings out their delicious flavour, and the roasted peppers can be used to make a savoury sauce.

Red bell pepper sauce – Ingredients

- 4 large red bell peppers
- 1 garlic clove, crushed
- 10 ml (2 tsp) balsamic vinegar
- 2 ml (1/2 tsp) salt
- 30 ml (2 tbsp) cilantro

Preparation

1. Preheat the oven to 350°F (180°C).
2. Cut the peppers in half and remove the stem, seeds and ribs.
3. Place the pepper halves skin side up on a baking sheet and roast until the skin is lightly charred and puffy (about 20 minutes).
4. Place the peppers in a sealed container. When cool enough to handle, remove the skins with a paring knife.
5. Place the peppers, garlic, vinegar and salt in a food processor and pulse until smooth. Add the cilantro.
6. Serve at room temperature with shrimp.

A classic dip

The spicy avocado dip known as guacamole is both nutritious and delicious. The slightly bland, slightly nutty flesh of the avocado makes the perfect base for this classic dip.

Guacamole – Ingredients

- 4 medium-sized ripe avocados
- 1 tomato, peeled, seeded and diced
- 1 cucumber, chopped
- 1 small onion, finely chopped
- 1 ml (1/4 tsp) Tabasco sauce
- 20 ml (4 tsp) lime juice
- 20 ml (4 tsp) parsley
- Salt and pepper

Preparation

1. Cut the avocados in half lengthwise, cutting carefully around the pit. Rotate the two halves in opposite directions to detach them from the pit. Scoop out the flesh with a spoon, place it in a bowl and mash it with a fork.
2. Add the Tabasco sauce, lime juice, parsley, onion, salt and pepper to the avocado purée. Add the chopped tomato and cucumber and combine.
3. Cover the bowl with plastic wrap to keep the avocado from turning brown and refrigerate until ready to use.
4. Serve as a dip for raw vegetables or corn chips.

Helpful hint

Since the flesh of the avocado oxidizes very easily, it is best to use stainless steel utensils when handling this fruit. If you don't plan to serve the guacamole right away, sprinkle some lemon or lime juice over it to keep it from turning brown.

Sweet and savoury: Fruit and meat

Preparing meat dishes with fruit is becoming increasingly popular. The Chinese have been doing it for centuries, creating delicious dishes with a unique sweet and savoury taste. Here's a recipe you can try today!

Pineapple beef – Ingredients

- 500g (1lb.) beef (any round cut), in strips
- 1 pineapple
- 1 red bell pepper, in strips
- 1 green bell pepper, in strips
- 1 onion, chopped
- 2 cloves of garlic, crushed
- 15 ml (1 tbsp) peanut oil
- 45 ml (3 tbsp) soy sauce
- 15 ml (1 tbsp) hoisin sauce

Preparation

1. Cut the two ends off the pineapple and stand it up. You'll then be able to cut the skin off easily from top to bottom. Cut the pineapple into small pieces.
2. In a wok, heat the peanut oil and add the onion and garlic.
3. Add the meat and bell peppers and stir fry for about three minutes. Add the pineapple and cook for about two more minutes. Remove everything with a slotted spoon and set aside.
4. Add the soy sauce and hoisin sauce to the wok and simmer for a few seconds before adding 60 ml (4 tbsp) of water.
5. Return the meat, vegetables and pineapple pieces to the wok, toss well to coat with the sauce and serve.

Helpful hint

Instead of pineapple, you can use mango, which also enhances the taste of grilled meat, poultry or fish. All you need is a little imagination...

Leftover soup

After a party, there are often lots of vegetables left over. What can you make with all those raw carrots, celery, broccoli and cauliflower? A healthy soup, of course! Any vegetables that have been left at room temperature for more than two hours should be discarded. They may have been contaminated by other food (the dip, for example) so it is generally a good idea not to eat them.

Vegetable soup – Ingredients

- 750 ml (3 cups) raw vegetables (carrots, cauliflower, broccoli and celery)
- 500 ml (2 cups) chicken stock
- 250 ml (1 cup) 2% milk
- 250 ml (1 cup) canned lentils, drained and rinsed
- 5 ml (1 tsp) salt
- 5 ml (1 tsp) pepper

Preparation

1. In a large saucepan, cook the carrots, celery, broccoli and cauliflower in the chicken stock until tender.
2. Purée the vegetables and chicken stock with the lentils in a food processor.
3. Return the purée to the saucepan and reheat. Add the milk and seasonings and serve. Fresh herbs, like parsley, basil or thyme, make a nice addition.

Helpful hint

Vegetables and legumes are a wise and healthy choice. It's always a good idea to combine both food groups in your soups and stews. Legumes, also known as pulses, are an excellent source of energy. They are full of vitamins, minerals, proteins and fibre, and they contain calcium, copper and iron. You can't go wrong with beans, peas and lentils!

Sensational salsa

The juicy flesh of the tomato makes it the perfect base for salsa. Put colour and vitamin C into any dish by adding a few tomatoes here and there.

Salsa – Ingredients

- 8 tomatoes, peeled, seeded and chopped
- 2 onions, sliced thinly
- 1 jalapeño pepper, seeded and finely chopped
- 2 cloves of garlic, chopped
- 60 ml (1/4 cup) olive oil
- 5 ml (1 tsp) salt
- 5 ml (1 tsp) pepper
- 5 ml (1 tsp) dried oregano
- 15 ml (1 tbsp) lime juice
- 60 ml (1/4 cup) fresh cilantro, coarsely chopped

Preparation

1. Combine the tomatoes, onions, jalapeño, garlic, olive oil, salt, pepper and oregano in a large saucepan.
2. Bring to a boil, lower the heat and simmer, uncovered, for about ten minutes.
3. Add the lime juice and cilantro.
4. Refrigerate for about 48 hours.
5. Serve with salad, toasted bread, fish or corn chips.

Helpful hint

To preserve the flavour of the tomatoes, don't let them cook too long. Also, when tomatoes are cooking, they can give off a very acidic aroma. Adding a pinch of salt and sugar can help make this smell disappear.

Delicious!



Best buys of the season

Fresh and tasty

What's fresh, plentiful and not too expensive in early spring?

Try something new

Be a little adventurous this season and discover these beautiful, nutritious vegetables:

- California broccoflower, a broccoli-cauliflower hybrid that's crunchy and a touch sweet
- California orange cauliflower, a natural mutation that's sweet and packed with beta-carotene

Pick them both when they are ripe and firm with nice tight flower heads. Use them in any recipe that calls for broccoli or cauliflower and have fun!

Traditional fruits

Whether they come from Florida or Chile, these fruits are always delicious at this time of year. Don't leave the supermarket without them:

- Strawberries from Florida
- Grapes from Chile
- Plums from Chile
- Peaches from Chile
- Nectarines from Chile

Citrus standards

Citrus fruits are always popular and prices are usually very low in March. What's new this year? California **Navel oranges** – sweet, juicy and almost always seedless. Delicious with savoury and sweet dishes alike, the **Navel orange** can help you get your daily requirement of vitamin C. Make sure you try some!

Favourite vegetables

- Asparagus from Mexico
- New potatoes from California
- Celery from Florida

These three Québec favourites will be coming to a supermarket near you in March! Enjoy the opportunity to cook creatively with them.

The pride of Québec: Greenhouse lettuce

Hydroponically grown Québec **greenhouse lettuce** is becoming very popular. The large, tender leaves of **Boston lettuce** are perfect in any salad, and its subtle taste makes it easy to mix and match with almost any kind of food. Also straight out of Québec's greenhouses are curly green and red lettuces that are absolutely delicious and very nutritious. Why not put some fresh greens into your diet this spring?

More greenhouse wonders

Three other popular vegetables grown in greenhouses across Canada are now available at your supermarket. These domestic veggies are both tasty and nutritious:

- English cucumbers from British Columbia and Ontario
- Green peppers from British Columbia and Ontario
- Tomatoes from British Columbia, Ontario and Québec





Health & Good Taste are on the menu! Enjoy!

March is Nutrition Month! Have fun with your family and take the “5 servings a day” challenge, from March 6 to 31.



**Move
more,
eat
better.**

Québec 

www.vasy.gouv.qc.ca