

DECEMBER  
2023



IMPROVING ACCESS TO HEALTHY FOODS IN OUR COMMUNITY

### **DATES TO REMEMBER**

#### Ordering Options

In person with cash or cheque when you pick up your box:  
Thursday, Dec 14th

In person with cash or cheque at Community Health Services, 2948 Dunmore Road SE, or Redcliff Public Library, until Thursday, January 4th

Online orders with credit card or PayPal until Thursday, January 4th

**Next Pick-Up Date**  
2nd Thursday of the month  
2-6pm Thursday, January 11th

# Food Talk Newsletter

## Healthy Eating on a Budget - Cooking

This is a continuation of the series started in October. We previously looked at planning and shopping, while this month looks at cooking tips and tricks to save you money while making healthy choices!

- Pre-cook ground meats to have ready to go in your freezer for easy meal prep.
- Prepare double or triple recipes of things like chili, soup, or lasagna, and freeze the extra meals for days when you don't have time to prepare a meal from scratch.
- Always use ingredients in order of perishability.
- Use a slow-cooker or pressure cooker to prepare tougher, but less expensive cuts of meat.
- Swap dried beans and lentils for meat in recipes if possible.

### Cooking with Beans

Did you know that 1/2 cup of dried beans is the equivalent to a can of beans from the store? 1 cup of dried beans, soaked & cooked will yield 2 2/3 cups of cooked beans.

A couple steps are required to cook dry beans, but the process is not complicated. Before cooking beans and legumes, you just need to pick out any stones or bad beans, rinse until the water runs clean, then soak before cooking. Soaking helps the beans to absorb enough moisture for cooking. There are two methods for soaking dry beans and legumes.

Long soak, or soaking overnight, uses no energy and works while you sleep; it can't get any easier. Just pour the rinsed beans into a medium to large pot with a lid, cover with water about 3 inches over the beans, and allow to sit overnight. Drain before cooking in fresh water.

Quick-soaking on the stove takes less time. Just bring the beans to boil in a large pot, and boil for 2 minutes. Turn off the heat and let stand covered for at least 1 hour, then drain and cook in fresh water.

1-2 hours cooking after a long soak is an average, but cooking time may be longer. It depends on a lot of factors (size, variety, age) and is not always straightforward. For stubborn beans, simmering for a day in a crock pot is a good way to go.

Raw kidney beans, including cannellini and Great Northern beans, contain the toxin phytohemagglutinin, which is destroyed with 10 minutes of boiling. After boiling, you can reduce temperature to a simmer and continue slow cooking.

### Using lentils to supplement ground beef

Cook and puree lentils. You can add 1 cup of the puree to 1 lb ground beef. You can use more lentils if it's a soup or casserole type recipe. Use less if it's something that needs to hold together like meatloaf.

- Alison Van Dyke  
Food Security Coordinator

# Parsnips

Parsnip is very low in Saturated Fat, Cholesterol and Sodium. It's also a good source of Potassium, and a very good source of Dietary Fiber, Vitamin C, Vitamin K, Folate and Manganese.

**Usage** - Stews and roasted

**Selection** - Good-quality parsnips will be firm, straight and have no deformities or blemishes. The coloring will be even and white to cream.

**Avoid** - Avoid product that is dry, shriveled, soft or has dark blemishes. Yellow or tan coloring indicates old product.

**Storage** - You can store root vegetables like carrots in your refrigerator's crisper drawer for a few weeks if placed in a perforated plastic bag.



## Nutrition Facts

Serving Size 78 g - 1/2 cup cooked

### Amount Per Serving

**Calories** 55      **Calories from Fat** 2

**% Daily Value\***

**Total Fat** 0g      0%

Saturated Fat 0g      0%

Trans Fat

**Cholesterol** 0mg      0%

**Sodium** 8mg      0%

**Total Carbohydrate** 13g      4%

Dietary Fiber 3g      11%

Sugars 4g

**Protein** 1g

Vitamin A 0% • Vitamin C 17%

Calcium 3% • Iron 3%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

## Creamy Potato & Parsnip Gratin

4 potatoes, peeled & thinly sliced

4 parsnips, peeled & thinly sliced

1/2 tsp. dried thyme

Garlic salt

Pepper

1 cup of whipping cream

Generously butter a 9x9 casserole dish. Arrange a single layer of potatoes in the dish. Sprinkle lightly with some thyme, garlic salt & pepper. Cover with a layer of parsnips. Sprinkle with seasonings. Repeat layer with remaining vegetables. Pour cream over the vegetables.

Cover & bake in the oven at 375° on a baking sheet for 30 minutes. Uncover and bake for another 30 minutes until the top is brown and crusty and the potatoes are baked through.

## Parsnips with Honey & Chinese Five-Spice

1 lb. of parsnips, peeled and cut into quarters lengthwise

2 tablespoons olive oil

1/2 teaspoon Chinese five-spice

sea salt and freshly ground black pepper

1 tablespoon honey

Preheat the oven to 350°. Grease a casserole dish or baking sheet.

Toss the parsnips in the olive oil and season with the Chinese five-spice and salt and pepper so that they are evenly coated.

Place the parsnips in the oven dish and roast for 40 minutes, or until they are golden and tender. Add the honey and toss it through the parsnip pieces.

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