

# MINUTE NUTRITION NEWS

June 2017

## Eating Local and Seasonal: Radicchio

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Have you ever noticed those bright purple leaves that beautifully complement the greens and yellows in the \$12 to \$15 salad you ordered at a restaurant? Chances are you are eating radicchio (pronounced rah-deek-kyoh). It's likely not one of your staples that you would pick up at the store, but since this vegetable is going to be in season this summer, here are some reasons why it should be!

### Nutritional Goodness

As I always say, bright colours are a good hint to good nutrition. Radicchio is no exception. This vegetable has high amounts of vitamins K, C and E, as well as fibre, folate, copper and potassium. These nutrients are important in regulating blood clotting, fighting cell damage, helping with digestion, making red blood cells, and regulating blood pressure (just to name a few).



Hidden inside these bright colourful leaves are also other health-enhancing plant compounds. Two of these are called *lutein* and *zeaxanthin* (the same ones found in spinach described in last month's newsletter). These two compounds are important for the health of our eyes and can help prevent or delay age-related macular degeneration.

Another plant compound is called *anthocyanin*. There has been some promising research that suggests that this compound plays a role in preventing heart disease, cancer and age-related loss of brain function. Although these studies have not yet been able to specifically prove cause and effect (that eating radicchio will lead to all the above health benefits), these are certainly some of the benefits that we can get by eating an overall diet rich in colourful vegetables.

### Using Radicchio

Radicchio carries a slightly bitter taste and so often, is used sparingly to complement other ingredients in recipes. Pair with ingredients and flavours that are sweet and salty to complement the bitter notes. Grilling or roasting the vegetable can also help tone down the bitter flavours. The featured recipe of this month (on the back) is a delicious example of how these flavours come together to create a tasty radicchio dish.



### Where to Buy

Radicchio can easily be found in your local grocery store in the produce section. If you purchase a local CSA (community supported agriculture) food box, you may also receive a share of this vegetable as it is in season between June till August. In Georgina, you can join a CSA program run by Frall Foods with pick-up available in Sutton – call 647-973-2501 for more information. Alternatively, York Region Food Network also runs the Good Food Box Program for a lower price with pick up in Aurora – call (905)841-3101 ext 203 for details.

# RECIPE OF THE MONTH

June 2017

## Roasted Sweet Potatoes and Radicchio



Adding radicchio to your salads is an obvious choice, but cooking it is the next level! Try out this recipe in your oven or switch up it by cooking it on your barbeque this summer. This recipe is sure to give you a fresh new taste of summer vegetables.

Makes about 2 cups

### Ingredients:

1 head	Radicchio
2 small	Sweet potatoes
2 tbsp	Olive oil
½ tsp	Salt
1 tbsp.	Honey
1 ½ tbsp.	Balsamic vinegar
Optional	Parmesan cheese

### Directions:

1. Preheat oven to 400°F.
2. Cut radicchio into thin wedges. Mix in ½ tsp salt and set aside for 20 minutes.
3. Cut sweet potatoes into small cubes. Place on a baking sheet lined with parchment paper and combine evenly with 1 tbsp. olive oil. Bake for 15 minutes.
4. When radicchio is ready, rinse thoroughly with water. Squeeze out as much water as possible and add to sweet potatoes after they have baked for 15 minutes. Add 1 tbsp. olive oil and combine evenly into radicchio.
5. Return sweet potatoes and radicchio mixture to oven and bake for 10 minutes, flipping radicchio once in between.
6. In a small bowl, combine honey and balsamic vinegar. After ten minutes of baking the sweet potatoes and radicchio, add honey and balsamic mixture and bake for additional 5 minutes.
7. Optional: add a sprinkle of grated parmesan cheese on top.

### Nutrition information (Per ½ cup, cooked):

110 calories, Fat 7 g (9% DV), Carbohydrate 12 g (4% DV), Fibre 1 g (4%), Protein 1 g, Sodium 160 mg\* (7% DV), Sugars 7 g, Calcium 2%, Iron 0%, Potassium 4%

\*Sodium intake assumed to be half of total amount used after rinsing.