

MINUTE NUTRITION NEWS

April 2018

Spring Makeover Guide for Your Kitchen

By Lisa Lau, Registered Dietitian at the Georgina Nurse Practitioner Led Clinic

Spring is such an exciting time in the kitchen. As the weather starts to warm up, we start to see and bring home more varieties of fresh and local produce. Our cravings change from warming comfort food to lighter, more refreshing dishes. This year, why not get a head start with spring cleaning and use these tips to give your kitchen a makeover to prepare yourself for a season of healthy and delicious eating!



The Freezer

- Clear out space to freeze extra vegetables and fruits purchased throughout the summer. That way, you can continue to enjoy local produce during the winter months. Make sure to invest in proper freezer bags and storage containers.
- Stock up with healthy frozen treats for the hot summer days. Buy a variety of frozen fruits and make your own fruit and yogurt smoothie popsicles or fruit sorbets. Start with this simple blueberry sorbet recipe: blend together 3c cups frozen blueberries, 3 tbsp fresh lemon juice, 1 tsp lemon zest, and 1/3 cup water.

The Fridge

- Stock up with fresh and local produce throughout the season. There will be new varieties each month so keep an eye out for new vegetables and fruits to try. In April, look for locally grown beets, bok choy, carrots, onions, potatoes, rhubarb, cabbage, cucumbers, lettuce, parsnip and tomatoes.
- Keep stock of your favourite milk and alternative products for your calcium and vitamin D requirements. These can be cow's or calcium fortified plant-based milks, cheese and yogurt. You can also get vitamin D by spending 10 minutes each day in the sun in t-shirt and shorts.
- Keep some useful guides handy on the front of the fridge. Check out York Region's Good Food campaign website for handy shelf-life and storage guides. www.cooksmarts.com has many helpful ingredient guides for cooking inspiration. Consider using a magnetized notepad and meal planner sheet to keep your grocery shopping organized for the week.

The Pantry

- Ditch the processed prepackaged meals and make room in the pantry for healthier staples. Stock up on rolled or steel cut oats, brown rice, quinoa, and an assortment of beans and lentils.
- Finding your breakfast and snacks to be the same old boring stuff? Spice up your meals with an assortment of healthy fixings from your pantry – nuts, pumpkin or sunflower seeds, ground flax seeds, chia seeds, dates, dried figs and dried fruit. Include these as a snack or top off your oatmeal, yogurt or cereal in the mornings.
- If you don't already have one, invest in a basic spice rack and start experimenting with the flavours in your cooking. This can improve the taste of your meals and help you cut down on salt and sugar-loaded condiments and sauces. www.cooksmarts.com has the perfect guide to help you get started!



RECIPE OF THE MONTH

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Pesto Beet and Butternut Squash Noodles with Honey Balsamic Tofu

This is the perfect recipe for transitioning to spring – a warming but light meal that is filled with colour to match the changing outdoors. Have fun with this recipe and add in any other vegetables that are in season as the weather continues to change.



Makes 3 servings

(Each serving contains approx 2 cups)

Ingredients:

1 pkg (340g)	Butternut squash noodles
1 pkg (340g)	Beet noodles
3 tbsp	Extra virgin olive oil
Dash	Salt and pepper
2	Garlic cloves
1 pkg (454g)	Medium firm tofu, cubed*
1 tbsp	Honey
1 tbsp	Balsamic vinegar
2 tbsp	Pesto
2 tbsp	Pine nuts
2 tbsp	Mozzarella, partly skimmed, diced

Directions:

1. Preheat oven to 400°F. Line baking sheet with aluminum foil. Spread butternut squash and beet noodles, along with garlic cloves, on baking sheet and combine evenly with 2 tbsp olive oil, and a dash of salt and pepper. Cover with aluminum foil and roast for 15-20 minutes.
2. Meanwhile, heat 1 tbsp olive oil in a non-stick pan over medium high heat. Place tofu cubes into pan and pan-fry all sides until golden brown in colour. In a small bowl, combine honey and vinegar and pour evenly over the tofu in the pan. Stir around to combine sauce and tofu evenly.
3. Once noodles are done, transfer to serving bowl. Mash roasted garlic and add into noodles. Add tofu, pesto sauce, pine nuts and cheese. Combine evenly and serve.

**Tofu can be substituted with other protein of your choice.*

Nutrition information (Per serving):

457 calories, Carbohydrate 39 g (13% DV), Fibre 7 g (28% DV), Sugars 17 g, Fat 29 g (45% DV), Saturated Fat 4 g (20% DV), Protein 23 g, Sodium 308 mg (13% DV), Calcium 44% DV, Iron 74% DV, Potassium 29% DV