

The Grape and the Pumpkin

October's discoveries



The grape...

- ...is rich in antioxidants (mainly the skin of the fruit) that may play a role in cardiovascular health. Red grapes contain twice as much antioxidant as green grapes.

Purchase

Choose grapes that are firm, ripe and well attached to the vine.

Preservation

- Refrigerator: It is important to first absorb moisture with absorbent paper and then place the fruit in a perforated plastic bag. Grapes will keep for a few days. They should only be rinsed right before eating.
- Freezer: You can freeze grapes peeled or unpeeled by placing them on a baking pan in the freezer. When they are frozen, store them in a plastic bag.
- Raisins: Store in an airtight container in a cool, dry and dark place.

Utilization

- Grapes: They can be served fresh before a meal, as a dessert or as a snack. This fruit pairs well with cheese, endives, walnuts, ham, fish, roasted poultry and other white meats. You can add grapes to pastries, jams, jellies and salads (fruits or vegetables). They can also be fried, cooked on skewers or served in cold soups, salsas or stuffings.
- Raisins: After being soaked for about 30 minutes in water or juice, raisins can be used in condiments, chutneys, breads, pastries, salads, compotes, rice puddings and couscous or bulgur dishes. This fruit also goes well with rabbit, meat, fish and poultry.

Recipe

Carrot and raisin salad with orange flavored dressing

Ingredients

2 cups	Carrots, grated	500 ml or 220g
1 stalk	Celery, finely chopped	40g
½ cup	Raisins	125 ml or 70g
¼ cup	Parsley, chopped	60 ml or 15g
1 tbsp	Mayonnaise	15 ml
1 tbsp	Plain low fat yogurt	15 ml
1 tsp	Orange juice, concentrate	5 ml
To taste	Pepper	

Preparation

- In a bowl, mix carrots, raisins, celery and parsley.
- In another bowl, mix mayonnaise, yogurt and orange juice to create the vinaigrette. Add pepper to taste. Pour over the salad and mix well
(recipe from PasseportSanté.Net)

Servings: 4

The pumpkin...

- ...is an excellent source of vitamin A. This vitamin participates in the growth of bones and teeth, in the maintenance of the skin and vision as well as in the protection against infections.
- Is a moderate source of antioxidants that may reduce the risks of cardiovascular diseases, some kinds of cancer and other chronic diseases.

Purchase

Choose a firm and heavy pumpkin without spots nor cracks.

Preservation

The pumpkin will keep for several weeks in a cool and dry place (not in the refrigerator).

Utilization

Pumpkin can be eaten in soups, chutneys, juices, flans or mashed with potatoes. It can be added to pastries, breads, jams, ravioli stuffing, couscous dishes and salads.

Canned pumpkin, a good choice?

Canned pumpkin is a good alternative if you wish to avoid the steps of preparation of a fresh pumpkin. However, it is important to look for pumpkin puree that only contains pumpkin. It is suggested to avoid canned pumpkin pie filling, since it usually is higher in calories because of the added fat and sugar. Tip: before buying canned pumpkin, look at the ingredient list.

Recipes

Pumpkin soup

Ingredients

¾ cup	Pumpkin puree (not pumpkin pie filling), canned	175 ml
3 tbsp	Margarine	45 ml
1	Small onion, chopped	
2 tbsp	Whole wheat flour	30 ml
3 cups	Milk	750 ml
½ cup	Chicken broth, reduced in sodium	125 ml
¼ c. tsp	Ground cinnamon	1 ml
¼ c. tsp	"4 spices" mix	1 ml
1 pinch	Ground ginger	
1 pinch	Ground nutmeg	
To taste	Pepper	

Preparation

- In a saucepan, melt margarine and cook onion for 2 minutes.
- Add flour. Mix and cook for 1 minute and add milk. Cook for 3 or 4 minutes.
- Add spices, pumpkin puree and broth. Mix well and cook at low heat for 20 minutes. If you want a creamier soup, mix everything in the blender before serving.

(recipe modified from www.recettesduquebec.ca)

Servings: 8

Pumpkin bread

Ingredients

¾ cup	Flour, all-purpose	175 ml
¼ cup	Flax seeds, grounded	60 ml
¾ cup	Flour, whole wheat	175 ml
1 tsp	Baking soda	5 ml
1 ½ tsp	Baking powder	7 ml
2 tsp	All-spice	10 ml
1 tsp	Cinnamon	5 ml
½ tsp	Nutmeg	2 ml
½ tsp	Ginger	2 ml
1 cup	Pumpkin puree (not pumpkin pie filling), canned	250 ml
¾ cup	Brown sugar	175 ml
¼ cup	Vegetable oil	60 ml
¼ cup	Apple sauce, unsweetened	60 ml
2	Eggs, lightly beat	
1 tsp	Vanilla extract	5 ml
1/3 cup	Water (two equal parts)	75 ml
½ cup	Pecans or other nuts, chopped	125 ml

Preparation

- Preheat oven at 180°C (350°F). Lightly grease a 2 liters (9 x 5po) bread pan.
- In a small bowl, mix together the first nine ingredients (from flour to ginger).
- In a large bowl, beat together pumpkin puree, brown sugar, oil and applesauce. Add eggs, vanilla and half the water. Slowly mix in the dried ingredients. If the dough is too thick, add the rest of the water. Add the nuts.
- Pour the dough in the bread pan and smoothen the top.
- Cook for 50 to 60 minutes or until the top of the bread is firm to the touch and a toothpick inserted in the middle of the bread comes out clean. Let cool for 10 minutes and remove from pan. Let cool completely on a baking rack.

(recipe modified from “Simplement Délicieux”, by the Dietitians of Canada)

Servings: 12

