



The Good Food Box Newsletter

Mobile Market Niagara

February 2013

Website:

www.goodfoodboxniagara.ca



Healthy Soup Recipes - Making Stock

The very best soups, with the richest, heartiest flavour, are made with home made stock. It's not hard to do - here's how to make stock.

Vegetable stock- serves 4

1. Put vegetable trimmings and peelings (whatever you have: onion, potato, carrot, leek, broccoli, tomato, plus a little salt, a few black peppercorns, a bay leaf and some dried herbs) into a pot and cover with cold water.

2. Bring to a boil and simmer for 45 minutes. Leave to cool, then strain. This stock also freezes well.

Roasted Potatoes with Vegetables

by Dawn Altomari-Rathjen, LPN, BPS, and Jennifer M. Bendelius, MS, RD

Serves up to 6.

- 3 Idaho baking potatoes
- 1 sweet potato
- 3 carrots
- 1 yellow onion
- ½ pound button mushrooms
- 2 tablespoons olive oil
- Fresh-cracked black pepper, to taste
- Kosher salt, to taste

1. Preheat oven to 400°.
2. Dice the potatoes and carrots. Dice the onion. Trim off any discolored ends from the mushrooms stems.
3. In a large bowl, mix together the olive oil, potatoes, onions, carrots, and mushrooms. Place them evenly in a roasting pan, and sprinkle with salt and pepper.
4. Roast the vegetables for 30 to 45 minutes, until tender.

Homemade Vegetable Soup Recipe

- 2 medium potatoes, washed but unpeeled
- 2 onions, peeled
- 2 large carrots, scraped
- 1-2 cloves garlic (optional)
- 85g/3 oz/half cup red lentils
- 1 tbsp olive or sunflower oil
- 2 pints (1 litre) vegetable or chicken stock (use stock cube or powder if you wish)

1. Grate the vegetables. The speediest way to do this is by using the grating disc in a food processor, but if you've plenty of time you can shred the vegetables quite satisfactorily using a handheld grater.

2. Heat the oil in a large pan, add the vegetables, stir to coat and leave to sweat for 5-10 minutes over a low heat. You can add 1-2 crushed cloves of garlic at this stage if you wish. You can also omit this stage if you prefer a no-fat soup. The flavour may be a little less intense, but it'll still be good.

3. Add the lentils. Pour on the hot stock, stir well, bring to the boil and simmer until the vegetables and lentils are tender, about 15 minutes. You can serve the soup at this stage or blend it if you prefer.

Variations

1. Try adding a few leaves of shredded cabbage or a handful of finely chopped spinach.
2. If you want to use dried beans, you'll need to soak them in cold water overnight then cook them thoroughly according to pack instructions before adding them to the soup. Alternatively, use drained and rinsed canned beans, chick peas or lentils.
3. Add a can of chopped tomatoes.
4. Add fresh chopped herbs for the seasoning.



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Mindful Eating

Aware

Tasting vs. mindless munching

Observe

Notice your body.
(Rumbling stomach, low energy, stressed out?)

In-the-Moment

Be fully present. Turn off the T.V. Sit down when you eat. Just eat.

Non-judgmental

Speak mindfully and compassionately. Notice when “shoulds”, rigid rules, or guilt pop into your mind.

Savour

Notice the texture, aroma and flavor. Is it crunchy, sweet, salty, smooth or spicy?

From:
Susan Albers
Mindful Eating
Www.eatingmindfully.com

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Notes:

Good Food Box Calendar

Fort Erie, Port Colborne and
Niagara Falls Delivery Dates

Welland and St. Catharines
Delivery Dates

Mobile Market/ Niagara Falls

1 Email orders

Designed by: **Tim Willick - Volunteer**