



NutritionRx
Jennifer Broxterman

Nutrition Nibbles



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



With spring in the air, it's a good time to do a little decluttering, both physically & mentally. When I work with clients looking to improve their eating habits, we often talk about what continues to hold them back and stop them from hitting their goals. Is it the belief that's been ingrained since childhood that you have to finish every last bite on your plate? Is it that voice in your head that says you deserve a treat at the end of a bad workday, because you earned it? Is it that negative voice you hear in your head that tells you you're not good enough, that you'll never be successful at losing weight, or that you don't deserve to be happy? This spring, I challenge you to sweep out the cobwebs internally, and let go of what's holding you back from success & happiness.

If you're looking to make some serious changes, feel free to contact me to set up an appointment.

www.nutritionrx.ca

Fun Fact About Rhubarb: Until about 200 years ago, rhubarb was mostly used for medical purposes. Its roots contain laxative substances!

Did You Know...

1. Rhubarb is a great source of vitamin C, potassium, and calcium.
- Store rhubarb in the fridge. It also freezes well but should be blanched first.
- Enjoy the stalk, but rhubarb leaves should not be eaten! They contain oxalic acid which can be toxic!
- We tend to think of rhubarb as a fruit since it is mostly used in sweet dishes, but it is actually a vegetable!



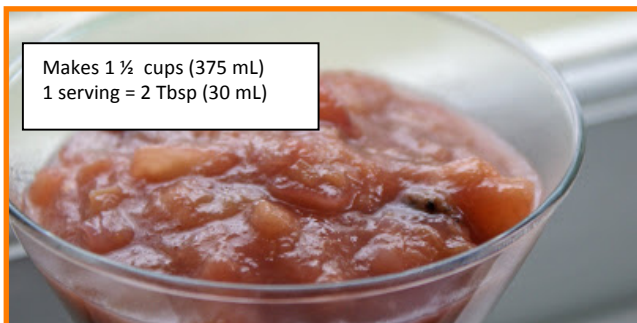


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Nutrition Nibbles Recipes

Below are two tasty spring 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 spring:

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



Makes 1 ½ cups (375 mL)
1 serving = 2 Tbsp (30 mL)

Rhubarb Chutney

This condiment is tangy, delicious, and the rhubarb screams spring-time! Drizzle this chutney on fatty fish such as salmon, mackerel, or trout to enhance the flavor of your meal. It is also great over roast chicken or pork! Rhubarb chutney is low in fat and rich in flavor!

Ingredients:

Extra-virgin olive oil	1 Tbsp	15 mL
Onion, finely chopped	1 small	1 small
Garlic, minced	2 cloves	2 cloves
Fresh ginger, peeled and finely grated	1 Tbsp	15 mL
Dry white wine (Sauvignon Blanc)	½ cup	½ cup
Golden raisins, coarsely chopped	½ cup	½ cup
Sugar	½ cup	½ cup
Rhubarb, trimmed and cut crosswise ¼" thick	340 grams	340 grams

Directions:

1. Heat oil in a medium saucepan over medium heat. Cook onion and garlic until onion is translucent, about 5 minutes.
2. Remove from heat, and add wine and raisins. Return to heat, and bring to a boil; cook for 1 minute.
3. Add sugar, and stir until it dissolves. Stir in half the rhubarb. Bring to a boil.
4. Reduce heat; simmer, partially covered, until rhubarb breaks down, about 5 minutes.
5. Stir in remaining rhubarb. Raise heat; bring to a boil.
6. Reduce heat; simmer until second batch of rhubarb just begins to soften, about 2 minutes. Let cool completely.

Per serving (2 Tbsp): 70 Calories, 1g fat, 1g protein, 14g carbs, 1g fibre

Adapted from: Martha Stewart Recipes

Smoked Salmon Orzo with Asparagus

A really quick and easy recipe to whip up after a long day, this recipe will take less than 30 minutes to prepare! You can easily swap out the orzo for another type of pasta, brown rice, or quinoa. This dish is a great source of protein, iron, calcium, and vitamins A and C. Whole wheat orzo and asparagus contribute some extra fibre too!

Ingredients:

Whole wheat orzo	1 ½ cups	375 mL
Water	3 cups	750 mL
Extra virgin olive oil	2 Tbsp	30 mL
Red onion, chopped	1 each	1 each
Asparagus, trimmed & cut into 1" pieces	Bunch	Bunch
Smoked salmon, chopped	8 slices	8 slices
Parsley, fresh & chopped	2 Tbsp	30 mL
Parmesan cheese, grated	½ cup	125 mL

Directions:

1. Bring the water to a boil. Add orzo and return to a boil. Reduce heat to a simmer until orzo is al dente, approx. 8 minutes.
2. Drain orzo and return to saucepan. Add 1 Tbsp of olive oil and stir.
3. Meanwhile in a sauté pan, heat remaining 1 Tbsp of olive oil.
4. Add chopped onion and sauté until softened, approx. 2 minutes.
5. Add asparagus and cook for about 5 minutes, stirring occasionally.
6. Remove from heat. Stir in cooked orzo, smoked salmon, and parsley. Sprinkle with Parmesan cheese and serve.

Per serving (415 g): 480 Calories, 13g fat, 24g protein, 66g carbs, 4g fibre

Adapted from: Fitness Magazine



Makes 4 servings (1.6 kg)
1 serving = ¼ of recipe (415 g)



Not Just Another ‘Fish Story’

Canada’s Food Guide recommends we eat at least two Food Guide servings of low-mercury fish each week for a healthy diet. Fish is an excellent source of protein, low in fat, packed with vitamins and minerals, and is important for healthy eyes, heart, and nervous system. It also aids in brain development and may reduce your risk of certain cancers! Here’s how to get hooked on fish!

Experiment with different varieties of fish and cooking methods!

Bake it!

Baking fish takes approximately 10 minutes per inch of thickness, and is a simple way to prepare fillets. Fattier fish does not require any extra liquid or fat, however, lean white fish can dry out. Use a little water, white wine, lemon juice, or fish stock to keep white fish moist.

Grill it!

Grilling works best on fish steaks. It doesn’t take long and is finished when the fish becomes flaky, opaque, and reaches an internal temperature of **70°C (158°F)**.

Poach it!

Poaching is a simple and healthy way of preparing firm-fleshed fish fillets or fish steaks. Place the fish in a saucepan and add enough fish stock or water to just cover the fish along with seasonings of your choice. Bring the liquid to a simmer over medium heat but do not boil! Simmer the fish for approximately 10 minutes.

*Serve baked, grilled, or poached fish with the **Rhubarb Chutney** featured in this Nutrition Nibbles Newsletter!*

Choose fatty fish which are higher in omega-3 fats most often.

These include:

- Salmon
- Mackerel
- Anchovies
- Sardines
- Herring
- Arctic Char
- Trout

Tips for Including Fish in Your Diet

- Add canned salmon to casseroles and pastas.
- Try making Homemade Salmon Burgers <http://www.nutritionrx.ca/homemade-salmon-burgers/> or other great fish recipes found on NutritionRx’s website!
- Add baked or canned fish to a wrap for lunch with baby spinach, grated carrot, and other sliced veggies.
- Use anchovies or sardines as toppings on homemade pizzas.
- Combine any type of canned fish with a small amount of light mayonnaise for a great snack. Spread it on whole grain crackers or fresh celery or red pepper slices.

One Food Guide serving of fish is 75 grams, or ½ cup.

What About Mercury?

The fish rich in omega-3 fatty acids are all **safe** to eat as well as cod, haddock, halibut, sole, perch, bass, tilapia, “light” tuna (such as skipjack, yellowfin, or tongol), and snapper.

Women who are, or may become, pregnant and children should limit their exposure to mercury. Since large fish accumulate mercury over time, the following types of fish may need to be avoided:

- Tuna
- Shark
- Swordfish
- Marlin
- Orange roughy
- Escolar



Resources for Healthy Eating This Spring!

Community Supported Agriculture

Buying local, fresh produce is a great way to support the economy and improve your diet! Try getting involved with Community Supported Agriculture (CSA) this spring to support local farmers and have fresh produce delivered to you all summer!

CSA is a farming system in which the consumer pays a set fee to the farmer before the growing season, which helps cover the costs of the farm operation. In return, the person gets 'shares' in the form of produce from the farm! Every CSA farm is different; contact the farms in your area directly to find out how they operate.

Visit www.nutritionrx.ca/local-foods-directory-for-london-ontario-canada/ for a directory of London's local CSA farms!



NutritionRx Chef Services

NutritionRx welcomes local chef and culinary expert Lindsay Sferrazza to our healthy eating team!

Lindsay believes healthy eating does not mean sacrificing flavour and through a variety of services, can help you achieve your nutritional goals!

Services Available:

- Cooking lessons
- In-home batch meal preparation
- Meal delivery service

Check out <http://www.nutritionrx.ca/new-chef-services-at-nutritionrx/> for more information.

EaTipster

Looking for nutrition advice on the go? Dietitians of Canada has created a mobile app that gives you daily healthy eating tips and evidence-based nutrition information right to your phone! Further information is provided with each tip and links to additional resources are also available.

For more details visit: www.eatipster.com/

A recent tip was "The whole truth – your multigrain bread may not actually be whole grain."

Nutrition Nibbles Contributors

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THANK YOU



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