

The Strawberry and the Beet

June's Discoveries



 **Montfort**

Hôpital universitaire
Academic Hospital

The strawberry...

- ...Is an excellent source of vitamin C.
- Is rich in antioxidants that may reduce the risks of developing cardiovascular diseases, certain types of cancer and other chronic diseases.

Purchase

Choose bright red strawberries with fresh green leaves. This fruit is fragile and can easily lose its flavour and deteriorate with heat, manipulation and transport. The ideal way to buy fresh strawberries is to pick them in the field yourself, preferably in the morning.

Preservation

This fruit can be stored only 2 or 3 days in the refrigerator. Avoid putting it in an airtight container. It is also important to only wash it right before serving.

Preparation

Wash your strawberries with the leaves to limit the quantity of water that can be absorbed by the fruit. Drain, remove leaves and serve.

Utilization

Strawberries can be eaten in a coulis, sorbet, granita, compote, fruit sauce, jam, milkshake, cake, waffle, pancake, muffin and salad. The fruit can be served fresh, cooked in a pan, grilled, served on a fruit skewer or in a marinade. Strawberries go really well with cheeses, nuts, mint and rhubarb.

Did you know...

... you can use strawberries in a homemade BBQ sauce by mixing the fruit in a blender with ketchup, soya sauce, lime juice and zest, green onions and coriander. This condiment can be used to season fish, poultry and grilled meat.

Recipe

Strawberries and tofu smoothie

Ingredients

1 brick	Silk tofu	12 oz
2 cups	Whole frozen strawberries	500 ml
¼ cup	Maple syrup	60 ml
1/3 cup	Milk	80 ml

Preparation

- Put all ingredients in blender. Stir occasionally until smooth consistency.
 - Serve immediately.
- (recipe from PasseportSanté.Net)

Servings: 4



Warning

Beet 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. Health Canada recommends serving sizes of less than ½ cup (125 ml) if raw or less than ¼ cup (60 ml) if cooked.

The beet...

- ... is rich in vitamin A (roots) and vitamin K (leaves)
- Is considered one of the vegetables with the highest “antioxidant power”.
- Contains certain components that may reduce the risks of macular degenerations and cataracts (eye health).

Purchase

Choose beets that are firm, smooth and dark red without spots and bruises. Avoid large size beets or beets with long roots that can indicate a more fibrous vegetable. Beet greens are very tasty and nutritious and are eaten like spinach (raw or cooked). It is therefore important that they are green and tender.

Preservation

Beets will keep up to 1 or 2 weeks in the refrigerator if they are stored in a perforated plastic bag. They can also be frozen, but only after being cooked. They can also be stored in a cold chamber for 1 to 3 month at temperatures near the freezing point and at a humidity of 95%.

Preparation

It is best to cook this vegetable with the peel, to reduce the loss of nutrient. Also, the cooking process makes the peeling easier.

Recipes

Beets and beans soup

Ingredients

3 tbsp	Canola oil	45 ml
1 big	Onion, chopped	
1 clove	Garlic, minced	
2	Carrots, diced	
3 stalks	Celery, diced	
3 cups	Cabbage, chopped	750 ml
3 cups	Beets, uncooked, peeled and chopped	750 ml
10 cups	Vegetable or beef broth, low sodium	2.5 l
1 can	Navy or white beans, rinsed and strained	19 oz
½ cup	Tomato juice	125 ml
2 tbsp	Lemon juice	30 ml
1 tsp	Pepper	5 ml
	1 bunch of parsley or 10 stalks of dill, chopped	

Sour cream or yogurt, low fat (optional)

Preparation

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Preparation

- Cook onion and garlic in 1 tbsp of oil until tender and golden. Reserve.
- In a large pot, cook carrots, celery and cabbage in the rest of the oil (2 tbsp) for 3 minutes.
- Add beets and broth.
- Cook for 1 hour without the lid or until beets are tender.
- Add cooked onion and garlic, beans, tomato juice, lemon juice, pepper and parsley (or dill).
- Bring to a boil and serve. Garnish with sour cream or yogurt.

(recipe from www.passeportsanté.net)

Servings: 16

Arugula, beets and pear salad

Ingredients

4	Beets, small	
3 tbsp	Raspberry vinegar	45 ml
6 tbsp	Olive oil	90 ml
3 cups	Arugula	750 ml
2	Pears, sliced	
½ cup	Blue cheese, crumbled	125 ml
¼ cup	Pecans, grilled and chopped	60 ml
	Salt and pepper to taste	

Preparation

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Preparation

- Put beets in an oven-safe dish and cover with water (3 cm or 1 inch). Do not cover the dish.
- Cook for 40 minutes at 240°C (460°F). Let cool. Cut in thin slices. Reserve.
- In a bowl, mix vinegar, oil, salt and pepper to create a homemade dressing.
- Mix a little bit of the dressing with the arugula and divide within serving plates.
- Mix beets and pears with a little bit of dressing and add on top of arugula in each plate.
- Finish each plate with crumble of cheese and pecans (recipe from www.passeportsanté.net)

Servings: 4

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