

MINUTE NUTRITION NEWS

July 2013

Five “Must-Try” Summer Foods

Support your local farmers this summer and try out these Ontario-grown vegetables. If you've never eaten these vegetables before, be sure to attend the recipe demo on July 9th to try them out! See back for details.

Garlic

Garlic has gained increasing interest in the research world on its potential benefits on heart health. Studies continue to be carried out, but in the meantime, use it to flavour your cooking if you are trying to cut down on salt. Add it to stir-fries, salads, soups, homemade sauces, dressings, marinades or any meat dish. Ontario-grown garlic is available between July to February.



Snow Peas



Snow peas can be added to any mixtures of meat, seafood and vegetables. Flavour the mixture with garlic, ginger and low-sodium soy sauce, and you've created your own delicious stir-fry – an easy way to help boost your vegetable intake. Half a cup of cooked snow peas contain about 34 calories, fibre, iron and lots of vitamin C. You can find Ontario-grown snow peas between June to September.

Radish

We often think of lettuce, carrots, and tomatoes as salad ingredients, but variety is an important key to healthy eating. Radishes add a nice kick of colour and texture to salads. Ten small radishes contain only about 7 calories and is also a source of vitamin C. You can find locally grown radishes in Ontario between May to November.



Bok Choy



Originally an Asian vegetable, bok choy is now grown and available in Ontario between June to November. You can add bok choy to stir-fries, salads, soups, or even eat it on its own cooked with some garlic. One cup of boiled bok choy contains only about 19 calories, but is packed with nutrients. It is very high in vitamin C and folate, high in potassium, Vitamin A and B6, and also contains calcium and iron.

Green Onions or Scallions

Green onions, also known as scallions, also originated in Asia. Its distinct smell from cooking onions gives a nice variation when added to any meat, seafood or vegetarian dish. Thinly slice the green onions and use raw or lightly cooked as a garnish. Ontario-grown green onions are available between June to November.



RECIPE OF THE MONTH

July 2013

Ontario Bok Choy Salad

Try this refreshing Asian-inspired salad made with locally grown vegetables. Turn it into a hot meal in five minutes by stir-frying the ingredients in a pan!



Makes 2 servings

Ingredients:

2 leaves	bok choy, thinly sliced
2	radish, thinly sliced
12	snow peas, ends chopped and halved
½	orange pepper, thinly sliced
1 clove	garlic, minced
1 tbsp	olive oil
½ tbsp	sesame oil
½ tbsp	rice wine vinegar
½ tsp	low sodium soy sauce
½ tsp	honey
2 tbsp	green onion, thinly sliced

Nutrition Facts (values are approximate) Per serving

Amount	% Daily Value
Calories 121	
Fat 10 g	16 %
Saturated 1.4 g + Trans 0 g	7 %
Cholesterol 0 mg	
Sodium 59 mg	2 %
Potassium 177 mg	5 %
Carbohydrate 6 g	2 %
Fibre 1 g	5 %
Sugar 4 g	
Protein 1 g	
Vitamin A	5 %
Vitamin C	98 %
Calcium	3 %
Iron	6 %

Directions:

1. Combine all vegetables except green onions in a large bowl. Mix thoroughly.
2. Garnish with green onions.
3. Serve and enjoy!

Got questions?

Meet the clinic's registered dietitian on July 9th from 9:30 to 11:30am during the recipe demonstration!