




A Seasonal Journey
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Spring
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From FARM — to — FOOD

People are passionate about food. As Canadians we love to eat it, talk about it and take pictures of it. But at the end of the day there's one basic question we all want to know the answer to: is the food we are eating safe?

In Canada we have one of the safest, most affordable and most abundant food supplies in the world. Most Canadians have easy access to grocery stores with fully stocked shelves of food with more variety and choice than we've had at any other time in history. And no matter what choice you make, you can have confidence that the food you bring home to your families is safe.

While consumers are more interested in their food than ever before, they are also further removed from how food is actually produced than generations past. People embrace technology in almost every aspect of their lives – from smart phones, to GPS tools, to the latest app they can't live without – but they don't always associate agriculture and food production with being high-tech.

One of the main reasons we have such a safe, affordable and abundant food supply here in Canada is because Canadian farmers have long been early adopters of technology. Some of this technology is mechanical, such as tractors today with more computer power than the first spaceship that went to the moon. But they also use the latest technology in seeds and take advantage of advances in pest control technology to grow the best crop possible.

Anyone who has bitten into an apple only to find a worm hole or peeled a potato and found black inside can understand how frustrating food waste is. Farmers deal with crop losses just like this before the food even makes it to the grocery store or your kitchen, along with many other pest challenges that have the potential to wreak havoc in their fields. Farmers contend with 2,000 different species of weeds, more than 10,000 different insects and more than 80,000 different diseases, all of which threaten the viability of their crops.

Farmers use a range of tools to control threats from pests, including pesticides. All pesticides used in Canada have undergone a thorough health and safety assessment by Health Canada to ensure they are safe for people and the environment. Whether pesticides are used in conventional or organic production, they are held to the same high safety standards.

Similarly, crops improved through biotechnology – commonly referred to as GMOs – are another tool farmers use to improve pest control, to help their crops survive in changing climate conditions, to grow crops with improved nutritional profiles and much more.

All biotech crops are thoroughly reviewed by Health Canada and the Canadian Food Inspection Agency to ensure they are safe. Health Canada has declared that biotech crops are just as safe as their non-biotech counterparts. In fact, regulatory agencies around the world have deemed crops developed through this technology safe. With trillions of meals eaten containing ingredients from biotech crops around the world over the last two decades, there has never been a single credible case of human illness associated with them.

Farmers, just like professionals in almost every other industry, are embracing technology to make them more productive and more sustainable. And we as consumers get to enjoy the fruits of their labour. We hope you enjoy the journey through the seasons with the recipes in this cookbook and learn just a little bit about the amazing story of Canadian agriculture along the way.

Pierre Petelle

President and CEO, CropLife Canada



Celebrating Spring

with
Patricia Chuey
MSc., RD, FDC



Hi, I'm Patricia. For nearly three decades as a dietitian-home economist I've been sharing a love of real food with Canadians - encouraging them to eat delicious healthy food and achieve their well-being goals.

As a recipe developer, media spokesperson and consultant, I help people of all ages fit delicious, healthy eating into their busy lives. My life's work has been to help healthy people stay healthy and ultimately to create peace of mind around food, which should be relatively simple, but tends to get unnecessarily confusing.

To gain a better understanding of why consumers buy and eat what they do, I spent nine years managing the nutrition affairs for a supermarket chain where I helped create an award-winning well-being initiative.

I'm an avid baker who was (sadly) diagnosed celiac in 2009. This led me to create my first food product - a bean-based all-purpose gluten-free flour.

I'm passionate about healthy eating and believe it should be simple. As a mom I enjoy feeding the neighbourhood kids, running the school fruit and vegetable program and living an active, outdoor life. While I grew up in sunny Saskatchewan I now reside on Vancouver Island.



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Spring Green Veggie Fritters

Featuring **CANOLA OIL**

These multitasking fritters can be served as a vegetable side dish, a light breakfast, or made smaller and served as an appetizer.

— 6 —

Broccoli and Grape Salad with Crumbled Toasted Walnuts

Featuring **GRAPES**

A classic salad made better with a little protein boost from Greek yogurt and walnuts. Any toasted nut or seed can be used in place of the walnuts, for example pumpkin or sunflower seeds. Your kids will love the sweet flavour and crunchy texture.

— 8 —

Light Lemony Spring Herb Hummus

Featuring **CHICKPEAS**

Enjoy the delightfully light texture and flavour in this hummus featuring three fresh herbs abundant in the springtime. Canola oil stars in this recipe that doesn't require the tahini (sesame paste) found in traditional hummus recipes.

— 10 —

Cherry Rhubarb Bundt Cake with a Toasted Coconut Garnish

Featuring **CHERRIES**

A perfect springtime coffee cake that's elegant enough for a dessert when entertaining. Serve this showstopper to your next guests.

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White Fish with Fresh-Cut Strawberry and Avocado Salsa

Featuring **STRAWBERRIES**

A fresh and colourful dinner, use very ripe, sweet strawberries to make the salsa extra juicy and delicious.

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Berry-Fresh Smoothie

From the kitchen of **GOOD IN EVERY GRAIN**

A delicious smoothie made with fresh fruit, milk and soft dessert tofu instead of yogurt is a great way to start the day.

From
FARM
— to —
FOOD

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SPRING



CANOLA OIL

Canola produces small black seeds that are crushed to release a heart-healthy cooking oil that is used around the world. It contains very high levels of heart-healthy monounsaturated fatty acids, which lower bad cholesterol (LDL) and help control blood glucose.

Canola is grown across Canada, but predominantly in the Prairie provinces, and is one of the best sources of nectar and pollen for honey bees and other pollinators.

Did you know that canola is truly a made in Canada crop? Researchers from Agriculture and Agri-Food Canada

and the University of Manitoba used traditional breeding techniques in the 1970s to improve rapeseed to become what we know today as canola.

Further innovations in plant breeding have led to the development of new varieties such as herbicide-tolerant canola. An herbicide is a type of

Spring Green Veggie Fritters

SPRING



MAKES
10 fritters



PREP TIME
15 minutes

COOKING TIME
7 minutes

INGREDIENTS

- 2 eggs
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) freshly ground black pepper
- ¾ cup (175 mL) grated Parmesan cheese
- ½ cup (125 mL) all-purpose flour
- 3 cups (750 mL) grated or finely chopped green vegetables (try asparagus, spinach, zucchini and/or various spring herbs)
- 6 green onions, finely chopped
- ½ cup (75 mL) canola oil

COOKING DIRECTIONS

- ¹ In a large bowl, whisk eggs. Add salt, pepper, cheese and flour. Stir to combine.
- ² Mix in the chopped vegetables and green onion.
- ³ Heat about ¼ cup (60 mL) of the canola oil in a non-stick pan over medium heat.
- ⁴ Measure about ¼ cup (60 mL) of the fritter batter into the pan and press down to flatten. Cook for 3-4 minutes or until bottom is golden. Flip and cook for an additional 3 minutes. Add more oil to the pan as needed to panfry the remaining fritters. Remove from pan to a cooling rack or paper towel-lined plate.

TIP

Eating with a seasonal focus, such as featuring the in-season greens in these fritters in the springtime, almost always results in more delicious and nutritious food being consumed.

pesticide and herbicide-tolerant canola has been improved so that a farmer can spray the crop with an herbicide to control weeds that might compete with the crop for water and nutrients while the plant is growing. The pesticide will not kill the crop because the tolerance has been bred into the plant. Farmers used to have to plough the

land to control weeds. Now they practice no-till or conservation tillage which reduces soil erosion, improves soil quality, reduces greenhouse gas emissions and cuts water use.

Herbicide-tolerant canola allows farmers to increase their yields on existing farmland, which helps to

preserve biodiversity. Farmers would need 91 per cent more land or more than 19 million acres to grow the same amount of canola they do today without pesticides and plant biotechnology. That's the equivalent of more than 14 million football fields or twice as much canola.



GRAPES

6

Grapes of all colors are low in calories and the perfect sweet snack to grab on the go. Farmers grow twice as many grapes as they would without pesticides, which makes a big difference to the cost of this snack at the grocery store and to your favourite bottle of wine.

In the 1980s and 1990s, Canada's wine makers switched from native Canadian grape varieties to wine-quality European grapes. Sales of Canadian wines both at home and abroad rose quickly and today Canadian wines are a multi-billion dollar industry.

Canada's main wine regions are: British Columbia, Ontario, Quebec and Nova Scotia. There are more than 670 grape wineries in Canada and people enjoy the wine they produce - Canadians consume over a billion glasses of Canadian wine each year.

Broccoli and Grape Salad

with Crumbled Toasted Walnuts

SPRING



MAKES
8 servings



PREP TIME
20 minutes

MIXING TIME
2 minutes

INGREDIENTS

DRESSING

- $\frac{3}{4}$ cup (175 mL) Greek yogurt, plain
- 2 tbsp (25 mL) honey
- 2 tbsp (25 mL) apple cider vinegar
- $\frac{1}{4}$ tsp (1 mL) salt

SALAD

- 1 $\frac{1}{2}$ cups (375 mL) green seedless grapes
- 1 $\frac{1}{2}$ cups (375 mL) red seedless grapes
- 4 cups (1 L) broccoli florets, just slightly larger than the grapes
- $\frac{1}{3}$ cup (75 mL) red onion, finely chopped
- $\frac{1}{3}$ cup (75 mL) toasted walnuts, chopped
- $\frac{1}{3}$ cup (75 mL) real bacon bits, chopped (optional)

COOKING DIRECTIONS

- ¹ In a jar or glass container with lid, shake together the yogurt, honey, vinegar and salt to make the dressing. Set aside in fridge until ready to use. Can be made a day in advance.
- ² In a large bowl, combine the grapes, broccoli and red onion. **Note:** Three cups of *any* variety of seedless grapes can be used in this recipe.
- ³ Pour dressing over salad and toss well to coat. Sprinkle with toasted walnuts and bacon bits, if using. Refrigerate until serving.

TIP

Freeze seedless grapes for a delicious low-calorie snack when craving something sweet and cold.

Grapes need protection from the many pests that are known to attack this valuable crop. One pest that can affect grapes is downy mildew, a common fungus that strikes during cool, wet conditions. It can cause leaves to fall off and stunt growth of grapes,

but farmers can control the disease by using a fungicide. Pesticides are an important tool farmers rely on to protect their crops from pest pressures to ensure they can harvest the fruit at the end of the season, which in turn means we can raise a glass of wine.



CHICKPEAS

8

Chickpeas are high in protein, fibre, and complex carbohydrates, have high levels of minerals like iron, calcium, zinc and vitamins, and are low in fat.

Chickpeas are pulses – the dry, edible seeds of plants in the legume family. Legumes are plants with the fruit enclosed in a pod.

Canadian farmers grow two varieties of chickpeas: Desi and Kabuli. Kabuli is the most popular and is also known by its more common name: garbanzo beans. Chickpeas can be a challenging crop to grow in Canada because they require a long growing season and the high risk of disease. Ascochyta blight is the most common disease for

chickpeas and it can be devastating – potentially wiping out up to 90 per cent of the crop if it is not controlled. To protect the crop, farmers use a fungicide, a type of pesticide that protects crops from becoming infected with a disease or cures the disease in the early part of infection.

Light Lemony Spring Herb Hummus

SPRING



MAKES
2 cups



PREP TIME
10 minutes

BLENDING TIME
3 minutes

INGREDIENTS

- 1 can (540 mL) chickpeas, rinsed and drained
- 3 tbsp (45 mL) fresh parsley
- 1 tbsp (15 mL) fresh dill
- 3 tbsp (45 mL) canola oil
- 1 tsp (5 mL) sesame oil
- 2 cloves garlic
- ½ tsp (2 mL) salt
- Juice of 1 large lemon
- 1 green onion, chopped, for garnishing

COOKING DIRECTIONS

- ¹ In a food processor, combine all ingredients except green onion. Pulse to combine just until chickpeas are chopped and hummus forms. Stop before texture becomes smooth and creamy.
- ² Transfer hummus to serving dish and garnish with finely chopped green onion. Refrigerate until serving.
- ³ Serve with a plate of fresh vegetables and/or grainy crackers. Hummus also works well as a sandwich spread or tucked in a pita along with crisp vegetables.

TIP

Chickpeas are a very affordable, versatile source of quality protein and carbohydrate energy. Keep canned chickpeas in the pantry. Open, drain, rinse, then toss into salads, mash with avocado as a sandwich spread or even sprinkle a few on a homemade pizza.

Cherilyn Nagel farms in Saskatchewan, where the most chickpeas are grown in Canada. She says pest control products are crucial for protecting crops from pests, but adds “it’s in our best interest to ensure the products are used responsibly. At the end of the day, we want to have healthy, safe abundant food and leave our

soil in better condition than when we started.”

Chickpea plants form root nodules where bacteria take nitrogen from the air and convert it into fertilizer which helps feed the plant. This process makes legumes like chickpeas an excellent source of plant protein.

It’s also good for the environment because when the plant is harvested, the plant material left in the field releases the remaining nitrogen in the plant back into the soil and acts as fertilizer for next year’s crop.



CHERRIES

Cherries grow best in regions with milder summers and cool winters. They grow on trees that take four to six years to mature to the point where they will produce fruit. There are two types of cherries: sweet cherries that we eat fresh and sour or tart cherries that are found in a variety of processed foods.

The majority of sour cherries in Canada are grown in Ontario and are the best cherries for pies, sauces, tarts, jams and desserts. Sweet cherries are mostly grown in British Columbia and they're the kind we enjoy eating in the spring. Both types of cherries are nutrient dense, meaning they are low in calories, but high in nutrients. Cherries are also an excellent source of vitamin C and fibre.

The most serious pest affecting cherries is the European cherry fruit fly. The fly eats the fruit pulp and can wipe out an entire crop if it's not controlled. Farmers use insecticides to help combat the insect and ensure Canadians can enjoy this delicious fruit. Without pesticides, Canadian farmers would grow 50 per cent less cherries.

Cherry Rhubarb Bundt Cake

with a Toasted Coconut Garnish

SPRING



MAKES
18 slices



PREP TIME
20 minutes

COOKING TIME
55 minutes

INGREDIENTS

CAKE

- 2 cups (500 mL) all-purpose flour (or all-purpose gluten-free flour, if required)
- 1 tsp (5 mL) baking powder
- 1 tsp (5 mL) baking soda
- ½ tsp (2 mL) salt
- ⅓ cup (75 mL) canola oil (or soft butter)
- 1 cup (250 mL) granulated sugar
- 2 eggs
- 1 tsp (5 mL) vanilla extract
- ½ cup (125 mL) sour cream
- 1 cup (250 mL) stewed rhubarb*
- ⅔ cup (150 mL) fresh or frozen cherries (thawed), pitted and chopped, well drained

GLAZE (OPTIONAL)

- ¾ cup (175 mL) icing sugar
- 1-2 drops coconut extract
- 2 tbsp (25 mL) coconut milk or milk of choice
- ¼ cup (60 mL) toasted coconut

COOKING DIRECTIONS

- 1 Preheat oven to 350°F (175°C). Lightly grease and flour a 12-cup bundt pan.
- 2 In a large bowl, stir together flour, baking powder, baking soda and salt. Set aside.
- 3 In another large bowl, blend oil (or butter) and sugar until light and fluffy. Add eggs, vanilla and sour cream, beat well to blend. Add flour mixture and half the rhubarb. Blend well. Lightly fold in remaining rhubarb.
- 4 Transfer half the batter into the bundt pan. Top with the chopped, drained cherries, keeping them in the centre, not touching the outside edge or the centre post of the pan. It will seem like a lot of cherries. Carefully cover with remaining cake batter.
- 5 Bake in centre of the oven for 50–55 minutes or until top of cake is golden, springs back when touched lightly and toothpick inserted comes out clean. Allow cake to cool, then turn over to remove from pan.
- 6 **Glaze:** If desired, drizzle with glaze and a sprinkle of toasted coconut. Make glaze by stirring together icing sugar, coconut extract and milk of your choice. To toast coconut, place in a saucepan over medium-high heat and stir as it begins to turn golden, about 2 minutes. Remove from heat to avoid excess browning.

* *Make stewed rhubarb by placing 2 cups (500 mL) of chopped fresh or frozen rhubarb in a saucepan. Add 3 tbsp (45 mL) water and simmer until rhubarb softens to an applesauce consistency. Sweeten to taste with sugar or honey.*

TIP

Because this yummy cake makes 18 slices, to minimize the temptation to overindulge and practice mindful eating, freeze half to enjoy at a later date or when impromptu guests pop in.



STRAWBERRIES

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Have you heard of the Dirty Dozen? It's a list published yearly by an environmental group in the United States to identify fruits and vegetables the group claims contains high pesticide residue levels. Strawberries often rank highest on the list, but

scientists around the world have debunked the Dirty Dozen list.

Health Canada is responsible for ensuring all pesticides, whether used for conventional or organic production, are safe for both people and the

environment. This includes taking into account pesticide residues on food. While most fruits and vegetables in Canada do not have any detectable levels of pesticide residues, it's important for people to understand that simply being able

White Fish with Fresh-Cut Strawberry and Avocado Salsa

SPRING



MAKES
6 servings



PREP TIME
15 minutes

COOKING TIME
10-12 minutes

INGREDIENTS

- 2 cups (500 mL) chopped fresh strawberries
- 1 medium jalapeño, seeds and pulp removed
- ¼ cup (60 mL) minced red onion
- ¼ cup (60 mL) finely chopped cilantro
- Juice of half a fresh lime
- 1 medium avocado, peeled and diced
- 6 white fish fillets such as sole, basa or halibut, about 4-5 ounces each
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) freshly ground black pepper

COOKING DIRECTIONS

- 1 Salsa:** In a medium bowl, combine strawberries, jalapeño, red onion, cilantro and lime juice. Refrigerate. Lightly toss in diced avocado right before serving.
- 2 Fish:** Preheat oven to 400°F (200°C). Place fish on a parchment-lined baking sheet with a sprinkle of salt and pepper. Bake for 10-12 minutes or until opaque and flakes easily with a fork.
- 3** Serve fish garnished with the freshly made salsa.

TIP

Although lesser known than the citrus fruit family, strawberries, like all berries, are a great source of vitamin C. Load up on berries in the spring and summer, and freeze for a burst of the sunshine vitamin throughout the winter months.

to detect the presence of residues on food does not mean there is a safety concern. Science has become so precise that residues can be measured in parts per billion. That's the equivalent of one second in 32 years, a drop of water

in an Olympic size swimming pool or one blade of grass in a football field.

According to an online pesticide residue calculator, safefruitsandveggies.com, a woman could consume 454 servings of strawberries in one day without

any effects from pesticide residues. So whether you buy conventionally grown or organically grown strawberries, just focus on eating more fruits and vegetables.





From the kitchen of

Good in Every Grain

Good in Every Grain is an initiative of *Grain Farmers of Ontario* to tell the story of the good values farmers represent, the good work they do for the environment and their communities and the good crops they grow. *Good in Every Grain* speaks to the good quality grain crops the public has access to, the end-uses grain makes possible, the contribution to Ontario's economy and the rural community and farmers the public relies on every day. Whether in our food, fuel, or furniture, every grain brings a natural and sustainable solution to our everyday lives. From the farmers in the fields to the wholesome food on tables across Ontario – there's *Good in Every Grain*. For more information, visit www.GoodinEveryGrain.ca.

SPRING



Berry-Fresh Smoothie



MAKES
1 serving



PREP TIME
5 minutes

BLENDING TIME
2 minutes

INGREDIENTS

- 1 package tofu, flavour of your choice
- 1 ripe medium banana
- 1 cup (250 mL) fruit juice
- ½ cup (125 mL) milk
- 4 strawberries
- ¼ cup (60 mL) blueberries

COOKING DIRECTIONS

- 1 Process ingredients in a blender until smooth.
- 2 Enjoy in a chilled glass.



Summer on the patio

with
Carol Harrison
RD



My name is Carol, and I'm a registered dietitian and nutrition communications consultant based in Toronto. I believe that Canadians need to reclaim the kitchen. The pressures of a busy life can make it difficult to find time to cook, but doing so will improve your health and happiness.

Nearly 50 per cent of the calories in the Canadian diet come from ultra-processed foods, although we have a nutritious, safe and affordable supply of food grown here in Canada.

I encourage families to rediscover the joy of cooking. I founded the Yummy Lunch Club to help parents pack healthier school lunches and build their kids' food skills. The recipes are easy, fast and fun to prepare – and they're delicious!

I proudly consider myself the "Brag About Ag Dietitian." I'm always interested in the stories and science behind agriculture and how our food is produced. Along my journey, I've learned about incredible advances in farming practices, and I'm prouder than ever to promote Canadian-grown food.



— 18 —

Garlicky

Grilled Vegetable Panzanella

Featuring TOMATOES

The sweet tomato juices get all mopped up in toasted bits of garlicky baguette while this salad cooks on the grill over indirect heat. That frees up the other side to cook your protein. You might choose to go vegetarian and add lovely canned cannellini beans (drained and rinsed).

— 20 —

Grilled Carrot and Avocado Salad

with Maple Dijon Dressing

Featuring CARROTS

Thick slices of sweet and tender grilled carrots make this luscious salad hearty. You can make it a meal salad by adding leftover protein like salmon, sliced steak, lentils, chickpeas, marinated tofu, shrimp or even sliced hard-boiled eggs.

— 22 —

Honey, Thyme Chicken,

Halloumi Cheese and Peach Kebobs

Featuring PEACHES

Sweet summer peaches, salty halloumi cheese and savoury chicken makes this a healthy recipe that your family will crave. Serve in a bowl with peppery arugula and quinoa drizzled with extra dressing. These kebobs taste the best served hot from the grill.

— 24 —

Mediterranean Beef and Barley Koftas

with Tahini Yogurt Sauce

Featuring BARLEY

Rosemary, lemon and garlic are the winning flavours in these easy-to-make grilled beef and barley koftas. Serve on a toasted pita round with a creamy tahini yogurt and top with crisp veggies for a complete meal.

— 26 —

Tropical

Papaya Mango Sorbet

Featuring PAPAYA

You can't go wrong with a dessert made mainly with frozen chunks of fruit. This is so easy to make, you'll make it again and again. Experiment with different fruits.

— 28 —

Apple Galette

From the kitchen of CANOLA EAT WELL

Popular in French cuisine, galettes are free-formed pastries filled with vegetables, cheese or fruit such as apples. The flaky pastry is made using frozen canola oil.

From
FARM
— to —
FOOD

...
SUMMER



TOMATOES

Fruits and vegetables are an important part of a healthy diet. Whether a tomato is a fruit or a vegetable has long been debated, but either way, tomatoes are an important source of essential vitamins and minerals, fibre,

antioxidants and they're low in calories. With the help of science, the tomato could get even better. In Britain, researchers have developed a purple tomato high in anthocyanins, a family of antioxidants found in plants that may have disease-preventing

properties. The tomato is being grown for research trial purposes in Ontario.

Tomatoes are susceptible to pest pressures including insects such as aphids, flea beetles and the tomato hornworm as well as diseases like

Garlicky Grilled Vegetable Panzanella

SUMMER



MAKES

4 to 6 servings



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PREP TIME
10 minutes

COOKING TIME
25 minutes

INGREDIENTS

- 1 whole wheat grain baguette, cut into ½ inch pieces
- 4 garlic cloves, halved
- 1 lb (500 g) cherry tomatoes, halved
- 1 **each** sweet red and yellow pepper, seeded and thinly sliced
- ¼ cup (60 mL) **each** coarsely chopped fresh parsley and grated Parmesan cheese
- ¼ cup (60 mL) canola oil
- ¼ tsp (1 mL) **each** salt and pepper

COOKING DIRECTIONS

- ¹ Place whole wheat baguette slices on greased grill over medium-high heat until grill marks appear, turning once, about 4 minutes. Rub toasts with half the garlic cloves. Cut baguette into rough pieces and place in a large bowl.
- ² Add cherry tomatoes, red pepper, yellow pepper, parsley, Parmesan cheese, canola oil, remaining garlic cloves, salt and pepper to bowl with baguette pieces. Toss to combine flavours.
- ³ Transfer to a foil pan. You can make ahead, cover and refrigerate for up to 2 days. Bring to room temperature before grilling. Cover foil pan with heavy-duty foil. Place the foil pan over the indirect heat of your grill. Place on one rack of a 2-burner barbecue or on the center rack of a 3-burner barbecue. Heat the surrounding burners to medium-high heat, about 375°F (190°C). Close lid and grill, stirring once, until vegetables are very tender, about 20 minutes.

TIP

Easily make this a meal salad by adding canned cannellini beans (drained and rinsed) or your favourite meat. Warm up the leftovers and top with a fried egg for a terrific breakfast.

blight and mosaic virus. Farmers use pest control products to protect the crop from these pests to ensure they can still harvest a crop at the end of the growing season. Without pesticides, Canadian farmers would grow 50 per cent fewer tomatoes

each year. Thanks to pesticides, farmers can grow more tomatoes across Canada and we have more of the tomato-based products we enjoy like salsa, spaghetti sauce and ketchup.



CARROTS

20

The carrots we're most familiar with are orange, but carrots actually come in many colours including purple, yellow and white. Orange carrots get their bright colour from beta-carotene, an antioxidant that is converted to vitamin A in the body. Vitamin A

contributes to eye and vision health. In fact, a 100 gram serving of carrots provides more than 100 per cent of the recommended daily intake of vitamin A and there are ongoing studies looking at varieties of carrots

that could further help with vision and eye health.

Carrots are root vegetables that are grown across Canada. To control for pests in the crop, farmers practice integrated pest management.

Grilled Carrot and Avocado Salad with Maple Dijon Dressing

SUMMER



MAKES

4 to 6 servings



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PREP TIME
20 minutes

COOKING TIME
20 minutes

INGREDIENTS

DRESSING

- ¼ cup (60 mL) **each** maple syrup and canola oil
- 1 tbsp (15 mL) Dijon mustard
- 1 tsp (5 mL) chopped fresh thyme
- ½ tsp (2 mL) **each** salt and pepper

SALAD

- 4 large carrots, peeled and cut into ½ inch slices
- 1 tbsp (15 mL) canola oil
- ½ tsp (2 mL) **each** salt and pepper
- 6 cups (1 1/2 L) packed arugula, baby kale or spinach leaves
- 3 green onions, thinly sliced
- 2 sweet red peppers, seeded and thinly sliced
- 2 avocados, ripe, pitted and cubed
- ½ cup (125 mL) chopped toasted pecans

COOKING DIRECTIONS

- 1 Dressing:** In a small bowl, whisk together maple syrup, oil, mustard, thyme, salt and pepper.
- 2 Salad:** In a medium-sized bowl, toss carrots in oil, salt and pepper to combine. Transfer carrots to a grill basket. Cook on grill over medium-high heat, until slightly charred and tender, 20-25 minutes. Toss to coat in half the dressing. Let cool.
- 3** In a large bowl, combine carrots with arugula (or mixed greens), green onions and peppers. Top salad with avocados and pecans. Drizzle salad with part or all of the remaining dressing.

TIP

Fat in salad is a good thing! The fat from the avocado and salad dressing helps our body to absorb the vitamin A from the carrots and helps us feel full.

This means they monitor their crops frequently to see if the crop has any signs of pest issues. If they detect a threatening insect, weed pressure or disease in the crop that has the potential to harm the harvest, they look at all the options available

to protect the crop. Sometimes this means using a pesticide.

Farmers rely on pesticides to protect plants against pests and diseases to reduce the risk of crop failure while at the same time improving the quantity

and quality of food available which helps keep food prices affordable. Canadians save over \$4,000 a year per household at the grocery store because farmers have access to tools like pesticides.



PEACHES

22

There's nothing sweeter than eating a fresh, juicy peach in the summer months. The added benefit is that peaches are low in calories, fat and sodium and contain important nutrients our bodies need to maintain a healthy lifestyle such as fibre, vitamin A, niacin and potassium.

They are also a very good source of vitamin C.

Peaches may be the most widely grown stone fruit in Canada, but did you know they originated in China? To start, a farmer must plant a peach tree. After two to three years, the tree will start to bear fruit. Peaches are

self-pollinating so they don't need to be pollinated by insects. Ontario produces 82 per cent of the national peach and nectarine crops in Canada. These crops aren't immune from attack however. In Ontario, plum pox virus wiped out almost 400,000 peach and nectarine trees in the early 2000s.

Honey, Thyme Chicken, Halloumi Cheese and Peach Kebobs

SUMMER



MAKES

4 to 6 servings



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PREP TIME
15 minutes

COOKING TIME
15 minutes

INGREDIENTS

DRESSING

- ½ cup (125 mL) canola oil
- ¼ cup (60 mL) fresh lemon juice
- ¼ cup (60 mL) liquid honey
- 1 tbsp (15 mL) finely chopped fresh thyme
- ½ tsp (2 mL) **each** salt and pepper

KEBOBS

- 16 wooden skewers, soaked in water for 1 hour before using
- 8 boneless, skinless chicken thighs cut into 1 inch cubes
- 1 red onion, quartered, segments separated
- 4 firm peaches, pitted and each cut into 8 chunks
- 1 piece of Halloumi cheese, about 8 oz, cut into 16 cubes (about ½ inch each)
- ⅓ cup (75 mL) slivered toasted almonds

COOKING DIRECTIONS

- Dressing:** In a small bowl, whisk together oil, lemon juice, honey, thyme, salt and pepper. Set aside. You can make the dressing ahead of time, cover and refrigerate for up to 1 week.
- Kebobs:** Skewer chicken, onion, peaches and cheese on separate skewers to ensure even cooking and prevent cross-contamination. Allow 4 skewers for each food item. Coat skewers with ¼ cup (60 mL) of dressing, reserving the rest in a separate bowl. Use a separate brush for coating chicken. Assembled skewers can be made ahead, covered and refrigerated for up to 1 day.
- Preheat greased grill to medium-high heat. Grill chicken, peach and onion skewers until cooked through, turning every 3 minutes, about 12 minutes total. Time may vary depending on ripeness of peaches. At 10 minutes of cooking chicken, peaches and onions, add cheese skewers to grill. Cook until cheese skewers just start to melt, turning once, after 1-2 minutes.
- Drizzle all prepared skewers with reserved dressing that was set aside. Save extra dressing for any greens being served. Garnish plates with slivered almonds.

TIP

These kebobs taste best served hot from the grill.

Vineland Research and Innovation Centre has been collaborating with the University of Guelph, Agriculture and Agri-Food Canada and the Ontario Tender Fruit Growers to find new varieties of peaches. The new varieties are adapted to the Canadian climate, are disease tolerant, showcase better flesh colouring, texture and flavour.

This means Canadians can look forward to even sweeter peaches in the future while growers benefit by planting what consumers are interested in buying. The new varieties also mean Canadians can enjoy the fruit in early July instead of having to wait until later in the summer.



BARLEY

24

Barley is an ancient grain grown by over 23,000 Canadian farmers. Together, they produce over eight million tonnes of barley each year.

Barley is a very versatile food eaten as a healthy and affordable grain and even utilized in distilleries to make beverages like whiskey and

vodka. Most Canadian barley is used for agricultural purposes and malt for the beer industry.

Barley is rich in soluble fibre, which helps lower blood cholesterol and control blood glucose levels. It also contains insoluble fibre, which helps with regularity. Barley provides a

variety of vitamins and minerals and it is low in fat, sodium and sugar. Barley is also a good source of food for livestock because of its high starch and protein content. Barley-fed beef has a fine texture and is marbled with white fat – the look and tasty flavour in beef that consumers around the world enjoy.

Mediterranean Beef and Barley Koftas

with Tahini Yogurt Sauce

SUMMER



MAKES
**12 skewers,
4-6 servings**



PREP TIME
15 minutes

COOKING TIME
15 minutes

INGREDIENTS

KOFTAS

- 1 lb (500 g) lean ground beef
- $\frac{3}{4}$ cup (175 mL) cooked barley
- 3 cloves garlic, minced
- 1 tsp (5 mL) finely chopped fresh rosemary
- 1 tsp (5 mL) finely grated lemon zest
- $\frac{1}{2}$ tsp (2 mL) **each** salt and pepper
- 12 wooden skewers, soaked in water for 1 hour before using
- 4-6 small (6 inch) whole wheat pita breads

TAHINI YOGURT SAUCE

- $\frac{1}{2}$ cup (125 mL) Greek style plain yogurt
- $\frac{1}{4}$ cup (60 mL) tahini, well stirred
- 2 tbsp (25 mL) lemon juice
- $\frac{1}{2}$ tsp (2 mL) chopped fresh rosemary
- 2 cloves garlic, minced
- 2 tbsp (25 mL) water
- $\frac{1}{2}$ tsp (2 mL) **each** salt and pepper

TOPPINGS

- 2 cups (500 mL) shredded romaine lettuce
- 2 tomatoes, chopped
- 1 cup (250 mL) thinly sliced cucumber rounds
- $\frac{1}{2}$ red onion, thinly sliced (optional)

COOKING DIRECTIONS

- Koftas:** In a medium bowl, add beef, barley, garlic, rosemary, lemon zest, salt and pepper. Mix to combine. Using hands, mound about $\frac{1}{4}$ cup (60 mL) of meat mixture around a wooden skewer. Mound well to adhere to skewer. Place skewers on a foil-lined baking sheet. Continue until all meat is used. Cook immediately or cover and refrigerate skewers for up to 1 day.
- Preheat greased grill to medium-high heat. Grill koftas for 6 minutes on each side, turning once, until grill marks appear, and beef is thoroughly cooked to 160°F (71°C). Warm up pita rounds on grill over medium-high heat turning once, after 1-2 minutes.
- Tahini Yogurt Sauce:** In a small bowl, whisk together yogurt, tahini, lemon juice, rosemary, garlic, water, salt and pepper. Set aside until ready to use.
- Spread Tahini Yogurt Sauce on grilled pitas, add koftas. Top with lettuce, tomatoes, cucumbers and onions. Dollop koftas with extra tahini yogurt sauce.

TIPS

Extra sauce makes a great spread for wraps or a dip for raw vegetables and you can cover and refrigerate for up to 3 days. If sauce thickens, add another tablespoon of water.

Keep the kitchen cool this summer. Make a big batch of barley in a rice cooker using the same 2:1 liquid to barley ratio. It keeps in the fridge for 3-5 days and makes a great base for salads. Try a tasty barley tabbouleh salad.



PAPAYA

Fresh papaya is a good source of dietary fibre and potassium and is a very good source of vitamin A, vitamin C and folate.

You probably know the majority of papaya we find in Canadian grocery stores is grown in Hawaii, but did you

know a devastating disease almost wiped out the entire crop in the early 1990s? A virus called papaya ringspot carried from plant to plant by aphids was discovered in Hawaii and by the mid-1990s it had wiped out the majority of papaya trees. Researchers turned to biotechnology as a way to

combat the virus. By taking a gene from the virus itself, researchers found a way to essentially “vaccinate” the fruit and protect it from the virus. The improved plant was named the Rainbow Papaya and in 1999 the first biotech papayas were grown in Hawaii.

Tropical Papaya Mango Sorbet

SUMMER



MAKES
**2 litres,
40 scoops**



PREP TIME
15 minutes

CHILLING TIME
**6 hours
+ 2 hours**

INGREDIENTS

- 4 cups (1 L) peeled, seeded and diced ripe papaya, about 1 papaya, 2 lbs
- 4 cups (1 L) peeled, seeded and diced mango, about 4 mangos
- ½ cup (125 mL) granulated sugar
- ½ cup (125 mL) water
- 1 cup (250 mL) coconut milk
- ½ cup (125 mL) lime juice, about 3 limes
- 2 tbsp (25 mL) liquid honey

COOKING DIRECTIONS

- ¹ Place diced papaya and mango on a large parchment-lined rimmed baking sheet and freeze for 6 hours or up to 12 hours.
- ² Combine sugar with ½ cup (125 mL) of water in saucepan. Bring to boil. Reduce heat and simmer, stirring occasionally, until sugar is dissolved, 2–3 minutes. Let cool completely.
- ³ In a food processor, purée papaya, mango, sugar syrup, coconut milk, lime juice and honey. Scrape down sides and stir as necessary. Transfer to freezer safe container and freeze for at least 2 ½ hours. To serve, let defrost slightly and then scoop.

TIPS

Cover and freeze for up to 1 month.

Buy an extra papaya. Once ripened, peel, seed, dice and freeze in one cup portions to add to smoothies. Frozen papaya will keep for 10–12 months in the freezer.

Without the introduction of the biotech papaya, the Hawaiian papaya industry would have been completely wiped out and we wouldn't have the delicious sweet fruit we continue to enjoy today.

Biotech crops, like Rainbow Papayas, are regulated to ensure they are just

as safe as the earlier varieties.

People around the world have consumed over a trillion meals containing ingredients from biotech crops over the last two decades and there has never been a credible case of illness associated with them.





From the kitchen of **Canola Eat Well**

Canola Eat Well is about inspiring you in the kitchen and connecting you to the farms and farmers who grow Canada's oil, canola oil. Canola Eat Well is a joint partnership between Alberta Canola, Manitoba Canola Growers and SaskCanola. For more information, visit www.CanolaEatWell.com.

SUMMER

*Impress your guests and serve this for dessert at your next dinner party.
Eaten best warm and fresh right out of the oven.*

Apple Galette



MAKES
8 servings



PREP TIME
25 minutes

COOKING TIME
40 minutes

INGREDIENTS

PASTRY DOUGH

- 2 ½ cups (625 mL) all-purpose flour
- ½ tsp (2 mL) **each** salt and baking powder
- ⅔ cup (150 mL) canola oil, chilled in freezer for 2 hours
- ½ cup (125 mL) ice water
- 1 egg, beaten
- 1 tbsp (15 mL) white vinegar

APPLE FILLING

- 5 firm apples peeled, cored and sliced (Granny Smith or Gala)
- 1 tbsp (15 mL) orange zest
- ½ cup (125 mL) granulated sugar
- 1 tbsp (15 mL) cornstarch
- ½ tsp (2 mL) cinnamon
- ¼ tsp (1 mL) nutmeg
- 1 egg, beaten
- 1 tbsp (15 mL) **each** water and granulated sugar

COOKING DIRECTIONS

- ¹ Preheat oven to 400°F (200°C).
- ² **Pastry Pie Dough:** In a food processor, add flour, salt, and baking powder. Pulse once or twice to combine ingredients. Add cold/frozen canola oil. Pulse again once or twice. Combine water, egg and vinegar in a small bowl. With food processor running, pour liquid ingredients through the chute. Turn off machine as soon as ingredients are mixed, about 10 seconds. Turn dough out onto floured board.
- ³ **Apple Filling:** Transfer apples into a large mixing bowl. Toss in orange zest. In a small bowl, combine sugar, cornstarch, cinnamon and nutmeg. Toss apples and sugar mixture together.
- ⁴ **Assembly:** Roll out dough on a lightly floured board into a circle about 12 inches (30 cm) in diameter. Transfer dough to a parchment paper-lined baking sheet. Mound apples in centre of pastry circle, leaving at least a 2 inch (5 cm) border. Gently fold edges of pastry over the apples, pleating loosely. Combine egg and water and whisk together. Brush dough with egg mixture. Sprinkle dough with sugar. Bake for around 40 minutes or until pastry is golden brown. Serve warm.

TIP

Why freeze canola oil? For best results, you can freeze the premeasured canola oil overnight. The frozen oil acts like a solid fat but with all the health benefits of canola oil, low in saturated fat and trans fat free.



Welcoming Fall

with
Erin MacGregor
RD



***I'm Erin. A food lover,
dietitian, professional
home economist and
proud momma to a
budding foodie.***

As a dietitian, I work in both a hospital setting and as part of a food and nutrition communications team in Toronto, where I help people make healthful decisions around feeding themselves and their families through cooking at home. I create simple recipes using easily accessible, wholesome ingredients, along with educational how-to videos which aim to encourage families (kids included!) to meal plan, cook and enjoy family meals together.

I also believe teaching kids about the journey of food from farm to table is essential in fostering a happy, healthy relationship with food and instilling a sense of gratitude for the incredibly abundant, safe and affordable food supply we have access to in Canada.

Growing up in a city, my exposure to agriculture was limited to a large garden plot at my grandparent's country home. Nonetheless, picking and eating sun-warmed strawberries right from the field come June and biting into a cob of corn picked mere hours before remain some of my fondest childhood food memories. These early experiences helped trigger a lifelong passion for learning about who produces the food I eat, and how they do it.

The more I learn, the more in awe I am of our Canadian growers and producers, who want nothing more than to nourish their fellow Canadians (including their own families) with great quality food. We are truly living in a golden age of food, and there's nothing I would rather do than spread the word about how lucky we are to be living in it.

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Thai Pumpkin Soup with Spiced Pumpkin Seeds

Featuring **PUMPKINS**

This is a great soup to make if you are looking for a way to incorporate pumpkin into a savoury dish. The coconut milk, curry and lime work perfectly with the sweet pumpkin. Topped with amazing sweet and spicy pumpkin seeds for some crunch.

From
FARM
— to —
FOOD

...
FALL

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Mexican Street Corn Dip

Featuring **CORN**

This is a fresh twist on an amazing Mexican dip! If serving a large crowd, be sure to make a double batch because this dish will go fast.

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Crispy Tofu Noodle Bowl

Featuring **SOYBEANS**

This tofu noodle bowl is an eye-poppingly gorgeous vegetarian (vegan, even!) main course that is easy enough for a weeknight dinner, yet beautiful and delicious enough for a dinner party.

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Apple Pie Smoothie

Featuring **APPLES**

Medjool dates add the most wonderful, caramel-flavoured sweetness which balances the tartness of the apple perfectly. Top with more chopped dates, nuts and an extra sprinkle of cinnamon.

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No Knead Oat Bread with Flax

Featuring **OATS**

Nothing beats the amazing taste of fresh homemade bread. The fact that this bread is also full of whole grain fibre just makes it that much better. This hands-off technique for making homemade bread is life changing!

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Beet, Bocconcini & Tomato Lentil Salad in a Kickin' Mustard Vinaigrette

From the kitchen of **SASK MUSTARD**

Making use of sweet, ripe tomatoes, colourful beets and fresh herbs, this hearty salad is great to take along on summer picnics and potlucks.



PUMPKINS

Creatively carved pumpkins are a staple on many doorsteps on Halloween. While most pumpkins are sold fresh, a small amount are processed into things like canned pumpkin pie mixes and purées that are a vital component to some fall favourite recipes. While the majority of pumpkins in Canada are grown in Ontario and Quebec, they are also grown in other regions, including British Columbia.

Like most crops, pumpkins are susceptible to attacks from pests. Fungicides play an important role in protecting pumpkins from a wide range of fungal diseases, including powdery mildew, downy mildew, gummy stem blight and *Phytophthora* fruit and crown rot. And insecticides protect pumpkins against insects like squash bugs and cucumber beetles. Fortunately, most of us don't have

any trouble finding a wide selection of pumpkins to choose from when fall rolls around and that's because farmers use pest control products to protect their crops. Without those tools, farmers would grow 60 per cent fewer pumpkins which would be a real shame for both pumpkin carvers and dessert lovers alike!

Thai Pumpkin Soup

with Spiced Pumpkin Seeds

FALL



MAKES
4 servings



PREP TIME
10 minutes

COOKING TIME
25 minutes
for soup

30 minutes
for pumpkin
seeds

INGREDIENTS

HOMEMADE PUMPKIN PURÉE

- 1 pie pumpkin (at least 3 lbs)

PUMPKIN SEEDS

- 1 tbsp (15 mL) canola oil
- 2 tsp (10 mL) brown sugar
- ½ tsp (2 mL) salt
- Pinch of cayenne pepper
- 1 ½ cups (375 mL) fresh pumpkin seeds, rinsed and well dried, seeds from 1 pie pumpkin

SOUP

- 1 tbsp (15 mL) canola oil
- 1 small onion, chopped
- 1 clove garlic, minced
- 1 tbsp (15 mL) minced fresh ginger (about a 1 inch piece)
- 1 tbsp (15 mL) red Thai curry paste
- 1 can (400 mL) coconut milk
- 2 cups (500 mL) pumpkin purée (canned or homemade)
- 1 ½ cups (375 mL) chicken broth
- 1 tbsp (15 mL) fish sauce
- 1 tbsp (15 mL) brown sugar
- 2 tsp (10 mL) fresh lime juice

COOKING DIRECTIONS

- Pumpkin Purée:** Cut pumpkin in half from top to bottom. Scoop out pumpkin innards, removing seeds as you go. Rinse seeds and set aside on a clean towel to dry. Place pumpkin halves cut side down in a microwave safe dish and cover with plastic wrap. Microwave on high for 10-12 minutes. Allow pumpkin to cool enough to handle, scoop out flesh and transfer to a food processor or blender. Process until smooth, scraping down the sides of the processor as needed.
- Pumpkin Seeds:** Preheat oven to 300°F (150°C). In a small bowl, whisk together oil, sugar, salt and cayenne pepper. Add pumpkin seeds and toss to coat. Transfer to a foil-lined baking sheet. Bake for 30-35 minutes, stirring occasionally. Remove from oven and allow to cool slightly.
- Soup:** In a large pot, over medium heat, add canola oil and onions and sauté for 5 minutes until softened. Add garlic, ginger and curry paste. Sauté for 30 more seconds.
- Add coconut milk, pumpkin purée, chicken broth, fish sauce and brown sugar. Stir until well combined. Bring to a boil, reduce heat and simmer for 5 minutes. Remove from heat. Using a handheld immersion blender, purée the soup or transfer to a blender and purée in small batches. Return to the saucepan to reheat, if needed. Add lime juice. Garnish individual bowls with spiced pumpkin seeds.

TIP

Preparing homemade pumpkin purée is a great way to get kids involved in the kitchen. They can seed, scoop out the flesh, and help purée and flavour the seeds for roasting. **Bonus:** They're much more likely to try it if they're involved in preparing it!



CORN

34

Canadian farmers grow both field corn and sweet corn. Field corn is used to feed livestock, processed for use as sweeteners, oil and starch, or used for various industrial purposes like ethanol. Sweet corn is what we

as consumers enjoy eating right off the cob during the summer months.

Both types of corn are susceptible to damage from a variety of insects that can wipe out an entire crop. For the last two decades, farmers have had access to corn varieties that have been

modified to be resistant to insects through biotechnology so the plant has built in defences to fend off pests.

Before insect-resistant corn was developed, farmers had to rely almost exclusively on insecticides to control insects. Proper protection often

Mexican Street Corn Dip

FALL



MAKES
**2 ½ cups of
prepared dip**



PREP TIME
10 minutes
COOKING TIME
10 minutes

INGREDIENTS

- 1 tbsp (15 mL) canola oil
- 2 ½ cups (625 mL) fresh corn kernels, about 3 medium cobs
- 1 jalapeño, seeded and minced
- ¼ cup (60 mL) crumbled feta cheese, divided
- ¼ cup (60 mL) mayonnaise
- ¼ cup (60 mL) plain Greek yogurt
- ¼ cup (60 mL) thinly sliced green onions
- ½ tsp (2 mL) chili powder

COOKING DIRECTIONS

- ¹ In a skillet, heat canola oil over medium-high heat. Add corn and jalapeño, cook until kernels begin to char, stirring occasionally, about 8 minutes.
- ² Transfer corn into a medium bowl and add 3 tbsp (45 mL) of feta cheese, mayonnaise, Greek yogurt, half of the green onions, chili powder and stir until well combined.
- ³ Top with remaining feta cheese and green onions, and serve while still warm with tortilla chips. If preparing in advance, reserve the feta cheese and green onions used for topping, reheat in oven or microwave, and top just before serving.

TIP

Repurpose leftovers with a pinch of shredded Monterey Jack cheese as a filling for a delicious quesadilla.

required more than one application, which was time consuming and costly for farmers, and required more passes over the field with the sprayer, which burned fuel and created greenhouse gas emissions.

These genetically engineered varieties of insect-resistant corn have given farmers another tool to fight pests while at the same time providing environmental benefits such as reduced fuel consumption. And the

good news for consumers is that Health Canada has determined that biotech crops, including those commonly referred to as GMOs, are just as safe and nutritious as their conventional counterparts.



SOYBEANS

36

Soybeans can be used to make food products such as tofu, soy milk and various dairy and meat substitutes. It is also used in fermented foods like miso and tempeh, which are gaining popularity right here in Canada.

Soybeans are a good source of fibre, plant protein, vitamin C, thiamin, folate,

calcium, magnesium, phosphorus, potassium and manganese.

Farmers have always had to control weeds when growing soybeans and historically they did this by ploughing their fields to remove weeds. Not only was this a time-consuming practice but it also degraded the soil and made it much more susceptible

to wind and water erosion. And having to run equipment over fields to plough for weeds burned fuel and created greenhouse gas emissions.

Soybean production in Canada changed pretty dramatically in the late 1990s when herbicide-tolerant soybeans came onto the market. With herbicide-tolerant crops, farmers are able to

Crispy Tofu Noodle Bowl

FALL



INGREDIENTS

CRISPY TOFU

- 1 tbsp (15 mL) soy sauce
- 2 tsp (10 mL) canola oil
- 2 tbsp (25 mL) cornstarch
- 350 grams (2/3 lb) block of extra firm tofu, drained, pressed and cut into 1 ¼ inch (3 cm) cubes

DRESSING

- ¼ cup (60 mL) canola oil
- 2 tbsp (25 mL) soy sauce
- 2 tbsp (25 mL) rice vinegar
- 2 tsp (10 mL) sesame oil
- 1 tbsp (15 mL) liquid honey

PASTA AND VEGETABLES

- 300 grams (⅔ lb) whole grain long noodles (whole wheat or buckwheat)
- 1 red bell pepper, thinly sliced
- 2 cups (500 mL) sugar snap peas, sliced
- 2 green onions, thinly sliced
- 1 tsp (5 mL) toasted sesame seeds

COOKING DIRECTIONS

- Crispy Tofu:** Preheat oven to 400°F (200°C). Transfer tofu into a large zipper bag. In a small bowl, whisk together soy sauce, canola oil and corn starch. If needed, add a little more soy sauce, ½ tsp (2 mL) at a time, if the mixture is too pasty. Pour into freezer bag and gently jostle bag to evenly coat tofu. Transfer tofu onto a parchment-lined baking sheet. Bake for 25 minutes, flipping halfway through until golden brown. Cool slightly.
- Dressing:** Meanwhile, in a small bowl, add all ingredients for dressing and whisk to combine.
- Pasta and Vegetables:** Prepare noodles according to package directions. Rinse noodles with cold water and strain thoroughly. Toss cooled noodles with half the dressing. Arrange noodles on the bottom of a large serving platter or individual bowls. Top with bell pepper, peas and crispy tofu. Sprinkle with green onion, sesame seeds, and drizzle platter with remaining dressing.

TIP

Try meal prepping for the week ahead with this meal. Package the crispy tofu noodle bowl into 4 separate food storage containers to enjoy for a quick grab-and-go lunch.

practice what is called conservation tillage. An herbicide-tolerant crop means that the herbicide farmers use to kill weeds does not harm the crop. The crop is protected without having to plough the soil, which leaves nutrients and water in the soil and increases soil fertility. It also means fewer passes over the fields with

equipment, which reduces fuel use and GHG emissions.

Canadian farmers have overwhelmingly embraced biotech varieties of soybeans (often referred to as GMOs) because of the clear benefits they deliver. About 80 per cent of soybeans grown in Canada are herbicide-tolerant.

Without pesticides and biotechnology, Canadian farmers would produce about 33 per cent less soybeans. This technology allows farmers to be as productive as possible on existing land, without needing additional land, which leaves valuable wildlife habitat intact.



APPLES

We all know the saying ‘an apple a day keeps the doctor away’ but what protects the apples? Apples are susceptible to attacks from insects, weeds and diseases that can wipe out a crop. For example, apple scab is the number one fungal disease in

apples in Canada. It attacks both tree leaves and the fruit, making the apples completely unsellable and damaging the health of the trees. Fungicides allow farmers to control apple scab and grow a viable crop.

Ontario apple grower Brett Schuyler talks about the importance of pesticides on his farm: “Why do we use pesticides? Because we have to if we want to grow a crop... Without pesticides today we certainly couldn’t

Apple Pie Smoothie

FALL



MAKES
1 serving



PREP TIME
2 minutes

BLENDING TIME
2 minutes

INGREDIENTS

- 1 medium apple (such as Cortland, Empire or Honeycrisp)
- 1 cup (250 mL) unsweetened soy beverage (substitute milk or other alternatives as desired)
- ½ cup (75 mL) ice cubes (about 4–5)
- ¼ cup (60 mL) large flake oats
- 2 pitted dates
- Pinch of ground cinnamon
- 1 tsp (5 mL) lemon juice, or more to taste

COOKING DIRECTIONS

- 1 Process ingredients in a blender until smooth. Cool in the refrigerator for at least 15 minutes and up to 12 hours. Enjoy in a chilled glass.

TIP

Try making a smoothie bowl by adding an extra tablespoon of oats and allowing to sit in the fridge overnight. Top with your favourite fruits and nuts.

function the way we do, produce the quantity and quality of crop we do.”

Recently, science has given the apple another boost. Scientists have developed a non-browning apple through modern biotechnology.

This apple can be sliced without the off-putting browning that typically soon follows and leads to a significant amount of waste. Health Canada has deemed this non-browning apple just as safe as its traditional

counterpart and it offers a solution to food waste and convenience issues for this healthy snack.



OATS

From steel-cut to rolled, quick-cooking and instant oats, this cereal crop is versatile and has made its way into the morning routines of many Canadians across the country, and for good reason. Oats are low in fat,

very low in cholesterol and sodium, a good source of fibre, phosphorus, selenium, and a very good source of manganese.

While growers used to primarily grow oats for Canadian consumers, the crop

has transformed into a major Canadian export crop over the last three decades. In fact, about 70 per cent of the oats grown in Canada are exported around the world. One of Canada's major advantages as a country is its large

No Knead Oat Bread with Flax

FALL



MAKES
1 loaf



PREP TIME
5 minutes

RISE TIME
12-24 hours

COOKING TIME
40 minutes

INGREDIENTS

- 2 $\frac{1}{4}$ cups (560 mL) all-purpose flour (plus extra for dusting)
- $\frac{3}{4}$ cups (175 mL) whole wheat all-purpose flour
- $\frac{3}{4}$ cups (175 mL) large flake oats (plus extra for garnish)
- 1 tbsp (15 mL) whole flax seeds
- 1 tsp (5 mL) salt
- $\frac{1}{2}$ tsp (2 mL) instant yeast
- 1 $\frac{1}{2}$ cups (375 mL) cool water

TIP

The variations and additions to make it your own are nearly endless. Try adding your favourite nuts, seeds, grains or dried fruits.

COOKING DIRECTIONS

- ¹ In a large bowl, whisk together flours, oats, flax seeds, salt and yeast. Add water and stir until no dry flour remains. Add extra water, 1 tbsp (15 mL) at a time, until slight sticky consistency is achieved.
- ² Cover bowl with a tea towel and allow to sit and rise at room temperature for at least 12 hours and up to 24, until bubbles begin to form on the surface.
- ³ Cover a clean surface area with flour. Turn dough out onto floured surface and fold it over onto itself 2-3 times, tucking the seams under to form a ball. Transfer dough ball to a generously floured piece of parchment paper. Sprinkle the dough's surface generously with more flour and cover with a second piece of parchment paper and tea towel. Allow to rise for at least 1 more hour and up to 2 until it is about double in size.
- ⁴ 20 minutes before the final rise is complete, preheat a 3 $\frac{1}{2}$ to 5 $\frac{1}{2}$ quart Dutch oven or oven-safe, heavy bottomed covered baking dish at 450°F (230°C).
- ⁵ Transfer dough to the preheated dish by flipping it upside down into the pot from the parchment paper. The dough will spread out and look misshapen. Sprinkle with a pinch of large flake oats, cover with lid and return to oven. Bake for 30 minutes. Remove lid and bake an additional 10-15 minutes until golden brown. Remove from oven and cool before slicing and serving.

base of agricultural land, which makes it possible to grow an abundant and affordable food supply for Canadians, while also producing enough food to send to countries around the world.

But like most cereal crops, farmers have to manage a variety of insects, weeds and diseases that threaten oat crops. Without pesticides, Canadian farmers would grow about 20 per cent less oats. Fortunately,

all pesticides used in Canada have been approved by Health Canada and Canadians can rest assured that the food they are eating is safe.





From the kitchen of **Sask Mustard**

Sask Mustard is the Saskatchewan Mustard Development Commission, a producer-funded levy organization. It aims to grow the mustard industry for the benefit of producers through research, communications and market development programs. For more information, visit www.SaskMustard.com.

FALL

Beet, Bocconcini & Tomato Lentil Salad in a Kickin' Mustard Vinaigrette



MAKES
8 servings



PREP TIME
20 minutes
COOKING TIME
30 minutes

INGREDIENTS

SALAD

- 2 cups (500 mL) cooked green lentils
- 2 cups (500 mL) cherry tomatoes, halved
- 2 cups (500 mL) cooked (boiled or roasted), diced beets (about 2 medium)
- 1–4 oz (130 g) container baby bocconcini cheese, drained and rinsed
- ½ cup (125 mL) shredded basil leaves
- ¼ cup (60 mL) chopped parsley
- 2 tbsp (25 mL) finely chopped chives
- 2 tsp (10 mL) mustard seeds

DRESSING

- 2 tbsp (25 mL) **each** canola oil, olive oil and balsamic vinegar
- 2 tsp (10 mL) Dijon mustard
- 2 tsp (10 mL) maple syrup
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) freshly ground black pepper

COOKING DIRECTIONS

- ¹ In a large bowl, gently toss all of the salad ingredients together.
- ² In a dressing shaker or jam jar, mix together all the dressing ingredients and shake well to combine.
- ³ Pour the dressing over the salad and toss gently. Season to taste with salt and pepper.

TIPS

Cook lentils on a stovetop, using 3 cups of water (or stock) to 1 cup of dry lentils. Be sure to use a large enough saucepan as the lentils will double or triple in size. Bring to a boil, cover tightly, reduce heat and simmer until they are tender. For whole lentils, cooking time is typically 15–20 minutes.

Add leftover grilled corn to the salad for a smoky twist.

You can also use large bocconcini instead of the baby, just cut into small pieces.



Winter Cocooning

with
Gina Sunderland
MSc., RD



I'm Gina and I'm a consulting and media dietitian based in Winnipeg. I specialize in nutrition communications and education, and focus on translating nutrition research into easy to understand, practical advice for consumers.

I became a dietitian as a way to combine my love of cooking, science and my desire to help others lead healthier lives. I have a flair for creative recipe development and television food displays and demos. I have become an industry-leader and a go-to dietitian expert for CTV Winnipeg. I make regular appearances through local and national media outlets to share my expertise on nutrition and health-related topics.

I have had the privilege of participating in farm-to-table tours to

gain a first-hand understanding of agricultural practices in Canada. I believe in making nutrition and healthy eating fun and easy! Sharing credible information about agriculture and sustainable food practices with Canadians is one of my primary goals. I believe it is part of my responsibility to bridge the gap between the public's understanding of where nutritious food comes from, how it is grown, who grows it, how it is processed, and how it gets onto families' tables.



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Baked Salmon with Honey Mustard Marinade

Featuring **MUSTARD**

This salmon is a flavourful entrée that combines the classic flavours of honey and mustard. This dish pairs nicely with potatoes or rice, steamed vegetables, and a crisp green salad to make a perfectly balanced meal.

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Cocktail-Sized Baked Lentil Meatballs

Featuring **LENTILS**

Serve as an appetizer with toothpicks and dipping sauce. These meatballs also make a delicious main dish served with a side of rice.

— 50 —

Whole Wheat Pizza Dough

Featuring **WHEAT**

Use the dough to make a variety of dishes from flatbreads to full pizzas. Serve your delicious creation with a tossed salad or crudités.

— 52 —

Warm Winter Potato Salad with an Apple Twist

Featuring **POTATOES**

This potato salad is a delicious side dish to accompany meat, fish or poultry. Leftovers are wonderful eaten cold for a fast, tasty lunch.

— 54 —

Cinnamon Zucchini Flax Loaf

Featuring **FLAX**

This loaf makes a tasty and healthy high-fibre dessert to follow any meal. It is also lovely to serve with an afternoon cup of tea or coffee.

— 56 —

Magnificent Minestrone

From the kitchen of **PULSE CANADA**

This hearty, classic soup will warm you and your family right up! Packed full of vegetables and nutrients this soup is filling and a great way to use up leftover produce in your fridge.

From
FARM
— to —
FOOD

...
WINTER



MUSTARD

46

Mustard is one of the world's oldest condiments and a staple in most households. It is used widely in mayonnaise, salad dressings, soups and prepared meats to name just a few things.

Canada is the world's largest exporter of mustard. About three-quarters of the mustard grown in Canada is produced in Saskatchewan where farmers grow yellow, brown and oriental mustard. The region's northern climate is well-suited to

growing mustard, which is an annual, cool-season crop adapted to a short growing season.

Mustard farmers must take great care to protect their crops from insects, weeds and diseases. Since weeds can

Baked Salmon with Honey Mustard Marinade

WINTER



MAKES
4 servings



PREP TIME
10 minutes

MARINADE
30 minutes

COOKING TIME
20 minutes

INGREDIENTS

- ⅓ cup (80 mL) grainy Dijon mustard
- 2 tbsp (30 mL) liquid honey
- 1 tsp (5 mL) apple cider vinegar
- ¼ tsp (1 mL) freshly ground black pepper
- ¼ tsp (1 mL) cayenne pepper
- 1 tbsp (15 mL) chopped fresh basil, plus additional chopped for garnish
- 1 large salmon fillet, approximately 2 lb (1 kg)
- Fresh lemon slices

COOKING DIRECTIONS

- ¹ Mix together mustard, honey, vinegar, black pepper, cayenne pepper and basil for the marinade. Dress salmon fillet with the marinade, making sure to coat the entire surface evenly. Let the marinade sit on salmon for at least 30 minutes in the fridge.
- ² Preheat oven to 400°F (200°C). In a medium bowl, whisk together mustard, honey, vinegar, black pepper, cayenne pepper and basil.
- ³ Bake in a 9 x 13 inch (22 x 33 cm) pan for 20 minutes or until meat thermometer inserted in the centre of the thickest portion of the fillet reads 130°F (50°C), taking care to check periodically during baking.
- ⁴ Serve with fresh lemon wedges and garnish with fresh chopped basil, if desired.

TIPS

Salmon can be prepared the night before and marinated in the fridge overnight.

Mustard is a member of the cruciferous family and a versatile flavouring. It is high in the vital mineral selenium that plays an important role in immune health.

easily outcompete mustard seedlings for water, sunlight and nutrients, there are certain steps growers must take to protect their crops. This includes planting into a clean, weed-free field as early as possible in the spring. There are also certain herbicides

available to farmers for controlling weeds as the crop matures.

Farmers also have to watch for disease and insect infestations in their crops. Most farmers practice what is called integrated pest

management (IPM), which means using the best tool or a combination of methods to control pests. Sometimes that tool is a pesticide but it could also be mechanical, biological, or a combination of these things depending on the situation.



LENTILS

48

While lentils were first grown in Asia thousands of years ago, Canada is now the world's number one producer and exporter of lentils, with Saskatchewan being the leading producer in the country.

Lentils are part of the pulse family and while they take many different shapes and forms, the ones most commonly used by Canadians are large green lentils and split red lentils. Since split lentils cook more quickly, they are often used in curries,

soups and purées. Whole lentils typically work well for things like salads.

Lentils are an excellent food choice with health-promoting benefits and their key nutrients include complex carbohydrates. In fact, lentils are very

Cocktail-Sized Baked Lentil Meatballs

WINTER



MAKES
40 meatballs



PREP TIME
20 minutes

COOKING TIME
40 minutes

INGREDIENTS

MEATBALLS

- 1 large egg
- 1 tbsp (15 mL) milk
- 1 cup (250 mL) cooked green lentils
- 1 lb (500 g) extra lean ground beef
- ½ cup (125 mL) bread crumbs
- ½ tsp (2 mL) freshly ground black pepper
- 1 tsp (5 mL) dried oregano
- ¾ tsp (4 mL) salt
- ½ cup (125 mL) finely chopped white onion

SWEET AND SOUR DIPPING SAUCE (OPTIONAL)

- 1 tbsp (15 mL) worcestershire sauce
- 2 tbsp (25 mL) white vinegar
- 2 tbsp (25 mL) brown sugar
- ¼ cup (60 mL) water
- ½ cup (80 mL) ketchup

COOKING DIRECTIONS

- 1 Meatballs:** Preheat oven to 375°F (190°C). In a large bowl, whisk egg with milk, then add remaining meatball ingredients and combine until well mixed. Form into approximately 40, 1 inch balls (**Note:** mixture will be sticky). Place meatballs in a rectangular glass 9 x 13 inch (22 x 33 cm) baking dish.
- 2** Bake uncovered for 35–40 minutes or until meat thermometer inserted in the centre of a meatball reads 170°F (77°C).
- 3 Sweet and Sour Dipping Sauce:** Combine all ingredients in a small saucepan. Heat, stirring continuously, until mixture comes to a boil. Reduce heat and simmer for approximately 5 minutes, stirring occasionally, until sauce reaches desired thickness.

TIPS

Cook 1 cup (250 mL) of rinsed dry lentils in a large pot, with 3 cups (750 mL) of water. Bring to a boil, cover, reduce heat and simmer until tender, about 15 minutes (be careful not to overcook). Drain and rinse with cold water.

Lentils are economical, and a fantastic source of plant protein. Protein is important for maintaining muscle mass. Lentils can be cooked in large batches, frozen in 1 cup quantities, and added to a variety of dishes including soups, stews and pasta sauces.

high in fibre with 15 grams of dietary fibre per cup! They are also a good source of vegetable protein, folate and other vitamins and minerals like potassium and iron. All of which support a healthy diet.

Technology plays an important role in the success of lentil production in Canada. Since the plant has a shallow root system, it does not compete well against weeds. As part of an integrated pest management system, farmers have access to herbicides

to control weeds when necessary and ensure a healthy crop. Canadian farmers also have access to herbicide-tolerant lentils, which improve weed control by allowing farmers to apply an herbicide to control weeds without harming the crop.



WHEAT

50

Wheat is Canada's largest crop and it has a reputation around the world for being of the highest quality. The majority of wheat grown in Canada is grown in the prairies. This cereal crop has many different uses, including flour for baked goods and pasta.

Over the years, wheat harvests in Canada have been threatened by various fungal diseases. In the early part of the 20th century, epidemics of a disease called stem rust destroyed millions of tonnes of wheat. Fortunately, plant breeders

were able to develop improved varieties of wheat that were resistant to the disease.

As changing climate conditions, a global trade system and pest adaptability lead to constantly evolving insect, weed and disease

Whole Wheat Pizza Dough

WINTER



MAKES
8 servings



PREP TIME
20 minutes

RISE TIME
1 hour

COOKING TIME
20 minutes

INGREDIENTS

- 2 tsp (10 mL) sugar
- 1 ½ cups (375 mL) warm water
- 2 tbsp (25 mL) active dry yeast
- 2 tbsp (25 mL) canola oil
- 1 tsp (5 mL) salt
- 2 cups (500 mL) whole wheat flour
- 1 cup (250 mL) all-purpose flour

COOKING DIRECTIONS

- ¹ In a large bowl, dissolve sugar in warm water. Sprinkle yeast on top and let stand for 10 minutes until foamy. Whisk in oil and salt.
- ² Add whole wheat and all-purpose flours to bowl, mix and scrape out dough onto a floured board. Knead gently until dough forms a smooth ball, approximately 5 minutes. Divide dough into two equal balls. Place each dough ball into a medium greased bowl and cover with plastic wrap or a tea towel.
- ³ Let stand for one hour, or until dough has doubled in size.
- ⁴ Preheat oven to 425°F (220°C). Press dough out onto large pizza pans, top with tomato sauce, cheese and desired toppings. Bake for 15–20 minutes, or until cheese is bubbly and crust is golden brown.

TIP

Whole wheat flour is high in dietary fibre. Dietary fibre is a key nutrient for digestive health. This pizza dough can be frozen for up to two weeks. Freeze after kneading. Thaw in the refrigerator overnight.

pressures, farmers need ongoing access to new wheat varieties and pest control products to grow strong, healthy crops.

Pesticides are an important tool that farmers use to protect their crops

against pests, and to be as productive as they can on existing farmland. Without pesticides, Canadian wheat farmers would need about 25 per cent more land to grow the same amount of wheat they do today.



POTATOES

52

Canada is known for its potato production. This staple vegetable in many North American diets is as versatile as they come. Potatoes can be boiled, baked, fried, mashed, diced and grated, and used in anything

from winter stews to summer salads. Canadian potato farmers grow more than \$1 billion worth of potatoes every year, spread across the country, with the highest level of production in Prince Edward Island.

However, Canadian farmers would produce about 40 per cent fewer potatoes without pesticides to protect their crops against insects, weeds and diseases. The Irish potato famine is a prime example of the impact a single

Warm Winter Potato Salad

with an Apple Twist

WINTER



MAKES
5 servings



PREP TIME
20 minutes

COOKING TIME
20 minutes

INGREDIENTS

SALAD

- 8 small or 6 medium red potatoes, washed and chopped into bite-sized pieces
- ½ tsp (2 mL) salt
- ¼ cup (60 mL) finely chopped red onion
- ½ cup (125 mL) finely chopped red bell pepper
- 1 stalk celery, finely chopped
- 1 apple, cored and chopped
- 1 tbsp (15 mL) chopped parsley (extra for garnish, if desired)

DRESSING

- ½ tsp (2 mL) **each** salt and freshly ground black pepper
- ¾ cup (175 mL) mayonnaise
- 2 tbsp (25 mL) fresh lemon juice
- 2 tbsp (25 mL) Dijon mustard
- 1 tbsp (15 mL) maple syrup

COOKING DIRECTIONS

- ¹ Place chopped potatoes in a large saucepan and cover with water. Add salt to water. Bring to a boil, reduce heat and simmer for approximately 15 minutes, or until a fork can easily be inserted into a potato. Drain well.
- ² Combine onion, red pepper, celery, apple, parsley and potatoes in a large bowl.
- ³ In a medium bowl, whisk together dressing ingredients.
- ⁴ Gently combine dressing with potatoes and other vegetables. Garnish with additional chopped parsley, if desired.

TIP

Potatoes are an excellent source of potassium, an important nutrient for healthy blood pressure and heart health. They are also a rich source of vitamin C, playing a key role in maintaining a healthy immune system.

pest can have on a crop. Blight, the disease that wiped out much of the potato crop in Ireland during the famine, still exists today but farmers are able to successfully control it thanks to pesticides.

Biotechnology has also been applied to this important vegetable to create potatoes that are less prone to browning, bruising and black spots. This technology has the ability to significantly reduce food waste.



FLAX

Summertime on the Canadian prairies brings beautiful blue fields of flowering flax. The cool northern climate of the prairies makes it the perfect fit for growing flax. Canadian brown flax has become a consumer favourite and the omega-3 fatty acids and soluble fibre in flax help add to its popularity. Omega-3 fat is healthy

fat for the heart and soluble fibre helps lower cholesterol.

Ground flax seeds are the best way to get the most nutrition this seed has to offer. Grinding the seeds makes them easier to digest and helps release their nutrients. You can buy ground flax seeds or grind them yourself with the tools you already

have in your kitchen such as a coffee grinder, food processor or a blender.

Flax has risen in popularity among North American consumers who now eat more flax breads and baked goods than ever before. In fact, the demand for flax has tripled in North America over the last decade. And while Canadian consumers are

Cinnamon Zucchini Flax Loaf



MAKES
12 servings



PREP TIME
15 minutes

COOKING TIME
60 minutes

INGREDIENTS

- 2 large eggs
- ½ cup (125 mL) canola oil
- ¾ cup (175 mL) sugar
- 1 tsp (5 mL) vanilla
- 1 ½ cups (375 mL) zucchini, finely grated
- ½ cup (75 mL) ground flax seed
- 1 ½ cups (375 mL) all-purpose flour
- 1 ½ tsp (7 mL) ground cinnamon
- ¼ tsp (1 mL) ground cloves
- 1 ½ tsp (7 mL) baking powder
- ½ tsp (2 mL) baking soda
- ¼ tsp (1 mL) salt
- ½ cup (125 mL) dried cranberries or raisins (optional)

COOKING DIRECTIONS

- ¹ Preheat oven to 350°F (175°C). In a medium bowl, whisk together eggs, oil, sugar and vanilla. Once well combined, add zucchini and mix well.
- ² In a large bowl, combine ground flax, all-purpose flour, cinnamon, cloves, baking powder, baking soda, and salt. Add dried cranberries last and coat with flour mixture. Add wet ingredients to dry, and mix gently until well combined.
- ³ Pour batter into a well-greased 9 x 5 inch (23 x 13 cm) loaf pan. Bake for 50–60 minutes, or until a toothpick inserted in the centre comes out clean. Cool on a rack for 5 minutes before removing loaf from pan.

TIP

Grind whole flax seeds in small batches using a coffee bean grinder for best results. Measure flax for recipe after grinding.

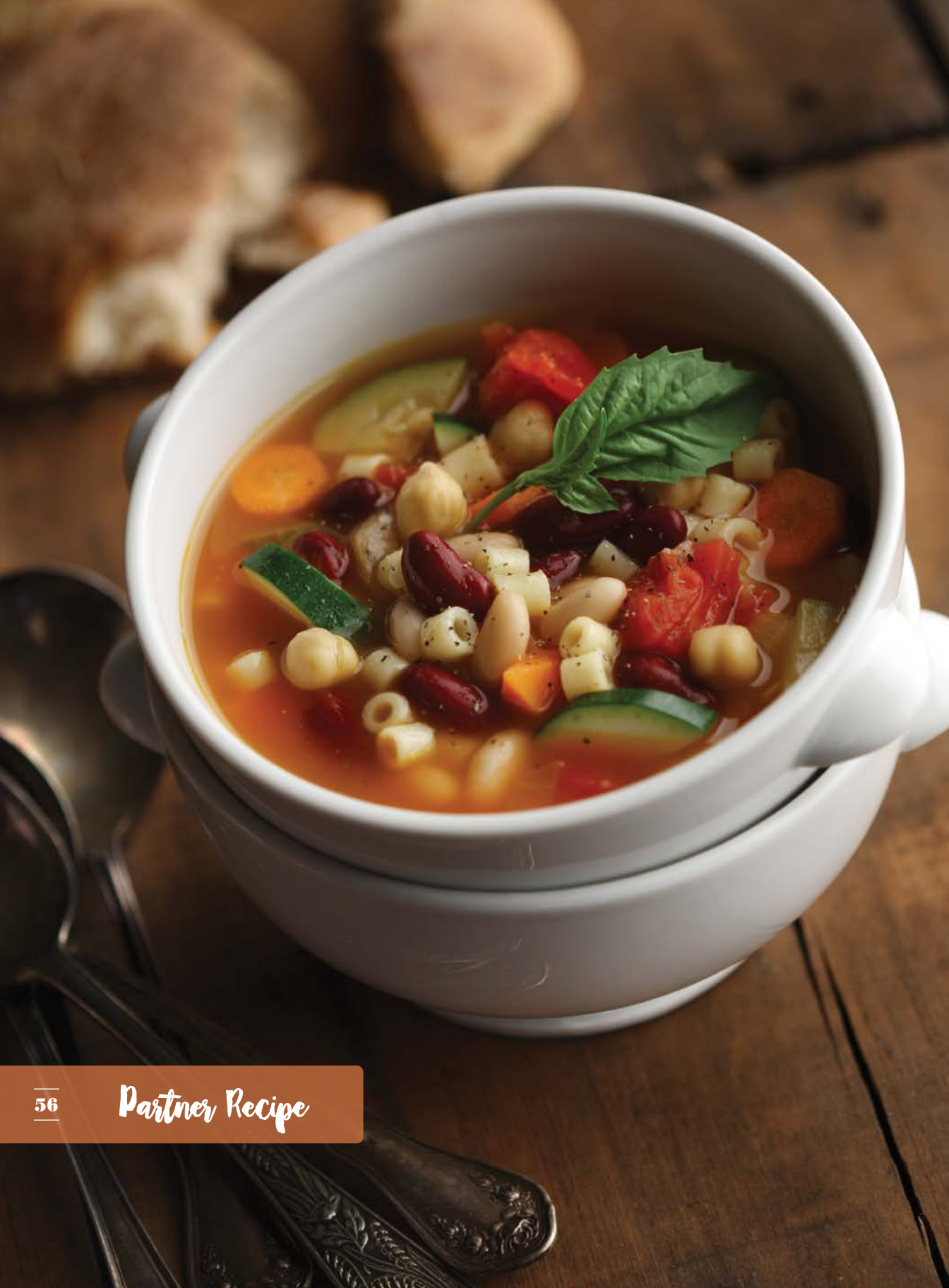
enjoying more flax, about 80 per cent of the flax grown in Canada is exported around the world to places like China, the United States and Europe.

Like growers of most crops, flax farmers must be on the lookout for pests that can threaten their crop. When it comes to insects, there are

a variety of different ones that can impact a flax crop. Some insects can be beneficial to the crop while others, if present at high enough levels, can destroy a crop.

Farmers monitor their fields by walking through them to evaluate what insects are in their fields and

at what levels. Only after they've determined that there are high enough levels of harmful insects will the farmer take action to control the insect pest, which can include applying an insecticide. This ensures that the farmer has a viable crop at the end of the season.





From the kitchen of **Pulse Canada**

Pulse Canada is the national industry association that represents growers, processors and traders of pulse crops (lentils, peas, beans and chickpeas) in Canada. Pulses are an essential part of a healthy and sustainable diet. For more information on the health nutrition and sustainability benefits of pulses, visit www.pulses.org.

WINTER



Magnificent Minestrone

INGREDIENTS

- 2 cups (500 mL) short pasta of your choice, cooked
- 2 tbsp (25 mL) canola oil
- 6 garlic cloves, minced
- 2 large carrots, chopped
- 3 celery stalks, chopped
- 1 large yellow onion, chopped
- 1 tbsp (15 mL) thyme leaves, finely chopped
- 1 bay leaf
- 1-19 oz can (540 mL) white kidney or great northern beans, rinsed and drained
- 1-19 oz can (540 mL) red kidney beans, rinsed and drained
- 1-19 oz can (540 mL) chickpeas, rinsed and drained
- 1-19 oz can (540 mL) diced tomatoes
- 1 cup (250 mL) green cabbage, shredded
- 2 medium zucchini, chopped
- 8 cups (2 L) reduced sodium chicken or vegetable broth
- 1 tbsp (15 mL) pepper

COOKING DIRECTIONS

- 1 Cook pasta according to directions on package. Cook until al dente, drain and toss with half the oil. Set aside.
- 2 In a large saucepan, heat remaining oil on high. Add garlic and sauté until golden. Lower heat to medium and add carrots, celery and onion. Cook until soft, stirring often, about 10 minutes. Add thyme and bay leaf. Turn heat to high. Add beans, chickpeas, tomatoes, cabbage and zucchini. Add broth and bring to a boil. Lower heat and simmer for 15-20 minutes, skimming foam from top.
- 3 Season with pepper and remove bay leaf. Add cooked pasta and enjoy!



MAKES
6 litres



PREP TIME
25 minutes

COOKING TIME
40 minutes



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