

"SEEDS ARE FOR SHARING"



JANUARY / FEBRUARY 2010 NEWSLETTER



"EAT WELL AND KEEP FIT"

We are in the midst of a snowstorm so it is a perfect time to get this newsletter started. Many times over the holidays I thought of ideas and recipes I could share so I hope I remember them all.



We had a great Christmas with family and friends. We entertained often yet it didn't seem like work at all. In the last newsletter I shared the nut slice with you. It ended up that was a favorite with all of our guests. I even made a number of batches to give away on fancy Christmas trays and they too wanted the recipe.

I also made up three popcorn cakes. (The recipe is in my "From Your House To Ours" cookbook) The recipe isn't too sweet and after they were decorated with candies, they looked very festive.

I made three traditional cookie recipes, also from the same cookbook and 5 pails of caramel corn, which was another hit. The rest of what I served was our meals, lots of nuts, lots of fruit and of course a few candies. Our desserts were angel cake with berries and whipped topping, apple crisp, and a chocolate fruit trifle. When we invited company at the last minute, we often ended the meal with yogurt fruit, and my Christmas baking.

New Years Day we had 25 people over for a brunch. I had baked and frozen Protein Plus Soybean Belgium waffles before Christmas. I cooked raspberry and blueberry sauce that day, took our some fruit bread and cinnamon buns and cut up trays of raw fruit. Again in no time at all everything was ready and we had a great time visiting.

**Of course we ate more than we should have over the holidays so now
I am hoping to lose those extra few pounds as quickly as possible.**

Table of Contents

Replace Salt with Seasonings

Adding Beans To Spreads

Zucchini Snacks

Granola Bars

Harvest Chili

Pepperoni Bean Chili

ParApple Rollups

Baker's Icing

Secret Chocolate Cake

Benefits of Dried Beans

Herb Veggie Dip

Berry Bean Smoothie

Baked Beans

Hearty Vegetable Soup

Crunchy Granola

Parsnips

Beet Chocolate Cake

Cinnamon

This can happen with a bit more exercise and a few changes to my diet. So hope the following recipes will encourage you and I both to "EATING WELL AND KEEPING FIT"

HEALTH NEWS!

Over the past few weeks we have heard more and more regarding the increase of heart disease, diabetes, cancer etc. Even young people are now at risk of heart disease while it was previously associated with aging.

THROW OUT THE SALT

The Heart and Stroke Foundation now suggests that we consume no more than 1 teaspoon of salt a day. (That is a total of all salt we get through foods and as well what we sprinkle on!) Instead of adding salt to our food, we can season with fresh or dried herbs and seasonings. We can achieve wonderful taste results by using chillies, ginger, oregano, basil, onions, garlic, marjoram, thyme etc in recipes.

These seasonings will give you nutrition as well as a great tasting meal. As well I stick to **sea salt** when I want to add a bit of salt.



They say that having plenty of cooked dried beans in our diets can help us lose weight so . . .

Today I am making 2 crock pots of baked beans. I will have plenty to enjoy this week in a number of different ways, but I will also have a good amount to freeze in 1, 2 or 4 cup containers. I can then add them to soups, casseroles, stews, and quesadillas or when I am in a hurry, just serve them with a slice of whole grain bread and some left over meat. Yummy!

DRIED BEANS

The early settlers enjoyed dried beans as a staple throughout the whole year. Some of the seeds that were left in spring were used to plant more for the next year. They knew what foods to eat to keep them healthy and well.

We too should eat pulses on a regular basis. By making them from scratch, we can use the right ingredients so the beans will not contain as much salt as bought ones, but also so they will have other nutritious ingredients hidden in the sauce. We will then find it easier to get the number of vegetables suggested in the "Canada Food Guide To Healthier Eating". The taste as well is fabulous in comparison to bought cans of beans.

Quote from a scientific review:

Dr. Maurice Bennink, professor of nutrition in the food science and human nutrition department at MSU, concluded that eating more beans will positively impact one's health. "Beans are one of the best foods that you can eat to help protect against developing a chronic disease," says Bennink. "Unfortunately, beans are often overlooked in the diets of Western societies. This research should provide people with further motivation to eat more beans."

- Countries with the greatest consumption of beans had the lowest death rates due to **breast, prostate and colon cancer**, according to data from 41 countries.
- People who ate legumes (including dry beans) at least four times per week were found to have a 22 percent lower risk of **heart disease** than individuals consuming beans less than once per week.
- Beans were found to help individuals curb caloric intake and **maintain a healthy weight** because their high fiber content and their low glycemic index promotes satiety and provides sustained energy.
- Beans help individuals with **diabetes** maintain healthy blood glucose levels due to their high fiber content and low glycemic index.

BEAN SPREADS

- To any of your cracker spread, vegetable or chip dips, chop up or mash drained chickpeas and mix in. It will give the mixture firmness and body. Probably no one will know that you have added this nutritious bean.
- Or in some recipes it calls for 1 package of creamed cheese. Use half the creamed cheese called for and half that amount of finely chopped or mashed chickpeas.

***chickpeas** – in some of these recipes I call for chickpeas. I often use any canned beans that are lighter in color. I usually soak, steam and cook up a few cups of dried chickpeas or navy beans, blend and freeze them in small half cup measures. I will add this puree to the recipes below and above, but as well to gravies, sauces or casseroles and soups. The uses are endless and remember you are adding nutrition.



HERB VEGGIE DIP (yields 1 ½ cups)

1/2 cup mayonnaise
 ½ cup plain yogurt or yogurt cheese
 ½ cup mashed canned chickpeas* (drained)
 ½ teaspoon salt
 Beat together in a small bowl.

1 tablespoon each fresh dill, parsley, chives (chopped)
 1 teaspoon lemon juice
 1 teaspoon celery seed
 ½ teaspoon garlic powder
 ½ teaspoon paprika

Add a combination or all of the above. Chill for an hour and serve with fresh vegetables. In winter use dried herbs (1 tsp each) in place of fresh ones. This recipe is quick to make & is a great substitute for the onion soup mix and sour cream standby that is not so healthy.



ZUCCHINI SNACKS – 3 dozen

2 cups shredded zucchini

1 teaspoon salt

½ cup mayonnaise

½ cup plain yogurt

½ cup ground canned chickpeas

¼ cup Parmesan cheese

¼ cup chopped green onions

½ green or red peppers, chopped fine.

1 garlic clove, minced

1 teaspoon Worcestershire sauce

Toss zucchini and salt in a bowl. Let stand 1 hour. Rinse and drain pressing out liquid. Add remaining ingredients and mix well.

Spread on slices of snack rye bread. Bake at 375 ° F for 10 – 12 minutes or until bubbly.

BERRY BEAN SMOOTHIE

1 cup plain yogurt

1 chopped banana

1 cup partially thawed raspberries or strawberries

¾ cup drained chickpeas

GRANOLA BARS– 3 dozen bars

¾ cup whole grain flour (I use rye or spelt flour)

2 ½ cup oatmeal

1 can* (15 ounces each) any kind of dried canned beans (drain, rinse and chop)

¾ cup dried cranberries

¾ cup chopped dates

1 cup flaked coconut

½ cup chopped walnuts or almonds

⅓ cup butter or margarine

½ cup honey

1 teaspoon vanilla

2 teaspoons ground cinnamon

⅛ teaspoon salt

Mix all ingredients well and press into a 9 by 12 inch greased pan

*I like to use dried chick peas or navy beans, soaking and steaming & cooking them as in the baked bean recipe below. (except one only cooks in water rather than in a sauce. I then freeze the left over ones to measure and use in other recipes or at other times.

Bake at 350° F. until bars are browned and firm to touch in center, 25 to 35 minutes. Cool completely before cutting into bars with a pizza cutter. Lift pieces out and place into an airtight container. This can be frozen removing a few pieces at a time.



BAKED BEANS – makes about 12 cups of baked beans

Soak 4 cups of dried beans overnight and throw out the soaking water. (any one or a mixture of navy, pinto, kidney or black beans)

They say that the darker the color of the bean, the more nutrients they have so I use plenty of the dark ones.

After soaking this should equal about 8 cups.

THROW OUT THE LIQUID AGAIN

Bring water to a boil on the stove and add the soaked beans. Bring to a boil and then turn the heat low so they will steam for a half hour. Throw out this liquid as well. Most of the tripson inhibitors, which are hard to digest have now been removed.

Put the following into the Crockpot and cook for 8 hours or until the beans are done.

If I am going out, I will turn it to low heat and it will take almost 11 or 12 hours.

8 cups soaked beans

4 cups tomato juice or sauce

1 cup water

2 tablespoons molasses

6 cloves of minced garlic

4 good sized onions, chopped fine.

½ teaspoon dried mustard

1/2 cup honey or brown sugar

3 teaspoons sea salt

1 teaspoon oregano.

¼ cup lemon juice (I squeeze fresh lemon juice or use some I have frozen in cubes)

The lemon juice helps to break down the phytic acid found in the outer part of the bean. This is also hard to digest. Even grains have this in the bran.

Once they are cool, you can divide them into measured containers to freeze.

AS A HEARTY MEAL

As I mentioned above, they are wonderful when served with whole grain bread, salad and a meat. (even without meat as they are a protein)

HARVEST CHILI

By using the above beans, you will be able to get by with less seasoning than called for in the recipes you are adding them to as the beans are already very tasty.

1 pound lean ground beef

1 medium onion, chopped

4 cloves garlic, minced

1 teaspoon cooking oil

1 teaspoon chili powder

2 cups diced squash, zucchini or carrots (or other vegetables of your choice)

2 cans of tomato soup (or I use 1 quart of my own canned tomato soup)

4 cups baked beans

Sauté onion and garlic in the oil. Add ground beef and simmer until done. Add remaining ingredients, cover and simmer for 30 minutes or until vegetables are done.

HEARTY VEGETABLE SOUP – 4 quarts or 16 bowls (you can easily half the recipe)

This is a very filling soup and can be your whole meal, although we will usually have a slice of my whole grain bread with it.

Experiment and add whatever you wish for more nutrients. I often throw a handful of dried shredded parsnips or some frozen pureed parsnip into the soup.

BROTH - Instead of the water called for, you can use a broth made from cooking soup bones in water that has 2 tablespoons lemon juice added for at least 3 hours to draw the minerals out of the bones.

BUCKWHEAT OR BARLEY– is very healthy so feel free to add:

1 cup of whole hulled buckwheat (or pearl barley) to your pot of soup before simmering.

6 carrots sliced
4 large onions, chopped
4 celery ribs, chopped
6 garlic cloves, minced
1 tablespoon cooking oil
4 cups water
1 quart tomato juice
1 quart canned tomatoes
2 cups chopped cabbage
2 cups cut green beans
1 cup frozen or fresh corn
1 cup frozen or fresh peas
2 cups baked beans (above recipe)
1 teaspoon dried marjoram
1 teaspoon thyme
4 bay leaves
1 teaspoon dried basil
1 tablespoon parsley flakes
1 teaspoon sea salt
¼ teaspoon pepper

Sauté carrots, onions, garlic, and celery in oil until crisp/tender. Stir in the remaining ingredients. Bring to a boil, reduce heat, cover and simmer for 1 – 2 hours Remove the bay leaves and serve.

PEPPERONI BEAN CHILI– makes at least 8 servings

6 cups baked beans (can use the baked bean recipe)
2 pounds lean ground beef, cook in a pan until done, breaking it apart.
2 onions, chopped and sautéed
2 garlic cloves, minced and sautéed
2 cans tomato soup
1 tablespoon pizza or Italian seasoning
½ cup chopped green or red peppers
1/2 pound pepperoni slices
Simmer all the above ingredients for an hour.

- Shredded partly skim mozzarella cheese (optional) sprinkled on each serving.
- Enjoy this bean recipe with a baked potato.

- Salsa and chopped green onions on the potato can be a great and healthier replacement for sour cream.
- Next summer you may want to preserve your own tomato relish or salsa and again, you can add as many onions, herbs and healthy ingredients as you wish.

MEALS ON THE ROAD

I like to have the following granola in the fridge at all time. I store it in small sandwich bags in a larger heavier bag. If we are going somewhere for the day or for a longer period of time, I take along enough to have once a day.

If we are eating breakfast in a restaurant, I will order a glass of milk and a fruit or a yogurt to have with the granola. It provides us with a good amount of nutrition.

If I am driving a distance and don't want to stop to eat, a small bag will be in my purse and we will munch on a half cup or so as we drive.

CRUNCHY GRANOLA - (yields about 12 cups)

3 apples 1/2 cup water

1/2 cup butter or margarine 1/2 cup honey

Peel and slice up the apple. Put it into a small pot together with the water. Cover and bring to a boil on the stove. Turn the heat down to low, cover the pot and simmer about 5 minutes, or until the apple is soft. Remove from the stove, add the butter and honey and mix until smooth with a hand blender.

6 cups oatmeal

1 cup coconut

1/2 chopped nuts

1 1/2 cup shelled sunflower seeds

1 1/2 cup raisins or dried cranberries

1 cup wheat germ *

1 tablespoon cinnamon

Put the above ingredients into a bowl, pour the honey/butter mixture over and mix until it is all equally coated.

* Wheat Germ - Instead of wheat germ I used dried wheat sprouts (see below) because they were handy and I didn't have wheat germ in the house. You could also use oat bran instead of wheat germ.

Spread on two cookie sheets. Bake 30 minutes at 300° F, stirring 2 - 3 times.

Turn heat down to 250° F and leave in an hour, stirring a few times between.

Remove from oven, cool. Once cold it can be stored in an airtight container.

It will keep in the fridge for 3 or 4 weeks or much longer in the freezer.

This is a great breakfast. Put 1/2 cup into a cereal bowl, add milk and enjoy. There is no need to add sugar as the honey that was added to the recipe is sweet enough and yet very healthy. I even top this cereal with some raw crushed flax.

This granola is also a great nutritious snack at any time of the day!

PARAPPLE ROLLUPS

We butchered beef a few days before Christmas so two weeks after, the meat was all cut and wrapped and ready to be put into the freezer. I had two freezers to clean out and when I was done there were many containers of apple sauce, cranberry pulp, chokecherry juice and parsnip puree. I blended these all up and made the best fruit rollups ever. The parsnips couldn't be tasted with the rich fruit flavors. The chokecherry juice gave them a rich deep red color and the texture made them nice and rubbery. Altogether I did up 12 ice cream pails of puree in 4 different batches.

2 pails of apple sauce
½ pail chokecherry juice
½ pail of parsnip puree
1 pint cranberry pulp

I poured 3 cups on each of the 16 trays and they were dry in about 30 hours at 105° F.

Our family will have enough of these snacks for months to come.

P.S. You can use any fruit you may have. It is nice to use a deeper color with the apple sauce for a colorful rollup. Adding a package of Kool-Aid would also do the trick, but isn't quite as healthy.

PARSNIPS

A serving of parsnips is packed with 7 g of fibre (40% more than carrots) 30 mcg of Vitamin K (builds bones) and 30% of the immune boosting Vitamin C that you need daily.

That is one of the reasons I put the puree into the rollups. Our grandchildren will never know what nutrients they are getting in every bite of rollup.



ESPECIALLY FOR YOU ON VALENTINE'S DAY!

The first recipe will make a chocolate layer cake using 2 heart shape or round 9 inch pans. But you can also make it into 2 dozen cup cakes or a 9 by 13 cake pan.

The second chocolate cake is also very delicious. It as well can be baked in layer pans or cupcakes, but also in a large 9 by 13 cake pan.

Both cakes have nutritious ingredients to make them a healthier choice.

Whatever way you bake this chocolate cake it needs to have some icing, wouldn't you agree?

I use the following icing recipe that isn't very sweet. I got it from my mother years ago and will use it whenever I want to make a birthday or cake to celebrate.

BAKER'S ICING - make it the day you use it.

4 ½ tablespoons flour (I find it easier to just measure 1/3 cup)

½ cup cold milk

Mix both together to a smooth paste. Bring to a boil and keep stirring on low heat until thick.

Allow to cool completely.

Cream ½ cup margarine or butter

Add ½ cup white sugar

Beat well until it is light and fluffy. Add the cold flour mixture and 1 teaspoon vanilla. Again beat well.

Spread some between the layers and on top and sides. Or spread on the cupcakes.

BEET CHOCOLATE CAKE – Two heart shaped or two 9 inch round cakes

1 apple (peeled, diced and cooked in the microwave until tender: Use ½ cup)

(or use ½ cup unsweetened apple sauce)

1 ½ cups pureed cooked beets (the consistency of canned pumpkin)*

2 tablespoons water

1 teaspoon vanilla

1 teaspoon apple cider vinegar

Mix the above with a hand blender or in a blender until smooth.

3 eggs

1 ½ cups sugar

½ cup olive oil

½ cup cocoa

1 tablespoon cornstarch

2 teaspoons baking soda

½ teaspoon salt

½ teaspoon cinnamon

1 cup whole wheat flour

1 cup unbleached flour

In another bowl beat eggs well. Then add and beat in well the sugar, oil cocoa, cornstarch, baking powder, salt and cinnamon.

Add and mix in the set aside beet mixture and finally the flour.

Pour into the greased cake pan and bake at 350°F for 30 – 35 minutes or until a toothpick poked into the centre comes out clean. Allow to cool and then ice.

* I used a bit of the cooking water from the beets with the cooked beets so it would puree well.

SECRET CHOCOLATE CAKE (serves 16 -24)

2 cups beets (cooked, peeled, and chopped)

½ cup applesauce

Puree in blender until smooth. Set aside.

1 ½ cups sugar

½ cup oil

½ cup plain yogurt

3 eggs

Combine in a large mixing bowl. Beat with electric mixer 2 minutes.

1 ½ cup baking cocoa (sifted)

1 ½ teaspoons vanilla

Add along with pureed beets; beat another 90 seconds

1 ½ cups flour
1 cup whole wheat flour
1 ½ teaspoons baking soda
½ teaspoon salt
1 teaspoon ground cinnamon (optional)
Gradually sift into the batter, mixing it in with a spoon but stirring only until blended

½ cup chocolate chips and/or nuts (chopped)
Stir in.

Pour into pans. Bake in preheated oven at 350 ° F until knife inserted in center comes out clean, 35 - 50 minutes. To bake in a Bundt pan, pour half of batter into the greased pan, sprinkle chocolate chips evenly on top, then add remaining batter.

Summer Variation: Substitute 2-3 cups shredded raw zucchini or squash for the cooked, pureed beets. Use the ground cinnamon and add ½ teaspoon ground allspice.

CINNAMON

Over the holidays I was reading about the benefits of eating cinnamon. ½ teaspoon of cinnamon has more antioxidants than ¼ cup of blueberries.

So I now sprinkle ½ teaspoon real cinnamon on my breakfast porridge. Of course I still sprinkle on the 2 tablespoons of crushed flax as well.

It's time for me to get outside and get my exercise. The sun is shining and as well I have lots of catching up to do. It takes me a few days to get this all on paper.

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, 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.

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