



Nutrition Nibbles



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A Message from Jennifer Broxterman, Registered Dietitian, Owner of NutritionRx



Hello again and welcome to the second issue of Nutrition Nibbles! It has been a very busy and exciting summer for NutritionRx. I was very lucky to take part in a professional development program for student entrepreneurs called Summer Company, which was facilitated through the Small Business Centre of London. Over the past four months, I learned a lot about marketing, client management, book keeping, social media, and was happy to have NutritionRx make an appearance in the London Free Press, the Londoner, Metro London, as well as a little bit of air time on the radio with 106.9 the X.

Things are still developing, and NutritionRx will be moving to its new downtown London location (353 Bathurst Street, London, ON) for October 2011. I'm also very excited to announce that I've also been hired as a Professor for the Foods & Nutrition Department for Brescia / the University of Western Ontario!. Visit our website for full details!

www.nutritionrx.ca

Fun Fact About Apples: Archeologists have found evidence that humans have been enjoying apples since at least 6500 B.C.



Did You Know...

- Apples are a member of the rose family.
- Apples are a fat-free, sodium-free, and cholesterol-free food.
- A medium apple contains about 80 calories and has 5 grams of fibre.
- Apples ripen 6-10 times faster at room temperature than if they were refrigerated.
- Guinness Book of World Records: The largest apple picked weighed 3 pounds!



Nutrition Nibbles Recipes

Below are two tasty fall recipes to try. Need more help getting quick and nutritious dinners on the table that will satisfy the entire family? Visit NutritionRx's website for many more great recipe ideas to keep your taste buds happy this fall:

<http://www.nutritionrx.ca/category/recipes/>



Makes 4 cups (1 L)
1 serving = 1 cup

Braised Red Cabbage

This uncommon side will impress any guests with its sweet taste, cranberry tang and vibrant colour. See page 4 on how to pick the best cabbage and useful cooking tips.

Ingredients:

Margarine	2 Tbsp	30 mL
Chopped red cabbage	4 cups	1000 mL
Chopped onion	1 cup	250 mL
Apple Juice	½ cup	125 mL
Dried cranberries	½ cup	125 mL
Apple cider vinegar	2 Tbsp	30 mL
Brown sugar, packed	1 Tbsp	15 mL
Salt and pepper to taste		

Directions:

1. Heat margarine in a large frying pan on medium until melted and bubbles have disappeared.
2. Add cabbage and onion.
3. Cook for about 5 minutes, stirring occasionally, until cabbage starts to soften and lighten in colour. Reduce heat to medium low.
4. Add remaining ingredients.
5. Stir. Cook covered for about 15 minutes until cabbage is tender-crisp.

Per serving (1 cup): 173 Calories, 5.9g fat, 1g protein, 32g carbs, 3g fibre

Adapted from: Rookie Cook

Sweet Potato Casserole

This recipe provides both a great Thanksgiving side dish and a perfect opportunity to include an orange vegetable into your meal. Sweet potatoes are an excellent source of vitamin A (in the form of beta-carotene), and a good source of vitamin C, B6, fibre and potassium.

Ingredients

Cooked, mashed potatoes	2 ½ cups	560 mL
Margarine, melted	¼ cup	60 mL
Milk	3 Tbsp	45 mL
Sugar	¼ cup	60 mL
Vanilla	¼ tsp	1 mL
Egg	1 beaten	1 beaten
Brown sugar	¼ cup	60 mL
Flour	¼ cup	60 mL
Butter	3 Tbsp	45 mL
Pecans, chopped	½ cup	125 mL

Directions:

1. Preheat oven to 350°F. Grease a 9X13 inch baking dish.
2. In a large bowl, mix mashed sweet potatoes, melted margarine, milk, sugar, vanilla, and egg. Spread mixture into the prepared baking dish.
3. In a small bowl, mix together brown sugar and flour. Cut in butter until mixture is crumbly, then stir in pecans. Sprinkle mixture over the sweet potatoes.
4. Bake for 25 minutes, or until golden brown.

Per serving: 300 Calories, 13g fat, 3.2g protein, 35g carbs, 2.6g fibre



Makes 8 servings



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Jennifer Broxterman

Best Back-to-School Lunch Ideas

Fall is just around the corner which signals both back to school and back to packing your kids a healthy school lunch! Packing a nutritious lunch is a great way to provide them with the nutrients and energy they need to focus and do their best at school. The trick is providing a healthy lunch that your kids will actually eat and not throw or trade away! Try these lunch box ideas to kick-start the school year:

Monday: Peanut Butter and Sliced Apple or Banana Quesadilla

Spread 2 Tbsp of peanut butter on a whole wheat tortilla. Top with apple or banana slices (or both!). Fold in half. Serve with cut up celery and carrots, a cheese string, and a carton of low-fat milk.

Tuesday: Checkerboard Turkey Sandwich

Spread 1 Tbsp light cream cheese on 1 piece of whole wheat bread. Top with 3 slices of lean turkey breast, tomatoes, remaining slice of white bread. Cut the sandwich into 3 lengthwise strips and then 3 crosswise strips to make 9 squares; arrange to resemble a checkerboard. Finish off the meal with orange slices and 100% fruit juice. (Source: Kraft Canada)

Wednesday: Egg Salad and Veggie Pita

Mix a sliced hard-boiled egg with plain yogurt, chopped peppers, tomatoes, and shredded carrots in a whole wheat pita. Serve with 2 graham crackers and apple slices.



Thursday: Leftovers!

With insulated food jars, you can send hot foods to school too, such as leftovers from that delicious meal you made the night before! Some ideas include: beef and vegetable stew with a whole wheat roll, chicken casserole with carrots and dip, or pasta salad with a piece of fruit and yogurt.

Friday: Tuna Dippers

Mix 1 can of tuna with miracle whip dressing. Serve with whole grain Triscuit crackers and carrot sticks. Finish off the lunch with a box of raisins and cheese slices or yogurt. Kids love to dip! You can also use cottage cheese, hummus, yogurt, or guacamole as healthy dips.

Tips to keep lunch interesting and your kids eating it:

- Make food fun by cutting sandwiches into different shapes. Cookie cutters work great!
- A little prep work can make anything more kid-friendly. Peel clementines and oranges, then cover them with plastic wrap before packing them, or cut kiwi fruit in half and let kids scoop out the flesh with a teaspoon.
- Change the bread – try different kinds of grains (rye, pumpernickel, flax) as well as the type of bread like whole grain tortillas, bagels and pitas.
- Switch up the veggies and fruit. Give your kids something different to experience each bite.
- Turn a container of low-fat yogurt into a complete meal by sending along some stir-in granola, trail mix, unsalted chopped nuts, or whole grain cereal.
- Kids ultimately like a lunch they enjoy and helped prepare in advance, which means they'll be less likely to throw or trade it away.



Best Times for your Favourite Fruits and Vegetables

By: Shannon Smith

Don't let the seasonality of fruits and vegetables prevent you from choosing certain types, because variety is key! Pick bright coloured fruits and vegetables (oranges, yellows, reds, dark greens, purples, and blues) which tend to have more antioxidants and other nutrients. Whether they are fresh, canned, or frozen, all are packed with essential vitamins and minerals.

Fruits

	Sept	Oct	Nov	Dec
Apples	√	√	√	√
Blueberries	√			
Grapes	√			
Nectarines	√			
Peaches	√			
Pears	√	√	√	√
Plums	√	√		
Raspberries	√			
Watermelon	√			

Vegetables

	Sept	Oct	Nov	Dec
Beets	√	√	√	√
Broccoli	√	√		
Brussels Sprouts	√	√	√	
Cabbage	√	√	√	√
Carrots	√	√	√	√
Cauliflower	√	√	√	
Corn	√	√		
Cucumber	√	√	√	√
Lettuce	√	√	√	√
Onions	√	√	√	√
Parsnips	√	√	√	√
Potatoes	√	√	√	√
Squash	√	√	√	√
Sweet Potatoes	√	√	√	√

Quick Tips for Seasonal Fruits & Vegetables this Fall!



Pears

Pears are very delicate and bruise easily when ripe, so always buy slightly under ripe (firm but not hard), then ripen at home at a temperature of 60-70⁰ F.



Plums

Choose plums that have a beautiful blush and are firm in texture. *Quick fact:* a prune is a dried plum!



Broccoli

Choose bunches with firm stalks and tightly closed dark green buds. Avoid limp broccoli and broccoli with yellow buds.



Cabbage

Cabbage may be red or green. Choose cabbage that has crisp-looking, tightly-packed leaves. Cabbage should be firm and heavy for its size.

Cabbage Coach: Red cabbage can make a colourful addition to an otherwise neutral meal but if you want its colour to pop, there are a few things you need to keep in mind:

- Always cook it with a little bit of acidic liquid (like vinegar).
- Don't cook it in aluminium cookware.
- Don't cut it with a carbon-steel knife.

Nutrition Nibbles Contributors

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THANK YOU



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