

"SEEDS ARE FOR SHARING"



FEBRUARY 2009 NEWSLETTER

February is "SWEETHEART" month.

Caring about families can often lead to a concern for their health. Are they getting the nutrition needed to remain fit & strong, especially when not eating meat or drinking milk?



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Whether you are just young and dating, married any number of years, or maybe you have a special bond with children, grandchildren, nieces, nephews, parents, grandparents or anyone else, you will probably express the love that you have for that person at some time during the month of February. It may be with a card, an email, visit, a call, flowers, baking or something else.

I was thinking back to our school days this morning. We used to give out valentines to everyone and often mom made us decorated cookies to take to school for the Valentine Party.

I have such fond memories of those day, and I am sure many of you do as well.

Don't wait for Valentines Day to share your heart by telling those you love what they mean to you and how they have affected your life!



With this love we have for each other, we will often be concerned with their well being and a question parents or grandparents may ask is. . .

DO OUR CHILDREN & GRANDCHILDREN EAT WELL?

During the past two weeks I have had grandmothers calling for cookbooks. One ordered "COOKING WITHOUT MOM" for each of her grandchildren. These teens are beginning to leave home and she is wondering how they will cope without mom and even grandma. "COOKING WITHOUT MOM" has many easy to make recipes that include meals made with all four food groups in the Canada Food Guide to Healthier Eating.

Several other Grandmas asked for cookbooks for vegetarians. They are concerned that their teens won't get enough protein or minerals without eating meat or drinking milk.

This month I will share a few no-meat recipes that are great for everyone.

VEGETARIAN DIET

SOY SATIATED has many healthy recipes for beverages, sauces, soups, puddings, dips, salads, casseroles and desserts and they all include soybeans. Soybeans are packed with nutrition.

The cookbook, "EAT MORE WHOLE GRAINS" has so many recipes using grains, pulses and rice. By combining these seeds, we can get a complete protein.

So these two books can bring nutrition to any table. The Canada Food Guide stresses variety and even if we aren't eating meats and dairy products, by eating a variety of healthy seeds, nuts, vegetables and fruits, we can keep our bodies fit and healthy.

HIGH FIBRE FOODS

It is recommended that we eat 25 – 30 grams of fibre each day. This is quite easy if we eat whole foods, instead of processed precooked foods.

- 1/3 cup of All Bran cereal gives you over 8 grams of fibre
- 2/3 cup oatmeal provides 5 grams of fibre
- 1 large carrot gives you 2 ½ grams of fibre
- 1/3 cup oatbran gives you 4 grams of fibre
- ½ cup of dried beans (cooked) can give you 7 grams of fibre.
- 1 orange gives you 3 grams of fibre

And this is just a sample of a few foods. Eating crushed flax, using whole grain flours, eating apples and other fruits, vegetables of all kinds and so on, can all help to give you that fibre you need.

Fibre keeps the food moving through our gastrointestinal system. It helps lower cholesterol, reduces constipation, hemorrhoids and then as well keeps us from getting many different diseases.

PROTEIN

We do need to have protein in our diets each and every day. Grains and pulses or dried beans give us plenty of protein.

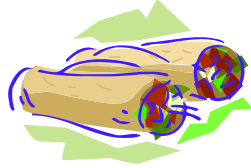
- ½ cup cooked dried bean has 7 grams of protein.
- ½ cup of cooked soybeans has 11 grams of protein.

By eating these beans together with grains, rice or grain breads the quality or usability of protein in the beans and grains is increased quite significantly.

Take the time to learn how to bake your own bread. It is really quite simple. Or find a store that bakes bread using whole grains.

If you like tortillas, crepes, pancakes, waffles, these too can be made using crushed grains or whole grain flours. A few of our favorite are below.

Anyone can enjoy these recipes. Those of you who may choose to eat a vegetarian diet will also find them very satisfying.



BEAN & RICE BURRITOS - makes 8

This recipe combines rice and beans for more protein but it also gives you plenty of fibre

SAUCE:

- 2 cup tomato sauce
- 1 clove garlic minced
- 1 medium onion chopped fine
- 1 teaspoon chili powder (or more)
- 1 tablespoon cornstarch

Combine the sauce ingredients, cook and stir until thickened.

Filling:

- 1 ½ cups mashed cooked pinto beans (or other)
- 1 cup brown rice, cooked
- ½ cup chopped sautéed onion
- ¼ cup chopped black olives

8 whole grain tortilla shells- recipe follows.

TORTILLA RECIPE: - yield 8

- 2 cups whole grain flour
- 1 teaspoon salt
- ¼ cup lard or shortening
- ½ cup sour milk (or regular milk mixed with 2 tablespoons lemon juice)

Cut the lard into flour and salt. Add milk mixed with lemon juice and knead to make a smooth ball. Allow to rest on the counter for 4 – 12 hours

**Allowing this resting period helps the dough to bond and roll out better, but more importantly the sour agent breaks down the phytic acid that is found in the bran of all grains. This phytic acid is hard to digest and blocks our bodies from absorbing minerals, so by resting the dough the results will be easier to digest and as well the nutrients will be better used by our bodies.*

Divide the dough into 8 balls. Roll each out as thin as possible. Drop on a hot griddle. Bake on both sides. Or you may have a tortilla press to do the job. Wrap shells airtight until you want to use them.

Assemble:

Spread each shell with sauce and then the filling. Roll up and place seam side down in a casserole dish. Pour the remaining sauce over. Bake 30 minutes

2 burritos give you 14 grams protein, 16 grams of fibre and no cholesterol.

The Bean Spread recipe below is great on a slice of whole grain bread, rolled up in a tortilla shell topped with chopped tomatoes, pepper, cucumbers or whatever else you may desire or on just put on crackers.

It will keep in the fridge for at least a week.

BEAN SPREAD

1 cup mashed cooked beans (lentils, pinto, kidney, chickpea or other)

2 tablespoons grated purple onion

1 teaspoon lemon juice

½ teaspoon sage

½ cup plain yogurt (for non-dairy – use soy yogurt)

¼ teaspoon salt

1 teaspoon honey

Add any other herbs of your choice for flavor.

Mash the beans well, add and mix in the remaining ingredients and chill.

1/4 cup of this spread will give:

5 grams of protein and 5 grams of fiber and no cholesterol.

But these beans are also packed with many vitamins & minerals needed by our bodies.

The next recipe is great for teens living alone. They can make up this batch of mix and use it at three different times.



HEALTHY PANCAKE MIX

This recipe can be divided into 3 batches and stored in the freezer for future breakfasts.

1 cup rye flour

½ cup wheat germ

1 ½ cups whole wheat flour (or other grain flour of your choice)

1 ½ cups unbleached flour

2 tablespoons sugar

2 tablespoons baking powder

1 teaspoon baking soda

1 teaspoon salt

Divide this into three equal parts and store each in a plastic bag.

PANCAKES – makes 12 pancakes

1 ¼ cups milk (or soymilk)

2 eggs

2 tablespoons cooking oil

1 bag of pancake mix

Beat milk, eggs and oil. Add dry ingredients and mix until dry ingredients are just moistened and a bit lumpy.

Bake pancakes on lightly oiled fry pan. When lightly browned, turn and brown the other side.

HONEY BUTTER SYRUP

I will give you this recipe again this month because we all know that honey is very nutritious.

What we all may not know is that corn syrup and pancake syrup are made mostly from sugar. If one can afford it, Maple Syrup is also nutritious.

¾ cup honey

1 teaspoon lemon juice

3 tablespoons butter

¼ teaspoon vanilla*

Heat the honey and butter on low until melted. Cool and blend with the lemon juice and vanilla.

Pour into a squeeze bottle.

* The last time I made this batch of syrup, I used 1 teaspoon maple flavoring instead of the vanilla. I enjoy it both ways.

This mixture will remain a liquid and can be used whenever you wish . . . replacing sugar when you wish to add a bit of sweetener to your breakfast cereal, porridge, fruit salad etc.

FLAX BERRY SMOOTHIE

1-2 servings

This is a very nutritious way to start a very busy day

1 cup fresh or frozen berries

1 cup plain yogurt

1 tablespoon ground flax seeds

½ cup milk

Honey, to taste

Place all the ingredients into the blender. Blend until smooth. Enjoy!

For any of you wanting to make a delicious, yet quite healthy cookie for Valentines Day, why not try the following recipe. They hold together very well and once dipped in chocolate, they really look nice.

Plenty of oatmeal in the following recipe is great for your heart!

These cookies look so pretty that everyone will want more than one!

These cookies taste really great so they will soon be gone!



OATMEAL HEARTS

5 dozen 2 inch across cookies

1 cup butter

2/3 cup brown sugar

1 egg

1 cup flour (For added nutrition, I will use a mixture of rye, spelt or barley flour)

1 teaspoon cream of tartar

1/2 teaspoon baking soda

1/8 teaspoon salt

3 1/2 cups rolled oats

1/2 cup plain yogurt, buttermilk or sour milk

Mix the above ingredients. Roll out 1/4 inch thick and cut with heart shape cutter. Bake them for 15 minutes at 350° F or until they are lightly browned.

Allow to cool.

Melt 2 cups chocolate wafers or chocolate chips over a low heat. Dip one half of the heart in chocolate and let cool on a piece of wax paper.

OR

Instead of dipping in chocolate, put two cookies together with date filling!

Hope you have a very special Valentine's Day. By reaching out to others, you too will be blessed.



Sincerely 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, you can subscribe to her monthly newsletters that are filled with inexpensive, nutritious 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: <http://www.winnieswinningways.ca/>

Much of Winnie's website focuses on physical and financial needs, but she is well aware that her life would be nothing without the spiritual. We need food to keep our bodies and minds healthy, but we need spiritual food to keep our souls healthy as well! The following website is one of her favorite and Elaine Froese is a special friend who has so much wisdom to share.

FOOD FOR OUR SOUL!

Elaine Froese is a certified coach who wants people to live intentional lives, and have courageous conversations with purpose! Read her columns on her website or feel free to call her on her toll-free number for encouragement.

Elaine Froese Speaker Author Coach

<http://www.elainefroese.com> elaine@elainefroese.com 1-866-848-8311 toll free

Boissevain, Manitoba ROK OEO author of Planting the Seed of Hope... encouragement for families.