

"SEEDS ARE FOR SHARING"



APRIL NEWSLETTER

EATING WELL FOLLOWING CANADA'S FOOD GUIDE

TABLE OF CONTENTS

- New Canada's Food Guide
- Serve Royally According to CFG
- Nutritious Bread Crumbs
- Meatball Veggie Casserole
- Homemade Tomato Sauce
- Meatloaf Fit For A King
- Hamburger Spaghetti Sauce
- Sprout Pancakes/Waffles
- Sprouts in Salad
- English Muffins with Sprout & Mozzarella
- Orange Chicken
- Physically Fit
- Amazing Specials



The sun is so warm and shining so brightly these days that I get the itch to be out in the garden. Seeing we still have snow on the ground and the fact that it is still far too early, I decided to start some seeds in the house for transplanting into the garden later on.



These seed packets hold the promise of an abundance of annuals such as tomatoes, onions, cabbage, watermelon and cantaloupe. Because of my limited window space, the rest of the seeds will go straight into the garden or transplants will be picked up at our local greenhouse after the danger of frost is past.

MY WINTER GARDEN

In the house, in my gallon jar, I have been producing fresh sprouts over the past months. Yes, this can happen all year round, even in the cold of winter. Check my previous newsletters for instructions on how very simple this is! I mention more about sprouting below as well.

Every week or two I sprout about 4 cups of wheat seeds so we always have some fresh or frozen to toss into a salad or to chop and add to stew, egg dishes, soups etc.

I usually dry a few batches of the sprouts in the dehydrator and then mill them as fine as possible in the blender. This powder is stored and readily available in the freezer above the fridge. One tablespoon can be stirred into cooked porridge after it is taken off of the stove. Or. . .

Even though I know that cooking and baking destroys the enzymes, I still add some to muffins or cookies. Sprouts are still packed with much more nutrition than the original raw seed we started with before sprouting!

Sprouting isn't mentioned in the Canada's Food Guide, but grains are a food group. Sprouts are just a more nutritious way of eating grains.

Canada's Food Guide

I am still always thinking of healthy recipes and healthier lifestyle changes to make that will fit with each and every suggestion made in the new guide.

When planning meals it is a good idea to include foods from each of the food groups, so we will meet the many needs of our bodies.

Quote from "THE CANADA FOOD GUIDE"

Having the amount and type of food recommended, and following the tips in Canada's Food Guide will help to:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancers and osteoporosis.
- Contribute to your overall health and vitality.



**This newsletter will focus on eating well in addition to
being active today and every day!**

From Canada's Food Guide

Nutrition Facts

READ LABELS

The Canada's Food Guide talks about **reading labels** that are found on packages of foods on the grocery store shelves. It is very important that we know what is in each and every food that we eat ourselves or feed to our family. There are many unhealthy additives put into prepared packaged food that can be harmful to our health.

SERVE ROYALLY

Last month I promised to share some new recipes that feature areas of the New Canada's Food Guide. When trying to decide which recipes to share, the words "*Serving Royally*" came to mind.

Many of us used to think that Royal Food would be a thick juicy steak or other expensive meat. We usually wouldn't think of foods like vegetables, pulses or hamburger as Royal Food.

Today we are learning that
"*Serving Royally*" . . .

- means serving a delicious, nutritious meal that is full of color. Yes, now we know that eating a variety of different colored vegetables and fruits will provide us with a great variety of much needed nutrients.

"*Serving Royally*". . .

- can also be a meal that includes sprouts, pulses, dried beans, lean burger and fruits such as tomato. These are simple foods that provide vitamins, minerals and other nutrients in just the right amounts for our good.

CANADA'S FOOD GUIDE RECIPES

I want to share with you some of our favorite recipes because they taste great and because they are packed with beneficial nutrients that can protect us from many diseases and help keep us physically fit.

THIS IS WHAT WE WOULD CALL SERVING ROYALLY!

This first recipe includes nutritious foods from all four food groups. It calls for bread crumbs, which can be bought ready made in most stores,

. . . But they are not nearly as nutritious as ones you can make yourself, if you start with whole grain breads!

BREAD CRUMBS

Save the crusts and any bread that goes dry from whole grain bread. If you bake your own bread using multi grains, flax, oatmeal and such, you know the bread crumbs will be healthy. After you have used the oven, and when the oven is shut off, but warm, place these bread pieces on a tray to dry. After a few such times, they will be crisp and can be stored in a paper bag. When there are enough, break and process them fine in the blender. Store them in the freezer to use anytime.

These are so very handy and nutritious!



MEATBALL VEGGIE CASSEROLE – serve 4

Enjoy with rice and a salad

Meatballs:

1 ½ cups whole grain bread crumbs	1/3 cup milk
1 pound lean beef burger	2 eggs
½ cup onion, chopped fine	¼ teaspoon pepper
1 clove garlic, minced	½ teaspoon salt

Soak the bread crumbs in the milk. Blend all of the above ingredients well. Shape into small meatballs. Cook in a fry pan until done or bake in the oven on a baking sheet at 300 ° F for 20 – 25 minutes, or until done. Set aside.



Vegetables:

2 ½ cups tomato sauce or juice	2 peppers, cut into strips
1 onion, chopped fine*	2 cups carrot sticks
2 cups zucchini, parsnips or turnips (diced)	
1 teaspoon salt	¼ teaspoon pepper

Bring tomato sauce to a boil. Add all the vegetables. Cook slowly for 30 minutes. Add meatballs, stirring carefully. Simmer another 15 minutes.

Note: Using tomato juice will result in a thinner sauce that can be thickened with a teaspoon of cornstarch blended into 2 tablespoons water. If it is too thick, just add a bit of water. When using tomato juice you may want to season with basil and oregano and a splash of Worcestershire sauce.



MEATLOAF FIT FOR A KING – 2 loaf pans

Serve with a baked potato and a green salad; serves 6 adults.

Filling:

2 cups water	2/3 cup raw brown rice
½ cup finely chopped onion	¼ cup celery, chopped fine
2 cloves garlic, minced	3 tablespoons parsley flakes
2 eggs	1 teaspoon sage

Simmer the brown rice in the water until the liquid is absorbed (30 minutes)
Sauté the onion, celery and garlic and add to the rice. Add the remaining ingredients and mix well.

Meatloaf:

1 pound lean ground beef	2 eggs
½ cup milk	½ cup whole grain bread crumbs
1 cup rolled oats	½ cup finely chopped onion
1 teaspoon thyme	1 cup tomato sauce* recipe below

Combine all the above ingredients and mix well. Pat half in bread loaf pans. Spread with the filling. Top with the remaining beef mixture and spread. Pour the tomato sauce over.

Bake at 325 ° F for 1 hour and 30 minutes



TOMATO SAUCE

By making your own sauce, you will be able to add many nutritious ingredients. If you have your own garden, you will probably be looking for ways to use the tomatoes and onions anyway.

1 cup onion, chopped very fine	1/8 teaspoon black pepper
2 cloves garlic, minced	½ teaspoon oregano
4 cups chopped tomatoes	½ teaspoon basil

Simmer the above for 40 minutes. Remove from heat and cool slightly.

Puree in the blender. Add salt and pepper to taste

This next recipe can be made in multiples. I know of women who make up to 5 pounds of hamburger into this recipe and freeze it in measured amounts to use in many pasta recipes. But it is also great added to a pot of soup, served over rice, or used when making lasagna and pizza.



HAMBURGER SPAGHETTI SAUCE

Serves 6

1 cup lean ground beef	3 tablespoons whole grain bread crumbs
1 cup tomato sauce (above)	2 cups tomato juice
1 small can mushrooms and juice	3 cloves garlic, minced
½ cup onions, chopped fine	2 tablespoons parsley flakes
½ teaspoon oregano	½ teaspoon basil
¼ teaspoon pepper	1 teaspoon salt

Brown the ground beef. Stir in the bread crumbs. Add all the remaining ingredients and simmer for 1 hour. Serve over cooked spaghetti or rice?

In previous newsletters and above, I talked about making sprouts. Seeing they are so very nutritious and relatively easy to make, I will mention them again.

The last time I made wheat sprouts, I soaked 4 cups of raw wheat kernels overnight. In the morning I drained and rinsed them and put them into a gallon jar with a large opening. After covering the opening with cheese cloth, I hold it in place with a rubber band. I laid the jar on its side in my picnic cooler with a towel rolled up under the bottom so the open end was leaning downward for drainage. I then draped another towel over the top of the cooler and put it into a warm room. Three times a day I rinsed them, draining the water off through the cheese cloth each time.

The jar was placed back into the cooler after each draining. In two days the seeds all had roots as well as sprouts that were as long as the wheat seed. Apparently this is the time when they are the most nutritious, so I rinsed and left them to drain an hour in a colander.

Store the ones you will use in a week in the fridge and freeze the rest in amounts measured to suit your mealtime needs.

EATING SPROUTS

The other day I made pancakes and waffles and created the following recipe. Because we really enjoyed it, I will pass it on to you.



SPROUT PANCAKES OR WAFFLES – yields 6 pancakes and 2 Belgium waffles

- 1 cup wheat sprouts – include the seed, sprout and root
- 1 cup rolled oats
- 2 eggs
- 1 cup milk

Process the above for 5 minutes in a blender. Then add and mix in:

- $\frac{3}{4}$ cup whole grain flour (or flour of your choice)
- 2 teaspoons baking powder
- $\frac{1}{4}$ teaspoon salt
- 2 tablespoons cooking oil

Use $\frac{3}{4}$ cup of this batter for Belgium waffles or spoon the batter into a hot pan for pancakes. I aim to please so I usually make both and everyone is happy.

This week I was trying to eat 2 tablespoons of sprouts each day. I figured that way my body will get used to them gradually

SPROUT SALAD

The first day, I mixed 2 tablespoons chopped sprouts with 2 tablespoons salsa and that was my salad with supper. Chopped sprouts can be added to any of your own green salad recipes.

SPROUTS IN SANDWICHES

The next day, I mixed 2 tablespoons chopped sprouts with 2 tablespoons cream cheese, 1 teaspoon chopped onion green and a bit of chopped dill greens. I spread this on a slice of whole grain bread, topped it with a piece of lettuce and another slice of bread. Excellent for lunch.

SPROUT MOZZERELLA ENGLISH MUFFINS – 2

- 2 English muffins
- 2 green onions, chopped fine
- 1 teaspoon vinegar
- 4 tablespoons chopped wheat sprouts (or alfalfa sprouts)
- 1 cup thinly sliced cucumber
- 1 tablespoon plain yogurt
- few shakes of salt

I am in the process of putting together more sprout recipes, so watch upcoming newsletters for more recipes.

ORANGE CHICKEN SALAD - serves 4 adults

Great served with a green salad, cottage cheese and sliced tomatoes.

Orange Cups

Cut the tops off of the oranges. Scoop out the fruit, being careful not to break the shell. Chop up the inner orange pieces.

Chill the orange shells.

2 chicken breasts, cooked and diced
1 cup celery, thinly sliced
2 tablespoon onion, chopped fine

4 oranges
¼ cup yogurt
½ teaspoon celery seeds

Mix the orange pieces, celery, yogurt, onion, and chopped chicken together lightly. When ready to serve, put chicken filling into orange cups. May be served without orange cups if you prefer.

ACTIVE LIFESTYLE

Check out what the *NEW* **Canada's Food Guide** has to say about

EXERCISE & BEING ACTIVE



As the warmth of spring moves on into summer, decide to **BECOME MORE PHYSICALLY ACTIVE**

DETERMINE TO WALK EVERYDAY!

Make a habit of walking, if at all possible. If you have children, try to include them. If they are too small, leave them with someone while you get that walk in. When shopping, getting the mail or doing any other business, try to walk more often than drive.

If you need to think, plan or pray, why not walk as you do. The exercise can help you think more clearly, and you will be doing two things at once.

HAVE A GARDEN!

This is a wonderful way to exercise. Grow foods to feed your family as well as teach your children how to plant, weed, pick and then prepare these nutritious vegetables and fruits. The variety of jobs involved in gardening provides exercise for many different areas of the body.

GET INVOLVED IN A SPORT!

TAKE NATURE HIKES AS A FAMILY!

JOIN AN EXERCISE GROUP!

WALK TO WORK – if that is an option!

**These suggestions may or may not work for you.
Adjust to suit you and your family.**

DRINK WATER!

The last must is to drink plenty of water yourself and encourage your family to do the same.

Last month there were some suggestions on helping children to drink more water. If we as adults will carry water with us and drink often, our children will learn from us.

Take time to learn more about a Healthy Lifestyle, and then practice it and share it with your family.

CELEBRATE YOUR HEALTH!

Be thankful for all the good in your life. List your blessings and all that you have to enjoy. Be thankful for family! Be thankful for where you live and all of nature that you have to enjoy. Think positive thoughts.

Winnie Says, “LET’S CELEBRATE!”

Winnie is so very excited with the *NEW CANADA’S FOOD GUIDE* and believes it should be celebrated by everyone.

The first thing she did was to help organize a Health Fair in her area. With the help of a dietitian they planned a “Taking Time For Your Health” fun event.

The dietitian will be presenting the new guide to everyone who attends and expanding on a few areas using power point.

They are planning a tour called “AN AMAZING RACE”. After the presentation of the *NEW CANADA’S FOOD GUIDE*, the visitors will take a tour of booths set up with foods for sampling from each area of the guide. Local businesses are donating lentils, dried beans, soybeans and flax. Caterers and food enthusiasts will be preparing foods using the pulses, grains, vegetables, eggs, cheese etc.

The first 60 to complete the Amazing Race will each receive a free cookbook of grains and pulse recipes. There will be many other door prizes.

Yes, the Morris area wants to “EMBRACE THE NEW CANADA’S FOOD GUIDE”. They are hoping that everyone will learn to “prepare healthier meals” and “get more physically fit.” as they follow the guide.

**Why don’t you help organize an event something like this
in the area where you live?**

But Winnie, too, wants to celebrate. What can she do to promote healthier living among all her readers and customers?

Winnie informs you, her online friends and clients, of a limited time

Amazing Offer!

Soybeans are a very nutritious bean that fit well with the suggestions in the new guide. Winnie has discovered that soybeans can be used in so many food preparations with excellent and tasty results. She decided to discount the SOY SATISFIED cookbooks so that everyone can have all of these great recipes at the fingertips.

The suggested retail price is \$16.95 and it is at present selling for \$14.95.

But **NOW**, if you will order directly from *Winnie's Winning Ways*, you will get SOY SATISFIED cookbooks for only **\$10.00** each. The website still lists the price of \$14.95, but for a limited time you can just disregard that and send \$10.00 for each SOY SATISFIED cookbook. (*plus the P&H and GST*).

You can celebrate the New Canada's Food Guide by ordering this cookbook at this special price for yourself and if you like, more to use as gifts!

Go to www.winnieswinningways.ca to order or contact Winnie at Winnie's Winning Ways Box 59 Morris Manitoba R0G1K0 or call 1 204 746-8162

Sincerely Elaine (Winnie)

About the Author

Winnie is always looking for ways to provide inexpensive, nutritious meals for her family. Once they pass the test and are enjoyed by her family and friends, she is ready and eager to pass them on to others. Winnie wants to see others enjoy the same success that she does. Her ideas, hints and recipes are all found in the cookbooks & eBooks she has published over the past number of years.

Now as well on her website, under the Freebies button, Winnie shares monthly newsletters with new recipes, ideas and hints. As you read them through, watch for SPECIAL PRICES on a variety of her cookbooks

***To view her cookbooks, go to: www.winnieswinningways.ca
<<http://www.winnieswinningways.ca/>>***