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**FOOD SAFETY TIP**

Spring time means lots of fruits and veggies are available!



Don't forget to wash off produce before you eat it. This includes produce from grocery stores, pantries, farmer's markets, and mobile markets.

# Canada's Plant-Forward Food Guide

Canada recently released their Food Guide—Canada's version of USDA's MyPlate. The plate represents what Canadian scientists view as a healthy diet. Half of the plate is made up of vegetables and fruits. One fourth is protein foods and the last fourth is whole grains.



The protein section shows a wide variety of protein sources—beans, nuts, eggs, tofu, salmon, seeds, dairy, and steak. This reminds people that protein does not have to come only from animal products.

Something else to notice is that dairy is included in the protein section and is not a separate category.

Canada's Food Guide places considerable emphasis on eating plants and for good reason. Plant based diets have been linked to reduced risk of heart disease, metabolic syndrome, diabetes, high blood pressure, certain cancers (including colon, breast, and prostate cancer), and depression. Turn to the next page for a plant based (but not vegetarian) dish.



## Spring Green Risotto

### Ingredients:

- 2 ounces pancetta (or bacon)
- 1/2 cup diced onions
- 1 tablespoon minced garlic (about 2 cloves)
- 1 1/4 cups arborio rice (or other short grain rice)
- 4 cups low-sodium chicken broth 1 bunch asparagus
- 1 cup frozen or fresh peas (thawed if frozen)
- 1/4 cup prepared pesto
- 1/4 cup Parmesan cheese, grated
- 1 tbsp lemon juice

### Recipe Facts

Amount Per Serving

Calories 278

Calories from Fat 81

	% Daily Value*
Total Fat 9g	14%
Saturated Fat 3g	15%
Trans Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2g	
Cholesterol 10mg	3%
Sodium 268mg	11%
Potassium 227mg	6%
Total Carbohydrates 40g	13%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 9g	18%
Vitamin A	4%
Vitamin C	16%
Vitamin D	0%
Calcium	10%
Iron	11%

\* Percent Daily Values are based on a 2000 calorie diet.

### Directions:

1. In a medium pot, cook the pancetta (or bacon) on medium 4–5 minutes until fat has rendered, stirring often. Add the onions and garlic. Cook 4 minutes until onions are tender. Add the rice and cook 1 minute stirring constantly.
2. To the same pot, stir in the broth, scraping up any browned bits from the bottom of the pan. Heat to a simmer on high. Transfer contents of pot to the bowl of a slow cooker. Cover and cook on high 30 minutes. Uncover and stir rice. Cover and continue cooking 30 minutes.
3. Meanwhile, trim the bottom inch of the asparagus and cut stalks into 1-inch pieces. Stir the asparagus and peas into the rice in slow cooker after 1 hour of cooking. Cover and cook another 30 minutes, until rice is tender and liquid is absorbed. Stir in pesto, Parmesan, lemon juice, salt, and pepper. Serve immediately.

Makes 6 servings

**LOOKING FOR RECIPE INSPIRATION?**  
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**our online recipe database**  
**at [GBFB.org/clickncook](http://GBFB.org/clickncook)**



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## What Can You Do With ... Cucumbers?

**Shopping:** When choosing cucumbers, make sure they are firm and not slimy. There are many varieties of cucumber—slicing, pickling, and thin-skinned varieties like English and Japanese.

**Storing:** Store cucumbers in the refrigerator to ensure freshness and extend storage life. If you are storing cucumber after you have chopped or sliced it, store in an air-tight container or bag.



**Preparation:** Cucumber skin is edible and a good source of fiber but some people find the skin too bitter. You can either peel the skin off of cucumbers or try one of the thin-skinned varieties which were developed specifically for their thinner, tastier skin. Cucumbers can then be diced, sliced, or cut into sticks.

**Cooking:** Usually cucumbers are eaten raw. They can be pickled, used in salads, sliced for extra crunch in sandwiches, or served with dip.

**Nutrition:** Cucumbers, like many other vegetables, are naturally free of fat and cholesterol. They are also a source of calcium, iron, and potassium.

**Fun Fact:** In the 17th century, common thought suggested that uncooked plants could cause disease and should not be eaten by children. The cucumber kept this reputation and was deemed 'fit only for consumption by cows.' It is believed that this is why it gained the name cowcumber.

## Brown Rice Tabbouleh with Cucumber

### Ingredients:

- 3 cups rice, brown, cooked
- 3/4 cup cucumber, chopped
- 3/4 cup tomato, chopped
- 1/2 cup parsley, chopped
- 1/4 cup mint, chopped
- 1/4 cup green onions, sliced
- 1/4 cup olive oil
- 1/4 cup lemon juice
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

### Directions:

1. Combine rice, cucumber, tomato, parsley, mint, green onions, olive oil, lemon juice, salt and pepper in large bowl.
2. Toss well and serve chilled.

Makes 6, 3/4 cup servings

# How to Grow Herbs:

Herbs can dramatically improve the taste of your meals but herbs can be expensive and are often sold in large packages. If you have a spot in your home that gets sunlight or access to outdoor space, you can try growing your own this spring and summer.



Here are a few easy to grow herbs:

- Basil—Basil grows best in full sun. It grows well alongside other herbs or potted alone.
- Mint—Mint can overtake a garden so plant it in a container or a confined space. It prefers partial shade.
- Chives—Chives grow best in sunny, well-drained sites.
- Parsley—Grows best in full sun.
- Oregano—Oregano gets white flowers in late summer. Grow it in well-drained soil in full sun. It also works well in container gardens.



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in our community. <sup>SM</sup>**

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## April 2019

### National Soyfoods Month

#### National Peanut Butter and Jelly Day

April 2

#### National Empanada Day

April 8

#### National Zucchini Bread Day

April 25

#### National Raisin Day

April 30