



**"SEEDS ARE FOR SHARING"**

**JANUARY 2009 NEWSLETTER**

**A NEW YEAR . . . A NEW START**  
**How can we get our families to enjoy**  
**foods that are more nutritious?**

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**HEALTHY CHANGES FOR A HEALTHIER LIFE!**

As we went through the Christmas season, I wondered how many of you were affected by the weather, be it the snow, ice or temperatures. All across North America we heard of families stranded or delayed in their plans to travel home. Then we also heard of alternative plans that turned these disappointments into real wonderful experiences.

We were fortunate that the storm that was forecast in our area never really materialized so we enjoyed great church services and get togethers with family and friends.

Whatever your experience was, I trust you had a very special and meaningful holiday season.

**MAKE HEALTHY CHANGES TO RECIPES**

I again made many healthy changes to some of our favorite recipes on the spur of the moment. These new flavors were enjoyed by our guests so I passed them on to them, and now I am passing them on to you as well.

**Our grandchildren really enjoyed these changes, so that was a big plus!**



## **TURKEY DRESSING**

As many of you may already do, this year I decided to cook the dressing separate in a crock pot. It was so much easier to serve and that way I could carve the turkey ahead, and the dressing could be kept hot in the crockpot dished up just before we sat down to eat.

### **Nutritious Stuffing**

1 cup celery, chopped fine  
2 cups onion, chopped  
3 cloves garlic, minced  
1 tablespoon poultry dressing  
1 teaspoon salt  
12 cups bread, cubed (I used half brown & half rye bread)  
¼ cup soft margarine or butter  
1 ½ cups water

Sauté onion & celery in margarine. Stir in minced garlic. Add remaining ingredients, toss to mix and put into the crock pot. Cook on low for 6 hours.

## **TURKEY**

Stuff the turkey cavity with a quartered apple and a chopped onion. Rub the top and legs with a mixture of 1 tablespoon melted butter and 2 minced cloves of garlic. Sprinkle with 1 tablespoon poultry dressing and ½ teaspoon salt.

In our new oven the 25 pound turkey was done in 7 hours at 325 ° F. It was very moist, sliced well and had a great flavor.

### **More Nutrition!**

Besides the wonderful flavor the onion and garlic provide, they add many important nutrients to the meat, dressing and gravy. The extra poultry dressing seasoning on the turkey allows one to use less salt.

## **CABBAGE ROLLS AS A MAIN DISH**

After serving turkey a few meals, we were ready for a change in menu so I decided to make cabbage rolls as a main dish by using plenty of lean ground beef.

### **More Nutrition!**

Instead of just white rice in the cabbage rolls I used 1 cup plain raw rice, 1 cup raw buckwheat and 1 cup raw wild rice.

## **CABBAGE ROLLS** – serves 12

1 medium head of cabbage, cored

Steam the head in a few inches of water in a large pot, removing the leaves as they soften a bit. Set leaves aside.

For smaller cabbage rolls, you can cut the leaves in half.



1 ½ cups lean ground beef (3 cups)  
cooked rice  
cooked wild rice  
cooked buckwheat

1 large onion  
4 cloves garlic, minced  
1 teaspoon salt  
½ teaspoon pepper  
1 egg  
2 tablespoons Worcestershire sauce  
Blend the onion, garlic, egg, sauce and salt & pepper together.

Mix beef, rice, buckwheat, wild rice and onion mixture well. Place a large spoon of mixture on to each leaf, roll up and place into a roasting pan side by side. They can be in two layers.

40 ounces tomato sauce or juice

Pour the tomato sauce or juice over the rolls.  
Bake for 2 hours at 325 °F.

When baked, these cabbage rolls can be placed separately on a cookie sheet and frozen. One can then thaw and heat as many as desired for a meal.

One meal we enjoyed the cabbage rolls together with sweet potato casserole, broccoli & cauliflower as a vegetable and canned beet salad.  
*Beet salad does go very well with cabbage rolls.*



### **VEGETABLE DIP** **More Nutrition!**

When serving a buffet, we decided to include a variety of colors of vegetables as a nutritional choice.

Our usual dip recipe was changed replacing the higher calorie cream cheese with yogurt. Using onions & garlic instead of the onion & garlic salts was definitely a very healthy change. aaA double batch kept over a week in the fridge and we often snacked on these veggies & dip during the holidays.

1 teaspoon gelatin mixed with 2 tablespoons water. Microwave until it begins to boil. After it is warm, add to the following yogurt mixture.

2 cups plain yogurt  
1 cup mayonnaise  
½ cup purple onion, chopped fine  
2 toes garlic, minced  
1 tablespoon Worcestershire sauce  
¼ teaspoon dry mustard  
¼ cup parsley flakes

Mix the above together. Add the gelatin mixture before it thickens. Refrigerate. Keeps for more than a week in the fridge.

### **SNACKS**

When it came to making snacks, I created a healthier choice recipe that our family raves about. We have made it for many years, but until now it was packed with much more fat and sodium in all the salts and the larger amount of butter that was used.

### **LARGE BATCH OF HEALTHIER CHOICE NUTS & BOLTS**

½ cup melted butter  
2 tablespoons Worcestershire sauce  
2 large onions  
8 cloves garlic  
2 teaspoons paprika  
½ teaspoon sea salt

Melt the butter. Put all of the above ingredients into a blender and process until smooth. Pour over the following ingredients and mix well.

10 cups cheerios  
6 cups shreddies  
6 cups pretzels  
2 cups shelled peanuts

Spread into large baking pans and bake for 1 hour at 250 ° F, stirring every 15 minutes.

Cool well and store in closed containers.

At first our son said he couldn't go to all the work of making it this way, but after he tried it, he said it was so simple and was a much healthier choice.

### **FOOD FAIR NUTRITION HANDOUT**

The following two pages are from our dietitian, Krista Goodridge. She spoke at our Health Food Fair and then gave us this information to take home.

The information is excellent because we realize that our children will only be as healthy as what they eat and it is our responsibility to try and get them to eat the right foods.



### **HEALTHY FOOD AND CHILDREN - HOW DO I GET MY CHILD TO EAT HEALTHY?**

It's amazing how many 2-5 year olds control the family food choices. Too often the parent allows the child to choose what and when to eat. Elyn Satter, author of several seminal books on feeding children says "It is very clear that parents are responsible for what and when the child eats. The child, however is, responsible to choose how much of those foods to eat". So how do parents get children to eat healthy foods?

Make family meal times a priority. Sit down together as a family. Everything tastes better when you are happy, relaxed, and part of a group.

Have set meal and snack times. Serve nothing but water between these times. This helps the child learn to listen to his or her body, and learn the feeling of hunger and fullness.

Create “no food zones”. Unfortunately food seems to be everywhere, so having a place free from food in our homes is important. For example, try having no food in the living room or no food while working on the computer.

Involve children in gardening. Start with a simple pot of fresh parsley. Let them sprinkle “their” parsley on a dish.

Set an example. Show your own enjoyment of healthy foods. Try and try again. Remember it may take 10-15 times for a child to accept a new food.

### **TEMPT THEIR TASTE BUDS**

**Freeze it.** Make popsicles of fruit juices, fruit purees, or fruit yogurt,

**Drink it.** Make smoothies of blended fruits and milk or yogurt.

**Top it.** Sprinkle steamed vegetables with a little flavored vinegar, soy sauce, toasted nuts or cheese.

**Dip it.** Serve raw or blanched vegetables with a healthy dip. To blanch vegetables immerse in boiling water for 1 minute, drain, chill immediately in ice water, and refrigerate until ready to serve. Carrots and broccoli are especially good this way. It intensifies the color and makes them crisp-tender.

**Hide it.** If all else fails, just hide the vegetables in a favorite food. Try adding shredded carrots or zucchini to spaghetti sauce. Put shredded cabbage or spinach in meatloaf. Puree a variety of cooked vegetables and add to pizza sauce.

### **MAKE GOOD FOOD FUN**

Create food faces. Our kids are more likely to eat their veggies if the veggies look fun. Try making “salad faces” using whatever you have. For example, sliced beets with a slice of carrot in the middle make great eyes. To make a meal out of a face, use leftover spaghetti with cheese for hair. Be creative!

Serve food restaurant style. Go into the eating area with a tray and welcome your “guests”. Help them get seated and give them drink and appetizer choices (carrot sticks, applesauce, yogurt...) in a mock-formal tone (“Good afternoon, ma’am, Would you like to hear what our special is today?”). The beverage and “appetizers” give them something to eat while you whip up the main course.

Include kids in food preparation. You’ll need to allow extra time, but kids like to help in the kitchen. They often are more open to eating something if they have helped prepare it.

### **TEN NUTRITIOUS TIPS!** (written by Dietitian Krista Goodridge)

As a dietitian, I frequently review what my clients have been eating. The client is asked to keep a record of everything he/she eats or drinks for 24 hours. People frequently fill out the forms in a hurry so I get some interesting notes. My favorites are “hot gods” for hot dogs and “snakes” for snacks.

So as I give nutritional advice, I am aware that I am perhaps questioning the “hot gods” – the sacred cows of our food culture – and exposing the potentially poisonous “snakes” on which we often snack: highly processed, high fat and sugar foods.

1. Balance energy. Very simply, for weight maintenance, calories “in” must equal calories “out”. Or the amount of energy expended must equal the amount of energy ingested. Similarly, to lose weight, calories out must be greater than calories in. To achieve this you must exercise more and /or eat less.
2. Eat a variety of whole foods in moderation. A whole food is a food that has not had any of its natural features taken away or any artificial substances added. It seems strange that we find foods and then turn around and “enrich” them; why not just eat whole grains or whole-wheat flour rather than enriched flour?
3. Drink water. Research shows that part of the obesity problem is caused by all the calories we are drinking. (The average teen gets 10-15 percent of daily calories from soda.) So instead of drinking beverages sweetened with high fructose corn syrup or concentrated fruit juice, try drinking water. Water is the nutrient our bodies need in the greatest amount.
4. Eat lots of colorful vegetables and fruits – at least 4 ½ cups a day. As a general rule, the more colorful and darker the vegetable, the more nutrients it contains. And since no one vegetable or fruit has all the necessary nutrients, it is important to select a variety of colors: green (spinach, kale), yellow/orange (carrots, squash), white (cauliflower, garlic), red (tomatoes, strawberries), and purple (blueberries, plums)
5. Eat breakfast. Breakfast is the meal that most easily supplies fiber and calcium, - in whole grain cereals and bread, and milk. Fiber and calcium are both important nutrients for a multitude of reasons including weight control. People who regularly eat breakfast are less likely to be obese.
6. Sit down to eat. We have become a society that eats on the run. Eating is seen as a consumption of calories rather than a time of communion with others. However, experts say when families eat together; children usually have improved academic performance, higher self-esteem, are less obese, and are more likely to avoid drugs.
7. Eat mindfully. Pay attention to yourself, to your body, and listen for the cues of both hunger and satiety. Don’t eat when you’re not hungry and stop eating when you are full, sounds simple but with food advertising all around us, it is hard to resist.

8. Take it with just a grain of salt. Too much sodium (salt) intake is associated with high blood pressure. The best way to limit it is to eat fewer processed foods, which account for about 85 percent of our salt intake.
9. Cut the fat. While all fats have basically the same calories, not all fats are created equal. Unsaturated fats – found in oils – are considered desirable, especially the mono-unsaturated fats found in olive oil and canola oil. Saturated fats – found in butter, meat, whole milk, cheese – are less desirable because they contribute to heart problems. Trans fats – found in margarine and processed foods – are considered unsafe in any amount.
10. Make lifestyle choices – there is no magic pill. As a feature article in “Time” magazine recently reported we are still trying to buy health and “perfect” weight by spending \$1 billion a year on weight-loss drugs. For health or religious reasons, many of us frown on smoking. How many of us, for the same reasons, follow healthy eating patterns and get physical exercise?

**Children may say they don't like potatoes, but when you say “Fries” that's a different story. They love fries. Here are a variety of recipes we shared at the Health Food Fair last fall.**



#### **Oven Fries** (serves 4)

4 medium baking potatoes or sweet potatoes  
1 tablespoon oil

Scrub and dry potatoes (peeling is optional). Cut into thin sticks or wedges and place in large container with a tight lid. Pour oil on potatoes, cover, and shake to thoroughly coat fries with oil.

½ teaspoon salt

Sprinkle on fries and mix, along with a seasoning option below if desired. Spread fries in a single layer on baking sheets. Bake in preheated oven at 425 °F / 220C until golden brown and fork tender, 30-45 minutes, stirring and flipping fries every 5-10 minutes. Serve immediately.

#### **Greek-Style Fries**

2 tablespoons lemon juice  
1 teaspoon dried oregano  
¼ teaspoon pepper  
2 cloves garlic (minced)

#### **Super Spicy Fries**

1/3 cup / 75 ml Parmesan cheese (grated)  
1 tablespoon garlic (minced)  
1 teaspoon paprika  
1 teaspoon garlic powder  
½ tablespoon pepper flakes (optional)

### **Rosemary Garlic Fries**

3 cloves garlic (minced)

1 teaspoon dried rosemary (crushed)

These are especially good with sweet potatoes. Just before serving, garnish them with 2 tablespoons chopped parsley (optional).

### **OUTSIDE EXERCISE & FRESH AIR**

The other day our granddaughter was over and I knew she and I both should get some fresh air. We got bundled up and I tried to get her to go for a walk. She was more interested in walking through the deep snow. She then got stuck and couldn't get out.

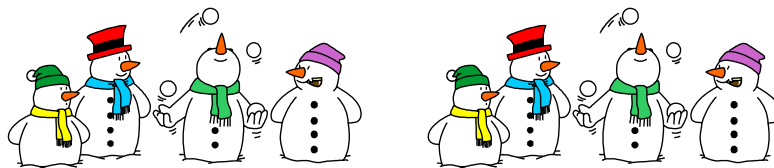
### **SNOW ANGELS**

I finally got her out and had an idea. I said, "Let's make snow angels." We made snow angels all along the driveway, up on the bank. We kept our feet on the driveway so there were no more boots full of snow.



### **SNOWMEN**

We are looking forward to making snowmen as the days get warmer. In fact I was thinking of inviting the granddaughters over so they could each make a snowman on our front lawn.



#### **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](mailto:elaine@elainefroese.com) 1-866-848-8311 toll free Boissevain, Manitoba ROK OEO

author of Planting the

Seed of Hope...encouragement for families.