

FRESH ATTITUDE

o n h e a l t h y l i v i n g



ASK EMILIE

Q: Hey Emilie! How do I incorporate veggies when I don't like them?

A: You're not alone! Lots of adults and kids alike have trouble with the taste and texture of veggies. Try this: **Blend 'em-** pureed soups and blended smoothies are a great way to get a nutrient punch while masking taste and texture. Try adding spinach or kale to anything blended, even your fruit smoothies!

Hide 'em- steamed veggies like cauliflower and carrots are easy to add to pasta sauces, rice dishes or mashed potatoes

Cook 'em- no need to eat raw veggies all day long. Try them roasted, steamed or stir fried.

Mask 'em- adding grated or finely chopped peppers, carrots or celery to your favourite dishes enhances crunch factor. Add them to pasta salads, sandwiches or dressings/dips.



Contact Emilie Williams, HBSc in Food and Nutrition at emiliewilliams@browns.ca to ask your question for the next edition of FA!

Summer Produce is Here!

Eat your fruits and veggies!

You hear it all the time from health professionals - "eat more fruits and veggies"! But why are they so good for you? Here's the skinny:

- They have tons of fiber - the kind that keeps you regular!
- Veggies and Fruit have an large assortment of vitamins and minerals that keep your body functioning at its peak condition (even if you aren't a marathon runner!).
- They are rich in free-radical fighting antioxidants - that means they fight off damaging molecules.
- Eating more of them help reduce your risk of developing a host of diseases, including many forms of cancer.
- They are low in calories, but high in fiber, water and nutrients. That means you can eat to your heart's content! (And your heart will be content with all those added health benefits!)



Ok, I know why, but how?

Summer is upon us, so there's no better time to incorporate fresh, seasonal and local produce into your diet. Here are a few ways to make the transition easier:

- Make an afternoon out of stocking your fridge with local produce by visiting your a farmer's market.
- Most major grocery store brands advertise the in season produce and usually have them on sale!
- Stock up on easy to grab fruit like grapes, apples and peaches.
- Spend time washing and chopping fruits and veggies to put in easy to grab containers for the week.
- Invest in pre-washed lettuces to make salad preparation easy
- Make salads your meal by adding lean protein and healthy toppings (see next page for tips and recipes)

FRESH ATTITUDE

o n h e a l t h y l i v i n g



How to Build a Better Salad

Salads are the perfect summer meal using the best of what the season has to offer. Give your oven a break and try a satisfying and crunchy salad for your next dinner meal!

Start with a leafy base

The greener the better here! Baby kale or spinach are powerhouses of nutritional value, but other greens that work include romain, spring mix and leaf lettuce. Mix it up for variety!

Add some crunch

Encorporate the colours of the rainbow and include as many veggies and fruit as you want! Gratted carrot, cherriy tomatoes, onion, cucumber, strawberries, or mandarine orange. Nuts and

seeds add ton protein as well as crunch! Try toasting them first.

Don't forget the protein

Boost the staying power of our meal salad with lean sources of protein like leftover cooked chicken, beef or a hard boiled egg. Cheeses like feta, cheddar or goat add a ton of flavour. Beans like chickpea or grains like quinoa have fiber as well as many essential amino acids (protein building blocks).

Flavour is king

Save time by using bottled dressings like Kraft, but make sure you aren't using too much! The calories can add up quickly. If you have time, make your own. Some alternatives to dressing can be salsa on a taco style salad or tatziki (yogurt based dressing) on a greek type salad. The key is to be creative!



Salad Ideas featuring:



Watermelon, Cucumber and Feta

For each serving: Combine 3/4 cup watermelon chunks, 1/4 cup cucumbers chunks and 1/2 Tbsp. fresh mint. Add 2 Tbsp. crumbled feta and 1 Tbsp. Kraft Sweet Balsamic vinaigrette; toss lightly. Serve chilled.

Summer Fruit and Quinoa Salad

For each serving: Gently toss 2-3/4 oz. cooked quinoa, 2-1/2 oz. spinach, 1/4 oz. scallions, 1 oz. each raspberries, blueberries and peaches, and 1 oz. Kraft Berry Balsamic dressing in medium bowl. Spoon onto serving plate. Garnish with 1/2 oz. goat cheese and 1/4 oz. toasted slivered almonds.

Shredded Asian Cabbage Salad

(makes 8 - 1 cup servings) Combine 5 cups shredded nappa cabbage, 1 small red pepper, cut into strips, 3 sprigs of green onion, cut in thin slices, 1 carrot, cut into thin matchsticks, 1/2 cup sno peas, blanched and cut in half, 1/3 cup of roasted peanuts, coarsely chopped and 1/3 cup Kraft Asian Sesame Dressing. Combine all ingredients, chill and serve!

Easy BBQ Vegetable Marinade

Marinate your favourite summer veggies in Kraft Dressings before grilling! Try Balsamic Vinaigrette or Zesty Italian!