

issue two: march 2016

THRIFTY FOODS™



wellness

A healthier you, one meal at a time!



Let's get organized! | **Mini Makeovers** | Powerful Pulses | **Soda Bread with Lentils Recipe**

It's Nutrition Month!

Although I try to treat every day as an opportunity to plan, prepare and enjoy delicious good-for-me meals, I find a whole month that celebrates this inspiring. This year the Dietitians of Canada national campaign is *Take a 100 meal journey. Make small changes one meal at a time.* It may be hard to believe, but we consume almost 100 meals every month! Just think how significant one small change can be when you repeat it 100 times. What little things are you working on?

This month we explore easy, every day small changes that can have a big impact on the quality and

experience of our meals. With a little extra planning it's a breeze to up the nutritional value, and still prepare a meal the whole family will enjoy. Whether it's putting more produce on your plate or swapping some meat for more beans, we've got you covered!

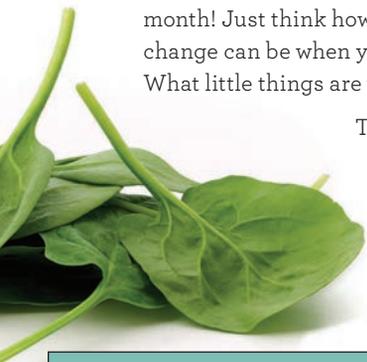
We also offer some ideas for those nights when cooking isn't in the cards with easy options to help keep your wellness goals on track, and out of the fast-food lane.

It can be comforting and motivating to know that small changes can equal big results. Challenge yourself to one small change to meet your wellness goals, one meal at a time.

~ Jodi



Jodi Holland
Registered Dietitian
Nutrition Services
Thrifty Foods 🍷



DID YOU KNOW THAT MARCH IS NUTRITION MONTH?

- Dietitians are challenging Canadians to **Take a 100 Meal Journey.**
- Think about it: You'll eat almost 100 meals this month.
- Make a small change and stick with it over the next 100 meals.
- Need ideas? Ask a dietitian!



Pledge to Take a 100 Meal Journey today!

Visit NutritionMonth2016.ca

Let's get organized!

Want to make choosing, preparing and enjoying healthy meals easier? Use these 5 steps to get your meals in motion!

Step 1: Use it up!

Visit your fridge, freezer and cupboards to see what you have on hand and start building your meal plan from there. Take inventory on what needs to be replaced.

Step 2: Time for a good read!

Visit thriftyfoods.com to view our weekly specials and recipe ideas for some meal planning inspiration.

Step 3: Make your plan!

Enlist your family to provide meal ideas to accommodate the upcoming week's activities. Have a produce plan and pick a different vegetable to base your meals on, and complement it with a different protein and grain every night.

Make meals fun! Plan a meal based on a theme, for example ethnic cuisine, breakfast foods, a new recipe or food, or even a letter of the alphabet!

Step 4: Lovely lists!

Use your meal plan to make your grocery list. Make a master grocery list of commonly used items, listed in the order they are found in your store. Add to your list throughout the week as items get used and when new food inspirations hit.

Step 5: Stock the basics!

Make a list of your favourite quick meals and snacks and keep these ingredients on hand. Take advantage of our Bulk Foods Department for a greater variety of items in a usable amount.

Thai-Style Pork and Pineapple

thriftyfoods.com/recipes



Did you know?

A healthy meal does not need to be fancy or hot. A healthy meal simply includes at least 3 of the 4 food groups to provide a satisfying mix of nutrients.



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Mini Makeovers



Taste continues to be the top reason Canadians choose the foods they do, followed closely by nutrition. Try these tasty nutrient-rich tips that don't require any compromise.



Breakfast Burritos
thriftyfoods.com/recipes

① Build Up Your Breakfast

Want to have more energy, better appetite control and possibly lower your risk of chronic diseases?

Add breakfast. For those already in the habit, here are some tips to take it to the next level.

Friendly fibre

Are you a cereal, toast or smoothie person? Whatever your vehicle, fibre is a great passenger! Simply add berries, oat bran, wheat germ, ground flax, chia or hemp seeds to your favourite get-up-and-go meal.

Smooth operator

Mashed avocado or banana, pureed pumpkin, date paste and applesauce are smooth substitutes for jam on toast and mix nicely with oatmeal or yogurt.

Savour without the sugar

Savoury breakfasts often sneak in more veggies and protein without the sugar rush. Try adding sautéed veggies and spice to oatmeal, create a veggie omelet or try our Breakfast Burritos recipe.

No time?

Make-ahead fruit or veggie muffins or four food group yogurt parfaits travel easily as does trail mix consisting of your favourite high fibre cereal, popcorn, nuts, seeds and dried fruit. What's in your mix?

No time to cook tonight?

Did you know our deli has hot and cold, fresh cooked chickens available? Try these delicious dinners that are ready in no time!

- Serve chicken with buns, bread or tortillas for a satisfying sandwich or wrap.
- Add chicken to an entrée-size salad for a nutrient-rich meal. Try a bagged salad mix from the produce department to further simplify supper.
- Place on your favourite pasta.
- Splash cut-up chicken into vegetable soup or one of our delicious Thrifty Kitchens soups.
- Stir-fry a bag of frozen mixed vegetables. Add chicken and your favorite sauce.
- Make your own pizza. Pizza shell, sauce, chicken and veggie of your choice. Bake. Enjoy.

Pulled Chicken Sliders

thriftyfoods.com/recipes



② Liven Up Your Lunch

Are you stuck in a sandwich rut? Try changing your protein for a new perspective.

- Beans or bean dip
- Tuna or salmon, canned or fresh
- Leftover lean chicken or turkey
- Nut or nut-free butter
- Hummus or dahl
- Hard-boiled egg
- Cheese
- Lentils
- Tofu



③ Strengthen Your Supper

Any opportunity to pack your supper with more produce and plant protein is a good one! Maximize the nutrients in your meal with these ideas.

Like this? • Try that!

- | | | |
|-------------------------|---|--|
| Mashed potatoes | • | Mashed cauliflower or celery root |
| Pasta noodles | • | Spaghetti squash, zucchini or beet ribbons |
| Pasta sauce | • | Add whole or pureed beans or lentils |
| Cheese sauce | • | Add pureed butternut squash or soft tofu |
| Stir-fry | • | Use lentils as your protein or as a base instead of rice |
| Rice | • | Add beans or lentils and make it a meal |
| Soup | • | Add extra vegetables or pureed white beans for a creamy soup |
| Sandwich | • | Pile up with any produce you have on hand |
| Meat loaf or meat sauce | • | Add grated or chopped vegetables, plus beans to replace some or all of the meat. |
| Raw veggies | • | Plan for a green salad on the table every night. Sprinkle with nuts or seeds. |

A bit of spice • Try adding turmeric to dips or dressings, sprinkle on vegetables before roasting or add to cooking water when making rice. Turmeric contains curcumin, a phytochemical that research shows may have anti-inflammatory, antioxidant and anti-cancer properties.*

*Source: National Center for Complementary and Alternative Medicine (NCCAM).

Powerful Pulses

Want to help lower your cholesterol, manage your weight and control your blood sugar?*

Get your (intake of) pulses up!

Pulses are the edible seeds of plants in the legume family and include dried peas, beans, lentils and chickpeas. Available canned or dried, Canadian Prairie Provinces are home to much of their production. Pulses are wonderfully packed with protein, fibre, folate, plus more, and their growth has a positive impact on the environment. Whether you're looking to create a meatless meal or just increase the nutrients in a salad, these little seeds are good for your heart and bowl!

Green or yellow split peas

Split peas are produced by harvesting the pea pods when they are fully mature and then drying them. Once they are dried and the skins are removed, they are split. This results in a sweeter, softer and less starchy pea.

Green lentils

Green lentils hold their shape during cooking and have a slightly firmer texture. They have a natural peppery taste that adds a flavour boost to any salad or side dish.

Red lentils

Red lentils can come in a range of colours, from golden yellow to crimson. These lentils break down as they cook and help to thicken and flavour soups, stews and curries.

*Source: Dietitians of Canada

Navy beans

Common white beans include Navy beans and Great Northern beans. Try our recipe for Slow Cooker Baked Beans, using these dried beans from our Bulk Department.

Dark red kidney beans

Dark red kidney beans readily absorb flavours and retain their shape and texture during cooking. They are commonly added to chili and mix nicely with rice to create a complete protein.

Pinto beans

This beige bean acquires a creamy texture when cooked. These beans make a great addition to soups and are often enjoyed mashed and refried.

Garbanzo beans (Chickpeas)

Garbanzo beans are firmer and do not fall apart as easily during cooking. These beans are very versatile and are also popular roasted or ground into flour.

Beans, beans, a musical pulse?

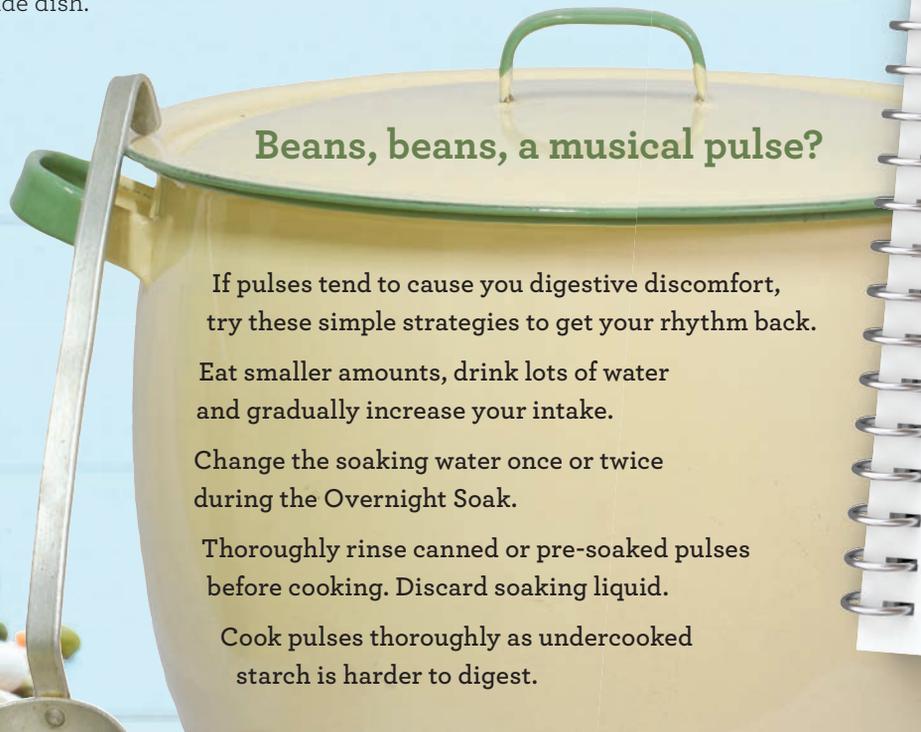
If pulses tend to cause you digestive discomfort, try these simple strategies to get your rhythm back.

Eat smaller amounts, drink lots of water and gradually increase your intake.

Change the soaking water once or twice during the Overnight Soak.

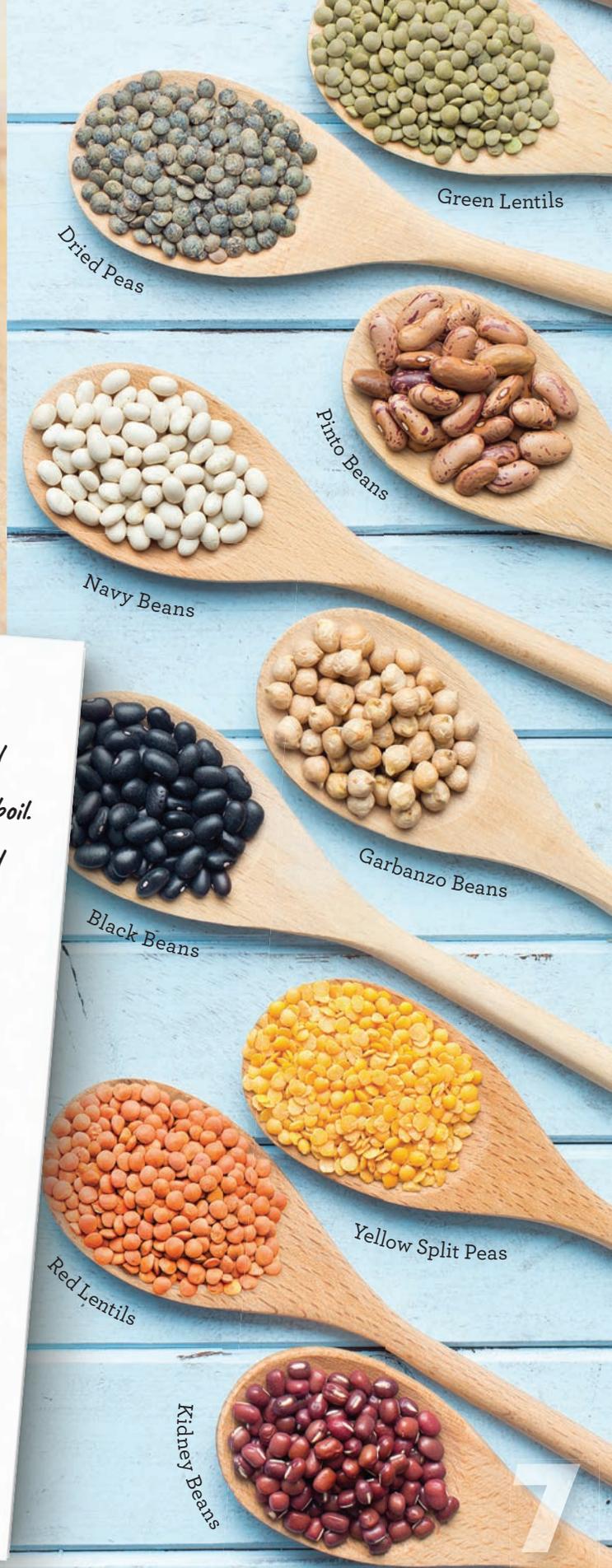
Thoroughly rinse canned or pre-soaked pulses before cooking. Discard soaking liquid.

Cook pulses thoroughly as undercooked starch is harder to digest.





Roasted Chickpeas
thriftyfoods.com/recipes



How to cook lentils and split peas

Rinse and remove any debris or stones. No soaking required!

Combine 1 part lentils or split peas with 4 parts liquid and boil.

Simmer green lentils and split peas for up to 45 minutes and red lentils for 10-15 minutes.

How to cook dry beans & chickpeas

Rinse and remove any debris or stones.

Soak 1 part beans with 3 parts water
(1 cup of dry beans will produce 2-3 cups cooked).

Overnight Soak: 12 hours in the refrigerator

Quick Soak: boil for 2 minutes and let stand, covered, for 1 hour

Microwave Soak: cook on high for 10-15 minutes and let stand for 1 hour

Drain and rinse beans.

To cook, cover beans with water and simmer for 60-90 minutes.

Beans are finished when they mash easily with a fork.

Soda Bread

with Lentils, Cheddar & Onion

● Thrifty Foods Wellness



Lentils are a lovely addition to this flavourful loaf. These little pulses push up the protein, fibre and iron for more nutrition in every slice!

✂ **Prep Time:** 20 minutes

🕒 **Cook Time:** 35 to 40 minutes

🍷 **Makes:** 1 large loaf

½ cup dried red lentils (see Note)

1¼ cups all-purpose flour

1¼ cups whole-grain flour

½ cup garbanzo and fava bean flour (see Note)

1½ tsp. baking soda

½ tsp. baking powder

½ tsp. salt

¼ cup cold butter, cut into tiny cubes

75 grams old cheddar cheese, grated (about 1 cup)

3 green onions, very thinly sliced

½ tsp dried thyme

1½ cups buttermilk

Place lentils in a small pot, cover with at least 3" of cold water and bring to a boil over medium-high heat. Lower the heat until the lentils simmer gently, and then cook 10 to 15 minutes, until very tender, but still holding their shape. Drain the lentils into a fine sieve, and let them drain and cool there to room temperature.

Set an oven rack in the middle of the oven; preheat the oven to 425°F. Line a large baking sheet with parchment paper.

Place the flours, baking soda, baking powder and salt in a bowl and whisk well to combine. Using your fingers, two forks or a pastry cutter, work the butter into the flour mixture until thoroughly distributed. Mix the cheese, green onion and thyme into the flour mixture.

Push on the lentils and squeeze any excess moisture left in them out through the sieve. Set lentils in a large bowl, or bowl of your stand mixer fitted with paddle attachment, and mix in the buttermilk. Add the flour mixture and mix until a loose dough forms.

Lightly dust a clean work surface and your hands with flour. Turn the dough onto the surface and knead and shape it into a round, squat loaf about 6" wide.

Place the shaped dough on the prepared baking sheet. Using a knife lightly dusted with flour, cut a shallow X into the centre of the loaf.

Bake the bread for 35 to 40 minutes, or until the loaf springs back when gently touched in the centre. Cool bread to room temperature on a baking rack, and then serve.

Note: Dried red lentils are sold in bags in our canned soup aisle and in our Bulk Foods Department. They are small and split, which means you don't have to soak them before cooking. Garbanzo and Fava Bean Flour is sold in our baking supply aisle. This flour is also used in our Gluten-free Banana Pecan Muffins recipe.

Nutrition facts per 1/12 loaf: About 215 calories, 9.3g protein, 7.5g fat (4.2g saturated + 0.3g trans fat), 27.4g carbohydrate, 3.6g dietary fibre, 19mg cholesterol, 357mg sodium, 2.7g sugars %RDI: 10% calcium, 16% iron, 15% sodium, 14% fibre 6% vitamin A, 2% vitamin C