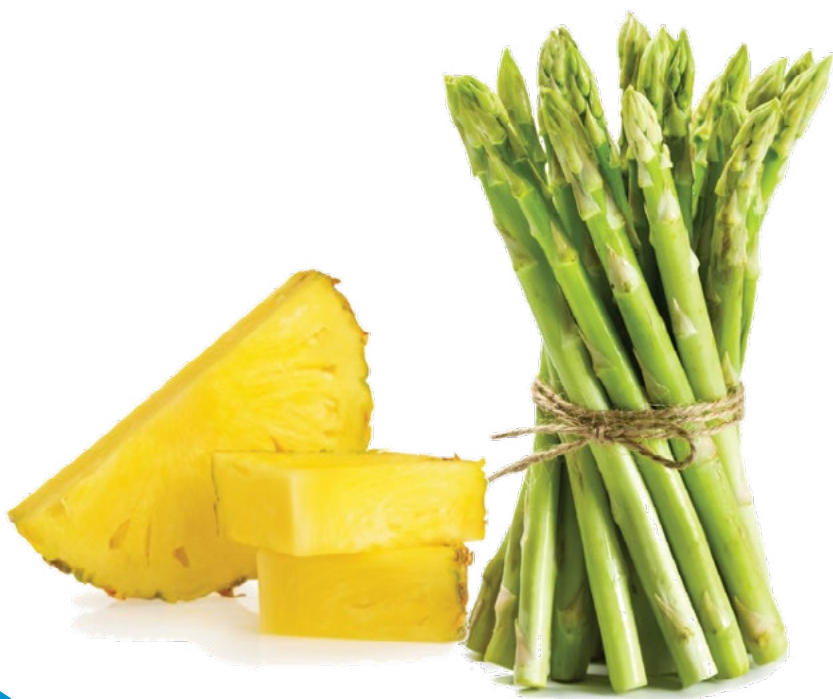


The Pineapple and the Asparagus

April's Discoveries



The pineapple...

- ...Is an excellent source of manganese.
- Contains an enzyme called bromelain that may play an important role against inflammation, tumors and edema on top of improving digestive, cardiovascular and circulatory systems.
- Has a high antioxidant potential.

Purchase

The pineapple's fragrance is a better indicator than its color when it comes to choosing a ripe fruit: it should be full and fruity. The fruit should also be heavy for its size with firm, fresh and dark green leaves.

Preservation

Pineapple is a very fragile fruit. It can be stored up to 1 or 2 days at room temperature, 4 to 5 days in the refrigerator or 3 months in the freezer (after that time frame, it can start to lose its flavor). It is recommended to store whole pineapples in perforated plastic bags and sliced pineapples covered with water in airtight containers.

Preparation

- Cut the 2 extremities.
- Place the fruit upright on a cutting board and cut the skin from top to bottom.
- Slice the pineapple and remove the heart with a knife or a cookie cutter.

Recipe

Buckwheat muffin

Ingredients

| | | |
|----------|------------------------------|----------------|
| 1 cup | Buckwheat flour | 250 ml |
| 1 ¼ cups | Whole wheat flour | 310 ml |
| 1 tsp | Baking soda | 5 ml |
| 1 tsp | Baking powder | 5 ml |
| 1 tsp | Ground ginger | 5 ml |
| 2 | Eggs | |
| ½ cup | Brown sugar | 125 ml |
| 1/3 cup | Canola oil | 80 ml |
| 1 cup | Carrots, grated | 250 ml |
| 1 can | Crushed pineapple with juice | 14 oz / 398 ml |

Preparation

- Preheat oven at 375°F.
- In a bowl, mix the 5 first ingredients. Reserve. In another bowl, whisk egg and brown sugar. Add oil, carrots and pineapple. Mix well.
- Pour humid mix into the flour mix. Stir gently.
- Divide batter in muffin pan. Cook for 20 minutes.

(recipe from PasseportSanté.Net)

Servings: 12

Warning

Asparagus contains a high amount of vitamin K, which plays an important role in the process of blood clotting. People who take blood thinner medication (ex: Coumadin®) should follow a diet with a consistent dose of vitamin K. Those individuals are strongly advised to consult a dietitian or a physician to learn about sources of vitamin K and the ways to assure a healthy intake.

The asparagus...

- ... is an excellent source of folate (vitamin B9), vitamin K and iron.
- Is considered the vegetable with the highest quality and quantity of antioxidants, which may help reduce the risks of contracting certain types of cancer, cardiovascular diseases and other chronic diseases.

Purchase

Choose asparagus with firm and compact spikes. The large ones are usually the tenderest.

Preservation

To keep asparagus 1 or 2 weeks in the refrigerator, cover the base of the vegetable with a damp paper towel and place everything in a perforated plastic bag. In the freezer, asparagus can be stored for up to 8 months if blanched.

Preparation

To avoid losing their nutritional content, it is best to cook the asparagus in very little water in the oven, in the microwave or in a steamer for a short period of time.

The recipe

Asparagus and cheese tortillas

Ingredients

| | | |
|----------|--------------------------------------|--------|
| 1 tbsp | Canola oil | 15 ml |
| 12 | Asparagus | |
| 1 | Red pepper, cut into strips | |
| 1 lb | Herbs flavored tofu, cut into strips | 454g |
| ¼ cup | Light tamari sauce | 60 ml |
| 1 | Cucumber, cut into strips | |
| 1 | Red apple, cut into strips | |
| 6 slices | Light cheddar cheese | 300g |
| 6 | Whole wheat tortillas | |
| 1 cup | Light tzatziki sauce | 250 ml |

Preparation

See next page

Preparation

- Preheat oven at 350°F.
- Place asparagus and pepper strips on a baking sheet with oil and grill for 20 minutes.
- At the same time, marinate tofu in tamari sauce for 20 minutes.
- Remove excess sauce and grill tofu in a pan.
- Garnish tortillas with tzatziki sauce, grilled asparagus and peppers, tofu, apple, cucumber and cheese. Add pepper and salt to taste. Serve immediately.

(recipe from PasseportSanté.Net)

Servings: 6

Sources :

www.passeportsante.net
L'encyclopédie visuelle des aliments (1996),
Les Éditions Québec Amérique inc.

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