

# The Apple and the Eggplant

September's Discoveries



## The apple...

- ...Is a good source of antioxidants and fibers (especially the peel).
- May reduce the risks of cardiovascular diseases, cancers and asthma if consumed regularly.

## Purchase

Fresh apples are available year round but the best are offered in the fall.

## Apple varieties and their usage

- Cortland: Good for any usage and to eat as is. Perfect for pies, baking and sauces.
- Melba: Good to eat as is. Excellent in sauces.
- Golden Delicious: Good to eat as is, for pies and sauces.
- Red Delicious: Good to eat as is. May have the highest antioxidant power.
- Empire: Good for any usage.
- Gala: Excellent to eat as is. Good for baking.
- Granny Smith: Good to eat as is and for pies.
- McIntosh: Excellent to eat as is. Good for baking and sauces.
- Spartan: Good for any usage.

## Preservation

It is important to always keep the apple in the refrigerator in a perforated bag. Keeping this fruit at room temperature may contribute to a loss of flavor. Firm flesh apples, without the heart and sliced, will be ideal for the freezer. Cooked apple or applesauce also freezes well.

## Preparation

If not cooked or consumed immediately, use citrus juice, vinegar or dressing on the flesh of the apple to prevent it from becoming brown at the contact of the air.

# Recipes

## Apple and ginger beverage

### Ingredients

2 cups	Apple juice, unsweetened	500 ml
2 cups	Cranberry juice	500 ml
2 tbsp	Fresh ginger, thinly sliced	30 ml
1 ou 2 sticks	Cinnamon	
4 small	Lemon wedges	

### Preparation

- Pour the juices in a saucepan and add ginger and cinnamon. Bring to a boil.
- Boil over medium-high heat for 3 minutes.
- Remove ginger and cinnamon. Pour the liquid in cups.
- Squeeze a lemon wedge and let the remaining float in each cup. Serve hot.

(recipe from PasseportSanté.Net)

**Servings: 4**

## Buckwheat pancake with chicken and apple salad

### Ingredients

#### Buckwheat pancake

1 cup	Buckwheat flour	250 ml or 120g
1 1/3 cups	Cold water	330 ml
1	Large egg	
¼ tsp	Salt	1 ml

#### Chicken and apple salad

2	Half chicken breasts, boneless and skinless	1 lb or 454g
1 tbsp	Olive oil	15 ml
To taste	Thyme and Pepper	
1	Bay leaf	
¼ cup	Almond, thinly sliced	60 ml or 25g
1	Granny Smith apple, diced	
1 stalk	Celery, chopped	
1	Green onion, chopped	
2 tbsp	Mayonnaise	30 ml
1 tsp	Dijon mustard	5 ml
1 pinch	Celery powder	

## Preparation

- Pour all the ingredients for the pancakes in a bowl and mix well. Keep in refrigerator for 1 hour.
- Meanwhile, brush olive oil on the chicken breasts and season with thyme and pepper. Steam for 30 minutes. Let cool and cut into cubes.
- Toast almonds for 2 minutes in the oven (broil).
- In a large bowl, combine the cooked chicken with the apple, green onions, celery and almond.
- In another bowl, mix mayonnaise, mustard and celery powder. Add thyme and pepper to taste.
- Pour the mayonnaise mix on the chicken salad. Reserve.
- Heat a non-stick pan over medium-high heat. When hot, pour 1 ladle of the buckwheat pancake mixture. Cook for 1 minute, turn and cook for another minute. Repeat for the rest of the mixture (should give 4 large pancakes).
- Garnish each pancake with the chicken and apple salad. Can be served warm or cold.

(recipe from PasseportSanté.Net)

**Servings: 4**

# The eggplant...

- ...is rich in fiber.
- Is rich in antioxidants (especially the skin) that may reduce the risks of cardiovascular diseases, some cancers and other chronic diseases.
- Contains few calories.

## Purchase

Choose a firm and heavy eggplant. The skin should be smooth and of a bright and uniform color. To check if the eggplant is ripe, apply a slight pressure with your finger on the skin: if the print remains visible, it is ready.

## Preservation

Eggplant does not resist well to cold temperatures and will not keep well in the refrigerator. That is why it is best to eat it as quickly as possible after purchase. If you want to freeze it, wash it, cut it into slices and then blanch the eggplant in water with a little lemon juice. Once cooled and drained, place it in a freezer bag with foil paper between the slices. The eggplant will keep for 8 to 10 months in the freezer.

## Preparation

The eggplant can be eaten hot or cold, stuffed, roasted, mashed, in a gratin, in casseroles or has kebabs. It is usually an important ingredient of the eastern and Mediterranean cuisine, where it is prepared with tomatoes, olive oil and garlic. Popular eggplant dishes include ratatouille, eggplant caviar, moussaka and Baba Ghanouj.

# The recipe

## Eggplant Lasagna

### Ingredients

1	Eggplant, thinly sliced	
4 cups	Spaghetti sauce	1 L
1 cup	Spinach, coarsely chopped	250 ml
2 cups	Low fat cheese, grated	500 ml

### Preparation

- Preheat oven at 400°F (200°C). Slice eggplant. Lightly coat with oil and place on a baking pan. Bake on top rack for 4 minutes on each side. Reserve.
- Pour a little bit of the spaghetti sauce in an oven-safe rectangular pan.
- Add a layer of sliced eggplant, another layer of sauce, followed by layers of cheese, spinach, sliced eggplant and then sauce again.
- Finish with the rest of the cheese.
- Cook at 325°F (165°C) for about 50 minutes.
- Serve with slices of a whole wheat baguette.

(recipe from PasseportSanté.Net)

**Servings: 8**

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