

The Cranberry and the Sweet Potato

November's Discoveries



Warning

Cranberry may affect the mechanism of action of anticoagulants (ex: Coumadin®). Even if the risks of interaction seem low, it is suggested to limit or avoid cranberry products when taking that kind of medication.

The cranberry...

- ... contains powerful antioxidants that may prevent cardiovascular diseases.
- Is a good source of vitamin C.

Purchase

Fresh cranberries are only available in season, from September to December. Cranberry juice and dried cranberries are available year round: however, sugar is usually added to these products because the fresh fruit has a very sour taste.

Preservation

Fresh cranberries can keep for several weeks or months in the refrigerator. If you prefer to freeze this fruit, put it on a baking pan in the freezer. Once frozen, transfer and store the cranberries in a freezer bag.

How to use it

This fruit can be added to salads (fruits or vegetables), sauces, chutneys, jams, compotes, cakes and stuffing for poultry.

Recipe

Cranberry and Lentil Bars

Ingredients

1 cup	Canned lentils, rinsed and drained	250 ml
2	Eggs	
¼ cup	Vegetable oil	60 ml
½ cup	Unsweetened apple sauce	125 ml
1/3 cup	Brown sugar	80 ml
1 tsp	Vanilla extract	5 ml
½ cup	Whole wheat flour	125 ml
½ cup	Bran cereal (ex: Bran flakes)	125 ml
2 cups	Oat flakes	500 ml
¼ tsp	Cinnamon	1.25 ml
½ cup	Dried cranberries	125 ml
¼ cup	Sunflower seeds, unsalted	60 ml

Preparation

- Preheat oven at 375°F (190°C).
- Mash lentils with a fork until pureed. Reserve.
- In a large bowl, beat eggs. Add lentils, oil, apple sauce, brown sugar and vanilla. Mix well.
- Add the rest of the ingredients. Mix well.
- Spread the batter in a 20 cm (8 po) lightly greased square pan. Cook for 20 to 25 minutes.
- Let cool and divide into 18 pieces.

(recipe from PasseportSanté.Net)

Servings: 18

The sweet potato...

- ... is rich in copper, manganese and in vitamins A and B6.
- Contains antioxidants that may reduce the risks of cardiovascular diseases, some types of cancer and other chronic diseases.

Purchase

Look for firm sweet potatoes without soft spots, cracks or bruises

Preservation

Sweet potatoes are more fragile than regular potatoes. It is best to store this vegetable in a cool, dark and well ventilated place. High temperatures could make it germinate and ferment. Also avoid the refrigerator, as cold temperatures can damage it.

How to use it

Sweet potatoes can be used in all recipes that include potatoes. Because of their sweet taste, they can also be used in jams, puddings, pastries and other desserts.

Did you know...

...this vegetable's flesh can vary from creamy white to purple, red, and orange. The darker it is, the more antioxidants the sweet potato contains. If you want to maximize your antioxidant intake, you can also eat the peel and the leaves.

Recipe

Sweet potato cream soup

Ingredients

4	Sweet potatoes, sliced	
1	Onion, minced	
4 cups	Reduced sodium chicken broth	1 liter
To taste	Pepper	
½ tsp	Curry powder	2 ml
¼ tsp	Garlic powder	1 ml
2 cups	Milk, 2%	500 ml
2 tbsp	Whole wheat flour	30 ml
1 tbsp	Fresh parsley, chopped	15 ml

Preparation

- Place sweet potatoes, onion, spices and broth in a saucepan. Bring to a boil.
- Reduce heat and let simmer with lid on for about 20 minutes. Let cool.
- Puree in a blender.
- Pour again in the saucepan and add milk and flour. Mix well and reheat.
- Garnish each bowl with parsley before serving.

(recipe from PasseportSanté.Net)

Servings: 6

