

The Mango and the Broccoli

March's Discoveries



Warning

Mango is part of a food category that can have an effect on blood thinner medication (ex: Coumadin®). According to Health Canada, if you take a blood thinner and like mango, it is important to eat the same amount of that fruit every day.

The mango...

- Is a good source of vitamin C.
- Is rich in antioxidants and contains fibers.
- Helps to reduce the risks of cardiovascular diseases and promotes intestinal health.

Purchase

A ripe mango has a good aroma and a skin that is slightly soft to the touch.

Preservation

If your mango is not ripe, keep it at room temperature. You can accelerate the process by putting the fruit in a paper bag with an apple: apples produce a gas that facilitates the ripening. A ripe mango will keep for a couple of days in the refrigerator. It can also be frozen by removing the peel, the core and slicing it before putting it in the freezer.

Preparation

Mango's peel can irritate the mouth. It may therefore be preferable to remove it before eating the fruit.

1. Cut the fruit in half, the closest as you can to the core.
2. Using a knife, slice the flesh horizontally and then vertically to form cubes, without cutting through the peel.
3. Turn the peel over so that the cubes of flesh separate (see the cover picture).
4. Remove the cubes of flesh with the knife.

How to use it?

Try mango in a smoothie, a dessert, a salsa or a relish. It can also be used to glaze poultry.

Recipes

Mango frozen yogurt

Ingredients

2 cups	Plain low fat yogurt	500g
1 ½ cups	Frozen mangos, sliced in cubes (keep in freezer until needed)	240g
1 tbsp	Maple syrup	15 ml

Preparation

- Puree all ingredients in blender.
- Serve immediately or store in freezer.

Servings: 6



Oriental chinese cabbage salad

Ingredients

4 cups	Chinese cabbage, sliced into thin strips	280g
1 cup	Carrots, sliced	250 ml or 100g
2 cups	Cucumber, sliced	500 ml
1 ½ cups	Mango, sliced	300 ml
1	Green onion (green part, sliced; white part, chopped)	30g
¼ cup	Fresh coriander, chopped	60 ml
1	Lime zest	

Dressing

2 tbsp	Tamari sauce	30 ml
2 tbsp	Lime juice	30 ml
2 tbsp	Canola oil	30 ml

Preparation

- Mix all ingredients in a bowl.
- Prepare homemade dressing. Pour over the salad and mix well.

Servings: 8

Warning

Broccoli 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 broccoli...

- ...is a great source of vitamin C and vitamin K.
- Contains lots of antioxidants.
- Helps to reduce the risks of developing certain types of cancers, macular degenerations and cataracts (eye problems).

Purchase

- Choose a firm, colourful broccoli with a compact head.
- The dark green broccoli is the most consumed variety, but did you know that you can also find white or crimson broccolis? Feel free to experiment with them in your kitchen!

Preservation

This vegetable will keep about 4 or 5 days in the refrigerator and up to 1 year in the freezer, if blanched.

Preparation

- It is best to eat broccoli raw or lightly cooked to enjoy the best flavours and to get maximum health benefits from it.
- The broccoli's stem can be eaten as the head usually is, but needs more time to cook.
- Broccoli can be used in recipes that call for cauliflower.

Recipes

Broccoli soup

Ingredients

2	Potatoes	400g
4 cups	Broccoli (head and stem)	500g
2	Carrots	200g
2	Zucchini	260g
2 branches	Celery	140g
2	Onions	400g
3 cups	Low sodium chicken broth	750 ml
3 cups	Water	750 ml
2 tbsp	Olive oil	30 ml

Homemade croutons

6 slices	Whole wheat bread	220g
3 tbsp	Olive oil	45 ml

Preparation

- Peel the potatoes. Coarsely chop all the vegetables, except the broccoli. Cut broccoli in bouquet.
- Heat oil in a casserole at medium heat. Add vegetables, except broccoli, and cook for 10 minutes. Stir occasionally. Add broth and water and cook for another 8 minutes without the lid.
- Add broccoli's steam. Cook for 2 minutes. Add the rest of the broccoli. Cook for another 10 minutes or until the potatoes are well cooked.

- Puree the soup in blender. Add pepper and salt to taste. Serve in bowl with 1 tsp of pesto and garnish with homemade croutons.
- Homemade croutons: Cut the bread in little cubes and spread them on a baking sheet. Sprinkle with olive oil and mix well. Bake until the bread is well toasted.

Servings: 6

Broccoli and smoked salmon pasta salad

Ingredients

3 cups	Broccoli, cut in little bouquets	750 ml
3 cups	Whole wheat pasta, raw	750 ml or 200 g
½ cup	Light cream cheese	125 ml or 125g
¼ cup	Partially skim milk	60 ml
8.5 oz	Smoked salmon	240g
¾ cup	Green onions, chopped	175 ml
1 cup	Red peppers, diced	250 ml
1 tbsp	Capers	15 ml
3 tbsp	Parmesan cheese, grated	45 ml
5 leaves	Fresh basil	

Preparation

See next page

Preparation

- Steam broccoli for 5 minutes. Dip in icy water. Reserve.
- Prepare pasta as indicated.
- Melt cream cheese in a casserole. Add milk and whisk until smooth.
- Add all the other ingredients to the creamy sauce and mix well. Add pepper and salt to taste.

Servings: 4

Sources :

www.passeportsante.net

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

713 Montréal Rd. Ottawa ON
T 613.746.4621

hopitalmontfort.com