



Good Food Box January 2011

Recipes from the Good Food Box



Glazed Carrots

- * 1lb carrots
- * 3Tbsp peach jam
- * 1tsp grated orange zest
- * 1tsp dijon mustard
- * 1/4 tsp ground thyme

DIRECTIONS:

1. Peel carrots & chop into 2" sticks. 2. Steam carrots until tender about 10mins. 3. While carrots are cooking, prepare glaze. Combine jam, orange zest, mustard & thyme in a small saucepan. 4. Cook over medium heat until bubbly, about 2mins. 5. Toss cooked carrots with glaze & serve immediately.

** Makes 4 servings.

Spicy Stir-Fry Chinese Cabbage

- * 1lbs sui choy
- * 1 garlic clove
- * 2 green onions
- * 2Tbsp veggie oil for stirfrying
- * 2-3tsp chili paste, according to taste
- * 1Tbsp rice or white wine or lemon juice
- * 1/2 tsp salt, optional
- * 1/4 cup water
- * 1tsp sugar
- * 1-2tsp soya sauce, optional
- * 1tsp cornstarch mixed in 4tsp water

DIRECTIONS:

1. Rinse the cabbage & pat dry. Remove the leaves & cut diagonally into 1" pieces. Finely chop the garlic. Rise the green onion & cut into 1" lengths. 2. Heat the wok & add 2Tbsp of oil. When the oil is hot, add the chile paste. Stir fry for 30secs, then add the garlic. Stir fry for a few secs until fragrant & then add the cabbage. 3. Stir fry the cabbage for 1min, splashing with the wine or lemon juice & stirring in the salt, if using. Add the water. Turn down the heat, cover & simmer the cabbage for 3mins. 4. Turn the heat back to med high. Stir in sugar & green onion. Stir in the soy sauce if desired. 5. Push the cabbage to the sides of the wok. Give the cornstarch & water mixture a quick stir & add it in the middle, stirring quickly to thicken. Cook briefly to mix everything together. ** Serve hot.

In the January Box

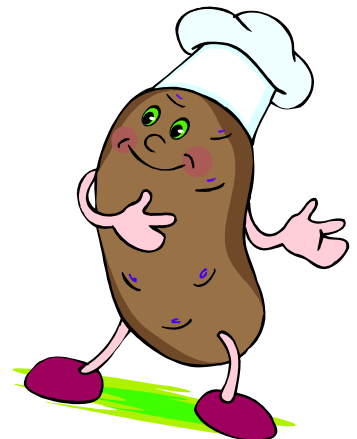
- 5lbs Potatoes
- 2lbs Carrots
- 2lbs Onions
- 1lb Broccoli
- 1 Spinach
- 2lbs Sui Choy
- 1.5lbs Roma Tomatoes
- 1 Cucumber
- 5lbs Apples
- 11 Oranges
- 2.5 Bananas



Many thanks to **Seahorse Solutions**, who created a website for us. www.goodfoodbox.net

January Suppliers Thank You!

Swan Lake Nurseryland & Fruit Market
Okanagan Grown Produce
Quality Greens Farm Market



Quinoa

(pronounced KEEN-wah)

Rather than concentrating on the color of foods- which I LOVE to do, I thought that this month it might be fun to explore what I would consider a brown or off-white food- **Quinoa**. Most often used as & thought of as a grain, **Quinoa** is in fact a relative of green leafy vegetables such as spinach & Swiss chard & can be a great compliment to your more colorful foods as it can help create a satisfying, low fat meal that provides you with good minerals such as magnesium & good vitamins such as B and E. When we think of "grains" the first one that comes to mind is usually wheat. It is what most of us think of as we think of pasta, breads & cereals. It is important to vary up your sources of starchy carbohydrates & that is where **Quinoa** can be a great option. In addition to it being a great source of Magnesium & your B-Vitamins as well as a great carbohydrate source **Quinoa** is a better source of Protein relative to grains such as wheat & contains ALL 9 Essential Amino Acids (the building block for proteins) making it a complete protein. Take a look at the numbers- 1 cup of cooked **Quinoa** provides 8grams of Protein relative to 5.5g in oatmeal or 1cup of white rice which has 4.4grams. So next time you are thinking about a compliment to your color, consider adding **Quinoa** to your meal. To prepare **Quinoa**, it is really quite simple. If you can make rice you can make **Quinoa**. For each 1cup of **Quinoa**, you will want 1.5cups of water. I like to add a touch of sea salt. Bring the **Quinoa**, water & salt to a boil, stir it slightly & reduce heat to simmer & cover with tight fitting lid. Let simmer for 15mins or until soft. Remove from heat and let stand for 5-10mins, then fluff with fork. I always like to make more than I know I am going to need for my immediate meal, so I can be sure to have leftovers. You can serve **Quinoa** plain, but you can also use it as a nice base for other creations. Some options: add chopped herbs, nuts, chopped vegetables, or you can add it to your salad, serve your favorite stir-fry over it. One of my favorite ways to use **Quinoa** is as a base for a hot cereal in the morning, with it's mild nutty flavor, it is a tasty alternative to cold boxed cereals. Use your leftover **Quinoa**, add milk or milk substitute to the pot, just enough that you have covered the **Quinoa** that you have, heat over med heat, creating a pudding type consistency, then I like to add to taste cinnamon & raisins & a little honey for a great way to start your day!



CLIP and KEEP this INFORMATION

For information about the Good Food Box, call **Diane Fleming at 306-7800**. We are a volunteer organization that really appreciates your time, talents and ideas. *** Delivery service is no longer available except to those with a *specific need* LIVING WITHIN the CITY of VERNON. Cost is \$3.00; 1-2 boxes and \$5.00; 3-5 boxes ***

Vernon	Anastasia	558-5981	All Saints Anglican Church, 3205- 27 th Street..... 2 - 6pm Trinity United Church, 3300 Alexis Prk Drive..... 2 - 4pm Only Vernon Student's Association, 700 College Way Vernon Full Gospel Church, 5871 OK Landing Rd
Armstrong	Keitha	546-9384	Zion United Church, 2315 Pleasant Vly. Blvd..... 2 - 5pm
Falkland	Debbie	379-2554	Johnny's Java basement suite..... 6 - 8 pm
Westside Rd	OKIB Health Ctr.	542-5094	Pick up Head of the Lake Hall..... 12:30 - 1:30pm
Lumby & Cherryville	Kathy	547-9323	White Valley Community Center 2250 Shields Ave... 12:00 - 2:30pm
Monte Lake	Jackie	375-2482	Delivered to Door
Enderby	Yvonne Cortney	838-6496	Spallumcheen Indian Band

Please note: Boxes not picked up on these dates are sold or given to charity the following day. Please call **Diane @ 306-7800** & leave a message if you can't pick up your box. * Please remember to bring your own bags when picking up next months' GFB!



PAYMENT BY WED	PICK-UP THURS
January 11	January 19
Feb 8	Feb 16