

The Blueberry and the Zucchini

July's Discoveries



 **Montfort**

Hôpital universitaire
Academic Hospital

The blueberry...

- ...is an excellent source of vitamin C and potassium.
- Has a very high antioxidant potential.
- Contains flavonoids, antioxidants that may exert several actions against urinary tract infections, certain types of cancer, cardiovascular diseases and other chronic diseases.

Purchase

To choose good blueberries, prefer those with a nice colour, that are not wrinkled and have no mold. Wild or small blueberries have more flavour and are sweeter than big blueberries.

Preservation

Blueberries are quite fragile. They can be stored up to 7 days in the refrigerator, unwashed and in an airtight container. Discard damaged and rotting fruits, as they can contaminate the others. Blueberries can be frozen before they begin to lose their flavor. It is not necessary to wash them before freezing.

Preparation

Wash blueberries before eating them, even if they were frozen. Remove any remaining stem and enjoy!



Recipe

Blueberry Cranberry Muffin

Ingredients

¾ cup	All-purpose flour	190 ml
¾ cups	Whole wheat flour	190 ml
½ tsp	Salt	5 ml
2 tsp	Baking powder	10 ml
½ cups	White sugar	125 ml
½ cup	Milk (1%)	125 ml
1	Egg, beaten	
¼ cup	Canola oil	60 ml
1 cup	Blueberries (fresh or frozen)	250 ml
½ cup	Dried cranberries	125 ml

Preparation

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Preparation

- Preheat oven to 400°F.
- In a large bowl, combine the first 5 ingredients. Reserve.
- In another bowl, combine the egg and the milk, before adding the oil.
- Pour the wet ingredients into the flour mixture and stir gently. The batter should have lumps.
- Incorporate fruit mixture.
- Divide batter in muffin pan. Cook for 20 minutes.

(Homemade recipe)

Servings: 12

The zucchini...

- ...is a source of many vitamins and minerals.
- Is considered a vegetable with high quality and quantity of antioxidants, which may prevent vision loss and play a protective role against cardiovascular disease, certain types of cancer and other chronic diseases.

Purchasing

Choose firm zucchini with dark green leaves, but no marks or stains. Prefer large zucchinis if used to stuff. Smaller zucchinis will have more flavour while being less fibrous.

Preservation

The zucchini has a delicate and tender skin that is easily damaged. It will keep for about 5 days in the refrigerator in a perforated bag to prevent it from drying. It can be frozen without blanching after being cut into slices or julienne. To blanch, cook for 2 minutes in boiling water and cover in cold water.

Preparation

Rinse zucchini and rub lightly. It is customary not to peel it, because the skin is tender and has a large proportion of the nutrients, including fiber. Zucchinis can be cut into slices and then grilled in a pan or on the BBQ for a short period of time. It is also possible to steam sliced zucchini.

Recipe

Ratatouille

Ingredients

¼ cup	Olive oil	60 ml
1 ½ cups	Diced yellow onion	375 ml
1 tsp	Minced garlic	5 ml
2 cups	Medium diced eggplant	500 ml
½ tsp	Fresh thyme leaves	3 ml
1 cup	Diced green pepper	250 ml
1 cup	Diced red pepper	250 ml
2 cups	Diced zucchini	500 ml
1 ½ cup	Canned diced tomatoes, drained	375 ml
1 tbsp	Thinly sliced fresh basil	15 ml
1 tbsp	Chopped fresh parsley leaves	15 ml
Salt and pepper	Add to taste	

Preparation

- Set a large saute pan over medium heat and add the olive oil.
- Once hot, add the onions and the garlic to the pan. Cook until they are lightly caramelized (about 5-7 minutes).
- Add the eggplant and the thyme to the pan, stirring occasionally until it is partially cooked (about 5 minutes).
- Add the peppers and the zucchini and continue to cook for about 5 minutes.
- Add the tomatoes, basil and parsley; cook for another 5 minutes.
- Add pepper and salt to taste and stir well to blend.

There are many variants of this recipe, according to the vegetables and spices you like best. It is even possible to add parmesan cheese to it once it is cooked. Bon Appetit!

(Recipe from www.foodnetwork.com)

Servings: 4-6

