



Welcome

to CSNN Mississauga's



May long weekend
with family & friends

May is holistic nutrition month...

The perfect time to focus on digestion!

You are what you eat and while that's true,
....to take it one step further, you are what
your body digests.



Peppery pear salad with a
walnut crunch



Crispy Asparagus Spears

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.

There's been a significant shift in food shopping options with the rise in popularity of farmer's markets. There are no middlemen, no transportation issues, no drawn-out storage, no gas-induced ripening - in fact, nothing fancy at all.. just simple, honest, whole foods at their seasonal peak.

So put on your apron,
let's move into the kitchen and begin...

LOOK BACK

May 2018
VIRTUAL
KITCHEN

Looking back
at May 2018

- Here we featured
a delicious burger.
Enjoy this **Mushroom
Broccoli Veggie Burger** again.

You'll be glad you did....



May's Highlight

Choose your ingredients thoughtfully. Don't just toss produce into your basket because it's on your list. Look to make sure it's as fresh as it can be. Keep in mind how long foods will last and which ones should be eaten first to avoid waste.

What's in your food? Many *processed* foods are put into fancy boxes with all kinds of label claims. Whole foods rarely come in packages with label claims. When a food item is labelled organic, it must adhere to standards that are set by government agencies.

1. Less is more

Check the number of ingredients, the lower the number the better. Healthier, minimally processed foods contain the fewest ingredients.

2. Advertising jargon

Terms like; 100% pure, naturally flavoured, sugar free, all natural, made with natural goodness. Sadly, these terms mean very little. The purpose of these claims is to sell the product. Look at the ingredient list and don't be fooled by marketing claims.

3. Words on the package that you can't pronounce.

Manufacturers are filling commercially made foods with dangerous preservatives and harmful chemicals that increase the shelf life but don't increase our life. When you read the ingredient list and there are words you're unfamiliar with, put it back on the shelf.

4. Sugar-free claims

Instead of white refined sugar it may contain artificial sweeteners or high-fructose corn syrup. Manufacturers have also learned to split up certain ingredients so that you'll see words like glucose, fructose, cane sugar, beet sugar, barley malt and molasses. This is so that the word sugar won't show up first on the ingredient list.

As we often say, think outside the box and make the bulk of your grocery shopping fresh, high-quality, organic produce, pasture-raised poultry, grass-fed beef and, wild sustainable fish.

When you buy packaged foods, do your research, be aware of industry claims and, only support brands that support your health.

Peppery Pear Salad with a Walnut Crunch

*Before you begin
to make the salad:*

1. Prepare the walnuts
2. Preheat oven 400° F
3. Line baking sheet with parchment paper



*Learn to make a few
things well. It's better
to build your cooking
skills dish by dish.
Decide on what you like
to eat, then practice
making this type of dish
until you feel confident.
Then go on to something
new.*

We adore salads because they're so versatile, so good for us - a big entrée salad, all by itself, can deliver three or four servings of vegetables.

*Our salads will open your eyes and
fire up your digestion.*

The dark leafy greens we chose for this salad, dandelion and arugula, are vitamin-rich and exceptionally beneficial because they stimulate enzyme production and bile flow, which helps promote digestion.

Garlic has been linked to reducing or even helping prevent four of the major causes of death including heart disease, stroke, cancer and infections.



Why bother to make your own dressing when the grocery store shelves are loaded with bottled dressings? First of all, it's easy and...when you make your own dressing you know exactly what's in it. Most often bought dressings contain preservatives, additives and contribute nothing to good nutrition.

Ingredients for candied walnuts;

1 cup	walnut halves
4 tsp	filtered water
2 tbsp	coconut sugar
1/2 tsp	ground cinnamon
1/4 tsp	sea salt

Method for candied walnuts;

1. Toss the walnuts with filtered water.
2. Sprinkle with coconut sugar, cinnamon and sea salt, toss to coat.
3. Transfer to prepared baking pan. Bake until walnuts are just beginning to brown, 6-8 minutes. Cool to let the coconut sugar harden. Set aside.

Salad and dressing ingredients;

1	large	garlic clove, minced or chopped finely
1/4 tsp		sea salt
2 tbsp		roasted walnut oil
1 tbsp		Dijon mustard
1 tbsp		white-wine vinegar
1/4 tsp		freshly ground black pepper
8 cups		greens (dandelion and arugula)
2		ripe red pears, sliced

Method;

1. Use your mortar and pestle to mash the garlic and salt into a paste. Transfer to a wooden salad bowl and whisk in the roasted walnut oil, Dijon mustard, white wine vinegar and freshly ground black pepper.
2. Add greens, sliced pear and toss to coat.
3. Plate each salad and garnish with a few candied walnuts.

Serve immediately

Crispy Asparagus Spears

Since we're focusing on digestion this month, asparagus nourishes the digestive tract because it becomes a food source for healthy bacteria. Good bacteria are responsible for better nutrient absorption.



Our beautiful asparagus and all the ingredients...ready to start the recipe.

Panko (coarse Japanese breadcrumbs) are often used to coat vegetables. We wanted to break away from using Panko, so we tested unsweetened coconut flakes and were really pleased with the delicious result.

Ingredients for asparagus spears;

1/3 cup	avocado oil mayonnaise
2	green onions, trimmed, finely chopped
2 tbsp	miso
2 tsp	hot sauce (we used Simply Natural's, organic red Sriracha sauce)
1 tsp	toasted sesame oil
1 bunch	asparagus, trimmed
1 cup	unsweetened, small size, coconut flakes

Method for asparagus spears;

1. Preheat oven to 450° F. Line a baking sheet with parchment, set aside.
2. Combine mayonnaise, green onions, miso, hot sauce and oil in a small bowl. Taste and adjust hotness as desired.
3. Using clean hands, rub the hot mixture over each asparagus spear. Be sure to coat them well.
4. With one spear at a time, roll in the coconut flakes and place on prepared baking sheet. Leave a little room between each spear.
5. Roast the asparagus until they look lightly browned - this should take 15 minutes.



We used our hands to roll the spears in the coconut flakes and placed on the baking pan.

Serve immediately

Asparagus is

a nutrient dense vegetable.

Extensive research has resulted in this vegetable being ranked among the top vegetables for its ability to reduce the effect of cell damaging free radicals.



Another option is to enjoy asparagus simply steamed or baked with a delicious piece of wild salmon.

Build your skills

We're focusing on
one aspect of
digestion this
month.



The power of green....

Dandelion greens
may not be the most
popular green but
they're a nutritional
powerhouse.

They have more
fibre, protein, calcium
and potassium than any
other green!

Not only do they
support your digestive
system but they
reduce swelling and
inflammation.

They peek right
at the beginning
of spring and go to
about mid-summer.

Enjoy them raw or
cooked.

The aggressive, bitter
taste of certain herbs and
garden greens really help
to enhance digestion.

Over time we've selectively taken much of the *bitter* out of our diets. The result, for many, is our bitter taste receptors go unused. Bitter receptors actually play an important role in healthy digestion in addition to controlling cravings and hunger.

When something bitter hits your tongue, it sends a signal that primes your gastrointestinal track for action.

Bitter foods contain compounds called glucosinolates, which give them their bitter taste. They all contain liver-boosting nutrients such as sulfur, along with fat soluble vitamins (A, D, E and K). These are necessary for the body to produce bile, which is needed for optimal digestion. The digestive action promotes the secretion of hydrochloric acid, which also aids in digestion.

It's not difficult to work bitter foods into your diet. When shopping, choose organic greens with crisp leaves and look for greens that are in season.

- broccoli rabe
- kale
- chard
- spinach
- dandelion greens
- raw cacao powder
- Belgian endive
- cilantro
- radicchio
- arugula
- escarole
- frisée
- mustard greens
- nettles
- turnip greens
- watercress

Let's take a closer
look at the 2 bitter
greens we used in
the Peppery Pear
Salad;

Try growing your own

Arugula is extremely
easy to grow. It grows
perfectly well in a window
box or a container.

Simply sow the tiny seeds
in loose, well-drained
soil and full sun (in the
spring when temperatures
increase). Plant the seeds
about 1/4 inch deep and
about 1 inch apart. Keep
moist and replant every
2 weeks for a continuous
supply of fresh, local
arugula. When the
seedlings are about an
inch tall, thin the plants to
about 3 inches apart. Your
harvest should be ready in
about 30 days.

Dandelion greens are edible and highly nutritious. They contain the carotenoids lutein and zeaxanthin, which help to protect eyes from cataracts and macular degeneration. In addition to the carotenoids, they also contain Vitamin K, A, C and loads of calcium.

In addition, dandelion greens are a great source of the prebiotics inulin and oligofructose, which stimulates the growth of healthy gut bacteria.

Now lets take a look at Arugula

Arugula, a nutty, peppery, hot and sharp-tasting oak-shaped leaf that comes in red or green. It's also known as rucola, rocket and Italian cress.

Arugula contains erucin, a compound that may guard against breast cancer by preventing cancer cells from dividing and multiplying. Erucin may also protect against prostate and lung cancers.

Focus • Plan • Prepare

With all that info, enjoy May's Virtual Kitchen
and we look forward to sharing more
Nutrition Intelligence in June...

