Recipe of the Month

For Vitamins and Minerals...

**Grilled Veggie Sandwich**

**The Filling:**
- 3 tbsp balsamic vinegar
- 2 tsp olive oil or canola oil
- 1/4 cup minced fresh basil
- 1 small eggplant, peeled and sliced lengthwise
- 1 medium sweet red, orange or yellow pepper, sliced
- 1 small red onion, sliced and separated into rings
- 1 small zucchini, thinly sliced
- 1 small yellow summer squash, thinly sliced

**The Spread:**
- 1/4 cup of fat-free plain yogurt
- 2 tbsp reduced-fat mayonnaise
- 1 tsp lemon juice
- 4 french rolls, warmed

**Nutrition Facts per Serving (One Sandwich)**
- 275 kcal, 7 g fat, 421 mg Sodium, 47 g CHO, 8 g Fiber. 9 g Protein.

**Directions:**

1. Combine the vinegar, oil and basil in a large bowl. Add vegetables, toss and coat. Note that the above mentioned vegetables are only suggestions, be creative and add your favorites.

2. Either grill vegetables on a BBQ or place vegetables in a single layer in a large roasting pan and roast uncovered at 450°F for 20-30 minutes. Remember to turn occasionally.

3. In a small bowl, combine yogurt spread ingredients. Hollow out the rolls if necessary. Serve the roasted vegetables on the rolls with the yogurt spread.

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What Vegetables to Choose?

The BEST TIP for increasing FRUITS/VEGETABLES in your diet is to ensure that you include at least one serving of either in every meal and snack!

Make Time for Fruits and Vegetables

Breakfast:
- Add fruit to cereal, yogurt or granola
- Include a piece of fruit
- Add vegetables to omelettes
- Include fruit in breakfast shakes

Lunch:
- Try vegetables and hummus
- Include vegetables in soups, sandwiches and wraps
- Have salad
- Include a V8

Supper:
- Always include a vegetable either raw or cooked
- Include vegetables in stews, chilli and sauces
- Add vegetables to pizza, lasagnes and curry dishes
- Stir-fry more often

Dessert:
- Try sherbet instead of ice cream
- Add fruit to ice cream or frozen yogurt
- Drizzle a fresh bowl of fruit with chocolate sauce

Snacks:
- Have a piece of fruit with a slice of cheese or 1/4 cup of nuts
- Vegetables and dip
- Fruit and yogurt
- Trail Mix including dried fruit
- Celery and cheese spread

Dark Green Leafy Vegetables are an excellent source of fibre, iron and omega 3 fatty acids. Consume your dark green vegetables with a source of vitamin C (fruit or a glass of orange juice) to aid in iron absorption.

Colourful fruits and vegetables are high in antioxidants which are important for removing harmful bi-products from the body.

Fresh or Frozen. As long as you are eating your fruits and vegetables freezing them does not drastically affect the nutrient content. Try to avoid over-cooking your vegetables to keep the nutrients in.

Keep the Skins ON! The skins on fruits and vegetables are excellent sources of vitamins and fibre.

What Nutrients Do Vegetables Provide Us With?

1. **Phytochemicals**—These compounds are believed to contribute to overall general health and may provide some defence against diseases, like diabetes, heart disease and some cancers.
2. **Fibre**—Not only is fibre needed for overall good health, but it has been shown to decrease cholesterol and lower the risk of developing colon cancer.
3. **Vitamins and Minerals**—In addition to being necessary for overall good health, certain vitamins and minerals are thought to contribute to the prevention of a variety of diseases.