Recipe of the Month
Boosting Veggie Intake!
Harvest Vegetable Curry

Serve this colourful and flavourful dish over couscous, bulgur, or brown rice. The chickpeas and grain complement each other to form complete protein. Makes 6 servings.

**Ingredients:**

<table>
<thead>
<tr>
<th>2 cups</th>
<th>Carrots, sliced</th>
<th>2</th>
<th>2 tbsp</th>
<th>Minced gingerroot</th>
<th>25 mL</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>Peeled, cubed squash (1-inch pieces)</td>
<td>1 tsp</td>
<td>3</td>
<td>Cumin</td>
<td>5 mL</td>
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<tr>
<td>2 cups</td>
<td>Broccoli florets</td>
<td>¼ tsp</td>
<td>Cloves garlic, minced</td>
<td>3</td>
<td>1 mL</td>
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<tr>
<td>1</td>
<td>Sweet red pepper, cut in strips</td>
<td>½ cup</td>
<td>Hot pepper flakes (optional)</td>
<td>125 mL</td>
<td></td>
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<tr>
<td>1</td>
<td>Small yellow zucchini, cut in strips</td>
<td>2 tsp</td>
<td>Chicken or vegetable stock or water</td>
<td>25 mL</td>
<td></td>
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<tr>
<td>1</td>
<td>Red onion, cut in wedges</td>
<td>3 cups</td>
<td>Lemon juice</td>
<td>750 mL</td>
<td></td>
</tr>
<tr>
<td>1 cup</td>
<td>Cooked chick-peas</td>
<td>2 tbsp</td>
<td>Cooked brown rice or couscous or bulgur</td>
<td>25 mL</td>
<td></td>
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<tr>
<td>1 tbsp</td>
<td>Olive or vegetable oil</td>
<td>3 cups</td>
<td>Chopped fresh coriander or parsley</td>
<td>25 mL</td>
<td></td>
</tr>
<tr>
<td>1 tbsp</td>
<td>Curry powder</td>
<td>1 mL</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Directions:**

1) Steam carrots and squash for 5 minutes
2) Add broccoli, red pepper, zucchini, and red onion; steam for 5 minutes
3) Add chick-peas; steam for 3 or 5 minutes or until vegetables are tender-crisp
4) Meanwhile, in a small saucepan, heat oil over medium heat; cook curry powder, gingerroot, cumin, garlic, and hot pepper flakes, stirring often, for 2 minutes
5) Add stock and lemon juice; simmer, uncovered, for 2 minutes
6) Toss vegetables with sauce and serve over hot rice, couscous, or bulgur.
7) Garnish with coriander or parsley

Nutritional info per serving: Calories 263, fat 4 g (trace of saturated fat), fibre 8 g, protein 8 g, carbohydrate 50 g, cholesterol 0 mg, sodium 386 mg, potassium 708 mg, Good source of thiamine, Niacin, and iron. Excellent source of Vitamin A and C.

Anne Lindsay’s Lighthearted Everyday Cooking.

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**Recommended Daily Intake:**

Try to aim for at least 4 servings of vegetables a day! (5-10 servings of fruits and vegetables)

1 Serving of Vegetables is,

- ½ cup of chopped veggies (measured raw)
- 1 cup of leafy veggies
- ½ cup of tomato sauce

Different veggies contain different nutrients, so it is important to each a wide variety (especially different **coloured** veggies)

Generally the **darker** the vegetable the more nutrients it contains (try eating spinach or romaine lettuce instead of iceberg lettuce!)

Also for most veggies the longer you cook them the more nutrients will be lost, thus try to eat your veggies **raw or al-dente**, or if cooking try stir-frying, sautéing, steaming, or including the vegetables in sauces or stews. Finally when you do boil veggies use just enough water to cover them and a minimal amount of time.
Why Eat More Veggies?

• Vegetables are full of vitamins, fibre, phytochemicals and antioxidants to help your body fight disease and perform at its best.
• Dark green leafy vegetables, asparagus, and green peas are just 3 examples of great sources of folic acid, a B vitamin needed for healthy blood and known to protect against neural tube defects during pregnancy.
• Many vegetables contain insoluble fibre, which helps keep bowels regular and healthy. You get more fibre by eating the skin!
• Phytochemicals are beneficial substances produced naturally by plants - epidemiological studies show that they help reduce the risk for heart disease, stroke, and cancer. There are thousands of different types of phytochemicals, and many of them also act as anti-oxidants.
• Anti-oxidant rich vegetables lower your risk for heart disease, stroke and certain types of cancer, examples include dark green, broccoli, red and orange vegetables like peppers, and tomatoes. Generally the more colourful the vegetable, the more antioxidants it contains.


Tips to Increase Your Veggie Intake!

• Add vegetables as toppings on sandwiches, wraps, tacos, fajitas, or quesadillas (1/2 cup of tomato, green pepper, and cucumber = 1 serving)
• Include vegetables in your omelettes and scrambled eggs by sautéing green and red peppers, mushrooms, and onions, and adding them while the eggs are setting (1/2 cup total = 1 serving)
• Ask for at least two or three vegetables when ordering pizza. If you buy a store-bought pizza with minimal veggies, then chop a few of your own up and add them before cooking.
• If you find yourself snacking while you’re making dinner, try to munch on some baby carrots, rather than crackers or cookies. Just five baby carrots give you an entire day’s supply of vitamin A!
• When you’re planning dinner, try to imagine half of your plate as vegetables, ¼ as your protein source (e.g. meat, beans, tofu, eggs, etc.), and the remaining ¼ as your starch (e.g. potatoes, pasta, rice, etc.). If you really want to bump up your veggies, then make your starch a starchy vegetable, like potatoes, sweet potatoes, or corn.
• To save time, prepare enough salad or chopped, raw vegetables for 2-3 meals at once. If you have the vegetables on hand, then you’re more likely to grab them at your next meal or snack.
• If you don’t enjoy the taste of vegetables, consider using low-fat salsa, tzatziki, ranch or nutritious dips (e.g. hummus) to help encourage you to eat them more regularly.
• Be adventurous - try a new vegetable (ie. Spaghetti squash, yam, fennel, snow peas, and artichoke)