



It's Nutrition Month!

Food Fabulous Food

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Visit www.dietitian.ca for more information on eating locally, recipes and healthy eating.



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Nutrition Month 2010 Celebrate food... from field to table!

Celebrate what the local market has to offer!

This year's nutrition theme is about celebrating healthy eating while enjoying local products. This edition of Food Fabulous Food focuses on all the delicious foods produced right here at home. As a local company, Pete's understands the importance of promoting local and carries a wide range of products from Nova Scotia and throughout Canada.

Why Choose Local?

-You are putting money back into the community and often it's to smaller companies and farmers.

-Local produce does not have to travel a far distance so products are fresher, better tasting and likely higher in nutrients.

-Less travel is required for local products so it is better for the environment and the carbon imprint is minimized. Also less packaging is needed when the produce has less distance to travel.

What does eating local mean?

Eating local means purchasing and consuming foods that are grown and harvested close to home. Obviously, the closer to home, the better but even purchasing Canadian products is more beneficial than products from foreign countries.



Doesn't it Limit Your Selection?

In order to eat locally, you need to eat according to the seasons availability. This means your diet will consist of a more variety of fresh produce in the summer oppose to in the colder months. But don't forget you can freeze local fruits and vegetables to enjoy all year round.

Did you know...

-According to research

most of our meals have traveled **2400km** to get to our tables.

-PEI is Canada's leading potato producer.

-Canada produces over **6 billion** eggs a year.

-There are over **200,000 farms** in Canada.

-One farmer produces enough food to feed about **120 people** for an entire year.

-Canada is the **leading** mustard seed exporter in the world.

-Canada is the **leading** maple syrup producers in the world.

-Chickpea production in Canada has increased from 1000 tonnes in 1995 to **255,000 tonnes** in 2007-2008.

-Durum wheat produced in Canada is used to **make pasta in Turkey and Italy**.

-**Red meat** is Canada's **largest** sector in the food industry.

Source: www.dietitians.ca



Mmm Home-Style Bread!

This is the best thing going since sliced bread! 24 Carrot Bakery is a bakery located here in Halifax. They make a wide variety of delicious products from bread to rolls to muffins and this is just naming a few. They make healthy products to enjoy regularly and other delicious baked goods to have as a treat. Many of their baked goods are sold at Pete's

100% Whole Wheat Bread
Bread has never tasted so good. Whole wheat flour is the main ingredient providing 2g fibre per slice and 106 calories.

Muesli Bread
This wholesome bread is not like your typical loaf... It has a fruit flavour containing a combination of dried apricots, raisins and apple. Other unique ingredients include oatmeal, molasses and sunflower seeds. It is made with some enriched flour

but the first ingredient is whole wheat flour. It provides (per slice) 138 calories, minimal saturated fat and 2g fibre.

Both these breads are delicious toasted with peanut butter or with a light spread of margarine. The whole wheat bread makes a great sandwich.

Seafood from Home

What's better than fresh seafood?
Pete's has seafood right from the shores of Nova Scotia all year round.



Digby Scallops: These mollusks are fresh and delicious. Their meaty texture and rich flavour is definitely one of a kind. These delicacies not only taste great but are also good for you. They are low in saturated fat, provide a great source of protein, as well as, a good source of magnesium, phosphorus, potassium and vitamin B12. Magnesium plays a role in blood circulation, it pairs up with calcium to build strong bones and teeth and aids in nerve and muscle regulation. Phosphorus also plays a role in bone and teeth health, as well as, helps the body use protein and carbohydrates. Potassium aids in the impulse of nerves and is proven to help control blood pressure.

A 3oz serving of scallops provides half of your vitamin B12 intake for the day. Vitamin B12 is important in regulating your nervous system, helps in the fabrication and maintenance of DNA and red blood cells which carries oxygen throughout the

body.

A 3oz serving of scallops provides only 101 calories, 21g protein, 1.3g fat, 0.1g saturated fat, 48mg cholesterol.

Ensuring freshness: The fresher, the better when it comes to non-frozen scallops. A good indicator of freshness is odour. Choose scallops that have little to no odour. Their texture should be firm and the appearance should be white with a slight glossiness.

Storing scallops: Scallops can be frozen for up to 3 months. Fresh scallops should be refrigerated and used within 2 days, but the sooner you use them, the better. To ensure top freshness, refrigerate scallops wrapped in paper and never soaking in water.

Preparing scallops: Scallops can be sautéed, baked, grilled or broiled. They do not require a lot of time to cook so once they are opaque they are ready to eat. Avoid overcooking or they will be tough in texture.

Source: http://www.lesliebeck.com/ingredient_index.php?featured_food=82

Sea Scallops with Mushrooms and Sherry

20 large sea scallops (1 1/2 lb), tough ligament removed if attached
 1/8 teaspoon black pepper
 1 tablespoons olive oil
 1 tablespoons unsalted butter
 1 lb cremini mushrooms, quartered
 1/3 cup finely chopped shallots
 2 garlic cloves, finely chopped
 2/3 cup medium-dry Sherry
 1 tablespoon balsamic vinegar
 1 tablespoon soy sauce

Directions:

Pat scallops dry and sprinkle with pepper.

Heat oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then cook scallops, turning over once, until browned well and just cooked through, 5 to 7 minutes total. Transfer to a platter and loosely cover.

Heat butter in skillet over moderately high heat until foam subsides, then sauté mushrooms, stirring occasionally, until golden, about 4 minutes. Add shallots and garlic and sauté, stirring, 2 minutes. Add Sherry, vinegar, soy sauce, and simmer, uncovered, stirring occasionally, 2 minutes.

Spoon sauce over scallops and serve.

Source: <http://www.epicurious.com/recipes/food/views/Sea-Scallops-with-Mushrooms-and-Sherry-233261>



Eat Locally this Winter

Local root vegetables can be enjoyed all year round. Stop into Pete's to get your local produce.

Turnip from Fort William, NS.

Onion from Centreville, NS

Carrots from Berwick, NS

Potatoes from PEI.

These vegetables are comfort food for the soul especially during the cold months. Try this hardy stew.

Winter Comfort Beef Stew

Serves 8

Ingredients

4 large carrots, coarsely chopped
 3 stalks celery, sliced
 3 large potatoes, coarsely chopped

1 small turnip (500 g/1 lb), peeled and chopped
 1 onion, chopped
 4 cloves garlic, crushed
 1 beef eye of round roast (about 1 Kg/2 lb)
 2 tbsp dried Italian seasoning
 1 tbsp dried oregano leaves
 1tsp dried basil leaves
 1tsp dried tarragon leaves
 1/2 tsp freshly ground black pepper
 1 box) reduced sodium beef broth
 2 bay leaves
 1/2 cup all-purpose flour
 1/2 cup water

Directions

In a large roasting pan, combine carrots, celery, potatoes, turnip, onions and garlic; set aside. Trim any visible fat from beef roast and cut into 2.5 cm (1-inch) pieces; add to vegetables. Sprinkle Italian seasoning, oregano, basil, tarragon and pepper over beef and vegetable mixture

and using hands, toss to distribute herbs evenly. Pour stock over mixture and add bay leaves. Cover pan with foil or lid and roast in 180°C (350°F) oven for 3 hours.

In small bowl, whisk flour and water together until smooth. Uncover pan and, using spoon, push beef and vegetable mixture over to one side. Whisk flour mixture into pan juices until combined. Stir into beef mixture to spread evenly. Return to oven, uncovered for 30 minutes or until thickened and beef and vegetables are very tender.

Remove bay leaves before serving.

Nutritional info per serving: 328 calories, 31g protein, 4g fat, 2g saturated fat, 43g carbohydrates, 6g fibre, 370mg sodium.

Source: http://www.heartandstroke.com/site/c.iQlLcMWJtE/b.5721107/k.28FC/Recipes__Winter_comfort_beef_stew.htm





Acadian Maple Syrup



Maple syrup is one of the world's oldest agricultural crops and is one of few crops which can be called entirely North American. This is a true Canadian product with Canada supplying 85% of the world's supply. Although Quebec is the leading maple producing province, the east coast also produces this sweet supply.

Pure maple syrup is a non-cultivated, non-fertilized food which is virtually untouched by human hands. Derived from trees, maple syrup is a woodland crop produced only in the spring of the year in the vast hilly forested regions of Eastern Canada.

Acadian Maple Products is a locally owned company lo-

cated in Upper Tantallon, NS. They sell a variety of luxury products such as, coffee and tea, jams and preserves and of course maple syrup. As a gourmet food item, Acadian Maple's maple syrup is pure, naturally organic and oh so sweet. It is an extremely versatile food item that can be used in virtually any food preparation venue from foodservice / HRI to giftware and lends itself beautifully to a magnitude of dishes and food items. Many people have now replaced the use of cane sugar with this sweet maple alternative.

Maple syrup is similar to its sweet partners, sugar, honey, corn syrup and molasses in that it is high in

calories so you only want to consume in moderation. It provides about 50 calories per tablespoon. It does though contain many trace minerals such as potassium, phosphorus, magnesium, manganese, and calcium. Keep in mind, consuming maple syrup in moderation means that it shouldn't be a major source of these minerals. The major distinction between maple syrup and other sugar product is it's distinct maple flavour. This flavour provides the signature taste to many popular foods and recipes such as pancakes and waffles, maple fudge, maple-glazed salmon and maple cookies. Try the delicious Peppery Maple Chicken recipe below.



Peppery Maple Chicken

- 1 tbsp non-hydrogenated margarine
- 4 skinless, boneless chicken breasts or 8 skinless, boneless thighs
- 1 cup low-sodium chicken broth
- 1 tsp crumbled rosemary leaves
- 1/2 tsp coarsely ground black pepper or 1 tsp (5 mL) black peppercorns, crushed
- 3 tbsp pure maple syrup

Melt butter in a large frying pan over medium-high heat. Add chicken and sauté until golden, 3 to 4 min per side. Pour in chicken broth, then scrape up and stir in any brown bits from pan bottom. Sprinkle with rosemary, and pepper. Bring to a boil, stirring occasionally. Reduce heat to medium-low. Simmer, covered, turning halfway through, until chicken feels springy when pressed, about 10 min. Remove to a plate and cover with foil to keep warm. Add maple syrup to pan juices. Increase heat to high. Boil, uncovered, stirring occasionally until reduced to about 1/3 cup (75 mL), from 6 to 8 min. Pour over chicken. Marvellous with mashed potatoes and green beans.

Nutritional info per chicken breast: 206 calories, 31g protein, 5g fat, 7g carbohydrates, 200mg sodium, 0g fibre.

Source: http://food.chatelaine.com/Recipes/View/Peppery_maple_chicken



Butcher's Choice: Free-ranged Rabbit

Pete's has local free ranged rabbits from Martock Glen Farms. Martock Glen is a farm located in Windsor, NS. Rabbit may not be a typically consumed meat but it's definitely a healthy one. Rabbit is leaner than beef, pork and dark chicken meat, containing lower saturated fat and total fat. It provides a great source of protein, iron and vitamin B12.

Wild rabbit usually has a strong flavour like most game meat but free range rabbit has a mild flavour similar to chicken. Rabbit meat can be stringy and tough but the meat from a younger rabbit weighing up to 4-4.5 lbs is fine grained and tender. Rabbit can be substituted for chicken in most recipes.

A serving (3oz) of rabbit provides 147 calories, 3g fat, 1g saturated fat, 28g protein. It contains 23% Daily Value iron intake and 92% Daily Value for vitamin B12.



Sweet and Sour Rabbit

3 lbs. rabbit
Flour
Pepper
2 tbsp. vegetable oil
1 cup pineapple juice
1/4 cup vinegar
1 cup pineapple pieces
1 medium green pepper, sliced
1 1/2 tbsp. cornstarch
1/4 cup sugar
1/2 cup water
Cooked brown rice

pieces. Dredge each piece in flour that has been seasoned with pepper.

Heat the oil in a heavy skillet over medium heat. Add the rabbit pieces to the pan and brown them on all sides.

Stir in the pineapple juice and vinegar. Cover the pan and cook the rabbit over low heat for 45 minutes or until the meat is tender.

Add the pineapple and green pepper to the pan. Cook the stew a few minutes longer,

until it starts to soften up a bit.

Mix the cornstarch with the sugar, then gradually stir in the water a little bit at a time. Stir this mixture into the liquid in the pan and cook over low heat for five more minutes or until the sauce has thickened. Serve over cooked rice, if desired

Source: http://www.ehow.com/how_2296798_make-sweet-sour-rabbit-stew.html

Directions

Cut rabbit into serving-sized



Pete's Nutrition Centre



Looking for an expert in health and nutrition?

Pete's Registered Dietitian, Maureen Tilley can answer your nutrition related questions. You can come to one of Pete's locations or Maureen can come to you.

Services include:

- School and community group presentations
- Pete's Scavenger Hunt for children
- Personal consultation
- Group/corporate Lunch and Learns sessions
- Healthy store tours

Ask about our exotic fruit samples and fruit smoothies!



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