



Welcome to CSNN Mississauga's



The recipes developed here in the Virtual Kitchen are meant to appeal to a wide diversity of individual needs.



Roasted Chicken & Veggies cooked together on one baking sheet in 40 minutes.

The importance of the quality & wholesomeness of the food we eat, avoiding additives, exposure to antibiotics, hormones and pesticide residues is another aspect of eating for optimal health. Purchase Certified Organic whenever possible.

Nutrition Intelligence integrates practical food and nutrition knowledge with an understanding of yourself. Your nutritional needs are your own and are influenced by many things - genetics, health, eating preferences, and lifestyle. Developing your nutritional intelligence can lead to long-term eating strategies that honour your individuality.



Bone broth made in an Instant Pot - turned out to be a great success.



LOOK BACK
February 2018
VIRTUAL KITCHEN

Looking back at February 2018 we featured a delicious Chili with a chocolate flavour pumpkiny twist - great make ahead dish and one that's perfect in this super cold weather and chocolate really adds the loving touch, especially in February!

February Highlight

Cruciferous veggies have unique sulfur-containing compounds as well as Indole-3-Carbinol (I-3-C) - a very important phytonutrient.

Prevention of breast cancer and prostate cancer is associated with I-3-C intake from cruciferous veggies.

Both raw & cooked veggies play an important role in health however, as we've said, you need to find what works for YOU, your individuality - you may find cooked veggies are easier to digest.



Vegetables... a wide variety

Lets look at **root veggies** - underground plants. Examples include sweet potatoes, parsnips, turnips, onion, celery root, garlic, carrots, beets, leeks....because they grow underground they store a great amount of nutrients from the soil. You want to choose **organic** so you know the soil is healthy and has a high concentration of vitamins & minerals.

Next, let's look at **cruciferous vegetables**. Examples include cabbage, cauliflower, broccoli, collard greens, bok choi.... we chose *Brussels sprouts* in our *Roast Chicken and Veggie recipe* because they are nutrient-rich, full of fiber and positively affect your intestinal flora. One cup of cooked Brussels sprouts contains 137% of your daily recommended intake of vitamin K - which is critical for bone health, heart health and brain function.

Mix up your veggies, try new ones, experiment, embrace the diversity and the variety of flavours, textures and nutrients that are in each vegetable.

Check out Environmental Working Group Shopper's Guide to Pesticides in Produce, the Clean Fifteen and the Dirty Dozen on Page 8 (ewg.org).

There are lots of ways to save time in the kitchen.

These roasted Chicken Thighs with Veggies recipe is one way. Plus, it's easy to cook more so you have leftovers for the next few days.

Prep everything in the morning and cook it all together on ONE baking sheet, at the same time.

Easy, quick and delicious!

We used a regular, uncoated, light coloured baking sheet and lined it with parchment paper. Avoid using the darker-coloured baking sheets because they heat up too quickly and can burn the food on the outside while not cooking the inside all the way through.



Roasted Chicken Thighs and Vegetables

On busy days it can be difficult to prepare nutritious meals, not just healthy but, tasty too. Efficiency is the key - cooking everything together on one baking sheet and having it ready in 40 minutes is another aspect of *Nutrition Intelligence*.

Ingredients for the marinade;

- 1/4 cup pure organic maple syrup
- 3 Tbsp freshly squeezed, organic lemon juice
- zest from 1 lemon
- 2 Tbsp grainy mustard
- 2 Tbsp balsamic vinegar
- 4 Tbsp extra virgin organic olive oil
- 2 Tbsp dried rosemary
- 2 garlic cloves, minced
- 1/2 tsp sea salt
- 1/4 tsp freshly ground black pepper

In small bowl whisk to combine. Set aside. Makes 3/4 cup.



Pour the marinade over the chicken thighs, leaving some for the vegetables.



Place everything on the lined baking sheet and place in the preheated oven.

Ingredients continued;

- 6 chicken thighs (organic and pasture-raised poultry)
- 1 small butternut squash, peeled and seeded, cut into 3/4 inch cubes
- 15 Brussels sprouts, trimmed and cut in half
- 1 fennel, top removed, cut into large chunks
- 2 Tbsp dried thyme
- 4 Tbsp chopped fresh parsley (optional)

Pour 1/2 cup marinade into rectangular glass container. Add chicken thighs, cover and refrigerate overnight.

When ready to cook dinner...

- Line your baking sheet with parchment paper. Set aside.
 - Preheat the oven to 400° F.
1. In large bowl, toss vegetables with balance of the marinade, coating them well.
 2. Arrange vegetables and chicken thighs in a single layer on prepared baking sheet. Sprinkle with thyme.
 3. Roast in preheated oven for 40 minutes until vegetables are tender and chicken is cooked through.

Sprinkle with fresh parsley and serve immediately.

Roasting success....

- Don't crowd foods on the baking sheet - they don't brown as well. Use several baking sheets if you're roasting a large batch and swap the pans' position in the oven about halfway through the cooking time.
- It's important that you cut vegetables in pieces about the **same size**. Unevenly cut pieces won't roast and brown in the same amount of time.
- Vegetables that take longer to cook should go in first so they can get a head-start. Then add the rest of the vegetables that take less time.

Preparing meals becomes more enjoyable when you invest in tools that make the job at hand easier.

Do your research and buy the best tools that you can afford. They last a long time and really make food preparation more enjoyable and quicker.



Bone Broth using an Instant Pot

Before owning an *Instant Pot* we made all our stock in a large pot. It wasn't difficult but it took about 48 hours to simmer water, bones, vegetables, herbs and spices plus, it needed frequent skimming and making sure the water only boiled once and then remained at a low simmer - it took attention.

Then along came an Instant Pot. What a game changer!

In 2 1/2 hours we had a delicious, nutritious broth to sip or use as the basis in savory dishes.



Here's our Instant Pot. My mother used to pressure cook and it made me nervous but, today using an Instant Pot is easy and safe.

Ever wonder why you'd make your own broth when the grocery store has organic, low-sodium versions sold in resealable boxes? **You only need to make a homemade version once and you'll know the answer!**

Bone broth has many health benefits;

- contains glucosamine and chondroitin to support joint function
- contains gelatin which supports digestion, strengthens hair, skin and nails
- supports detoxification because of the restorative amino acid (glycine)



Everyone has nutritional concerns and unique needs. There is no one way of eating that works for everyone.

At CSNN Mississauga students learn how to use *case studies* to determine an individual's diet requirements.

A great broth starts with the best ingredients. Selecting your ingredients is the key to a health-promoting broth. We're making chicken stock today - choose bones that are from organic, pasture-raised poultry. This means there's been no antibiotics or hormones used and the chicken was able to roam freely, eating its natural diet.

It's worth the time and effort to source good quality bones - we buy our bones from a store that sources their products from sustainable farms. They guarantee the meats are drug and hormone free and come from local farms throughout Ontario only. *Take some time to source a good store in your area.*

With respect to vegetables, choose organic vegetables when possible (**look at the list from ewg.org - of the Clean 15 and the Dirty Dozen and let this be a useful guide**).

Kitchen whizdom - we *buy* bones plus we *save* the bones from organic, cooked whole chickens. When using the carcass from a roast chicken, be sure to also *add raw bones* as well for a more flavourful result.

Chicken Stock ingredients;

3-4 pounds	chicken bones
2 large	organic carrots, cut into chunks
2 large	organic celery stalks including leaves, cut in chunks
1	yellow onion, cut into quarters
1/2 tsp	sea salt
1 Tbsp	black peppercorns
2	bay leaves
1 tsp	apple cider vinegar
8 cups	filtered or spring water

Method;

1. Place the bones, filtered water and apple cider vinegar in the metal inner pot.
2. Let the pot sit for an hour so that the vinegar may start to extract minerals and nutrients from the bones.

Cooking in your own kitchen enables you to carefully choose what ingredients go into each dish. When shopping, learn to read and understand the ingredient label and the codes. Concentrate on buying whole foods, food, as found in nature. Whole foods don't contain preservatives, dyes, or additives. When you shop or dine out, you deserve to know where that food comes from, so ask!

The PLU (price look-up) code number beginning with a 9 indicates the produce was grown organically. The 4-digit code beginning with a 3 or 4 means it was grown conventionally and may be a GMO crop.

3. Add your vegetables, herbs and spices - be sure to only fill your inner pot two-thirds full. Your inner pot has a mark at the 3/4 full point.
4. Close the lid and lock it. Set the valve to sealing. Press Pressure Cook and use the Pressure Level button to select high. Use the + button to set the time for 2 1/2 hours.

Once the cooking cycle ends, press cancel. Let your Instant Pot cool and release the pressure naturally.

Simply remove the lid and pour the finished stock through a fine-mesh strainer into a large bowl. Discard the bones and vegetables. Once the stock is cool, cover and put in the refrigerator to chill overnight.

You'll notice a fat layer over the top - use a large spoon and carefully scrape off and discard the solid fat.

Storing Stock - freeze the finished stock in different amounts so you can thaw only what you need. Be sure to label the stock with the date the stock was made.

Having stock on-hand in the refrigerator or freezer means a delicious hot beverage or turn it into a soup, or stew and even a pan sauce.

So worth the effort!

EWG's 2018 DIRTY DOZEN (ewg.org)



1. Strawberries

One strawberry sample contained an astounding 22 pesticide residues. One-third of all conventional strawberry samples contained 10 or more pesticides.



2. Spinach

97% of conventional spinach samples contained pesticide residues. Conventional spinach had relatively high concentrations of permethrin, a neurotoxic insecticide.



3. Nectarines

Nearly 94% of nectarine samples contained two or more pesticides. One sample of conventionally grown nectarines contained residues from 15 pesticides.



4. Apples

90% of conventional apples contained detectable pesticide residues. 80% of apples tested contained diphenylamine, a pesticide banned in Europe.



5. Grapes

Grapes contain an average of five pesticide residues. More than 96% of conventional grapes test positive for pesticide residues.



6. Peaches

More than 99% of conventional peaches had detectable pesticide residues. An average of four pesticide residues were detected on conventional peaches.



7. Cherries

An average of five pesticides were detected on conventional cherries. 30% of cherry samples contained iprodione, a pesticide not allowed in Europe, which may cause cancer.



8. Pears

Pears contained several pesticides in relatively high concentrations, including insecticides and fungicides. More than half of conventionally grown pears tested had residues of five or more pesticides



9. Tomatoes

Nearly four pesticides were detected on the average conventionally grown tomato. One sample of conventional tomatoes contained 15 different pesticides and breakdown products.



10. Celery

More than 95% of conventional celery samples tested positive for pesticides. A maximum of 13 pesticides were detected on a sample of conventional celery.



11. Potatoes

Conventional potatoes had more pesticide residues by weight than any other crop. One pesticide in particular, chlorpropham, makes up the bulk of pesticides detected on potatoes.



12. Bell Peppers

90% of conventional sweet bell pepper samples contained pesticide residues. Peppers can contain fewer pesticide residues than other foods but the pesticides tend to be more toxic to human health.

EWG's 2018 CLEAN 15 (ewg.org)



1. Avocados

Fewer than 1% of conventional avocados tested positive for pesticides. Only one pesticide was found on any of the 360 avocados sampled.



2. Sweet Corn*

Less than 2% of sweet corn samples had any detected pesticide residues. A small amount of sweet corn is grown from Roundup Ready genetically engineered seeds. Buy organic corn.



3. Pineapples

90% of conventional pineapples had no detectable pesticide residues. Only five different pesticides were detected on more than 350 conventional pineapple samples.



4. Cabbages

Only two of more than 700 cabbage samples contained more than one pesticide residue. 86% of cabbage samples contained no detectable pesticide residue.



5. Onions

Less than 10% of conventional onion samples contained any pesticide residues. No conventional onion samples contained more than three pesticides.



6. Sweet Peas

Roughly 80% of conventional frozen sweet peas had no detectable pesticide residues. No sample of frozen sweet peas contained more than two pesticides.



7. Papayas*

80% of conventional papayas had no detectable pesticide residues. None of the nearly 750 samples of conventionally grown papayas tested contained more than three pesticides.



8. Asparagus

90% of conventional asparagus samples had no detectable pesticide residues. No more than three pesticides were detected on any conventional asparagus sample.



9. Mangoes

78% of mango samples contained no detectable pesticide residues. No more than two pesticides were detected on any conventionally grown mangoes in USDA tests.



10. Eggplants

About three-fourths of all conventional eggplants tested contained no pesticide residues. No more than three pesticide residues were detected on any sample of conventionally grown eggplant.



11. Honeydew Melons

About half of all conventionally grown honeydew melons had no detectable pesticide residues. No more than four pesticides and breakdown products were detected on honeydew samples.



12. Kiwis

65% of kiwi samples had no detectable pesticide residues. Only six different pesticides were detected on any of the conventionally grown kiwis tested.



13. Cantaloupes

More than 60% of conventional cantaloupe samples contained no detectable pesticide residues. Only about 10% of cantaloupe samples contained more than one pesticide residue.



14. Cauliflower

About half of all conventionally grown cauliflower samples contained no detectable pesticide residues. No single cauliflower sample contained more than three detectable pesticide residues.



15. Broccoli

70% of broccoli samples had no detectable pesticide residues. Only one in ten broccoli samples contained more than one pesticide residue.



Build your skills

This is the fourth month that we're focusing on unfamiliar terms and methods that could be confusing and affect your cooking results.

Lets take a look...

Stock vs. broth - they're often used interchangeably. But technically a *stock* is made from water and bones. The bones provides the flavour and their gelatinous connective tissue, slowly break down and add body to the water. A *broth* is usually made from meat (like a whole chicken) and/or vegetables and is lighter bodied.

Skim - to scoop away the top layer from a liquid as you did with scooping the fat off the top of the chilled bone broth. When you make stock, soup, sauces there are occasionally byproducts that you want to remove to refine the liquid. You want to remove a skin that forms, scum-like particles that bubble up, fat that accumulates. Skimming improves the texture, make it more attractive and improve the flavour.

Sieve - this is a mesh strainer that's used to strain the solid parts from a liquid. There are various sieves available in various sizes and levels of coarseness. Having a variety of shapes, sizes and coarseness will help with whatever outcome you're looking for.

Baking sheet - often referred to as a cookie sheet. This is what we used for our *Roasted Chicken & Veggie dish*. Many of these sheets have a rim but you can also find flat edges that make it easier to slide things off. We find it's better to choose light-coloured, heavy duty metal sheets.



Making stock whether it's chicken, beef or vegetable stock is a basic skill every cook should master. The carefully chosen ingredients, spices and herbs make the result a healing powerhouse and much more flavourful than the ones you buy at the store. It's easy and very rewarding.

Learning what the terms mean as well as the why's and how's are valuable cooking tools. Building your skills month by month means that over time your confidence will increase because of practice, patience and experience.



Ready Set Cook

Building your skills step-by-step, practicing and developing confidence happens over time. Be patient, be practical and enjoy the whole process.

No matter what kind of cook you are, there's something right for you. Plan the approach that best meets your needs, make ingredient swaps as necessary and keep a binder of your successes - that makes it quick and easy to look back, adjust, vary and make the recipe your own.

I'm sure you've heard the proverb...

Give a man a fish and he'll eat for a day.

Teach a man to fish and he will eat for the rest of his life.

We suggest you take it one dish, one meal, one day at a time and see what works for you.

See you in March....