

# Good Food Box December 2013



RECIPES FROM THE  
GOOD FOOD BOX

## Sweet Potato, Apple, Red Lentil Soup

- 2 large sweet potatoes, peeled and chopped
- 3 large carrots, peeled and chopped
- 1 apple, peeled, cored and chopped
- 1/2 tsp minced ginger
- 1/2 tsp ground pepper
- 1 onion, chopped
- 1 tsp salt
- 1/2 tsp ground cumin
- 1/2 tsp chilli powder
- 1/4 cup butter
- 1/2 cup red lentils
- 1/2 tsp paprika
- 4 cups vegetable broth



Melt butter in a large, heavy bottomed pot over medium high heat. Place the chopped sweet potatoes, carrots, apple and onion in the pot. Stir and cook the apples and vegetables until the onions are translucent, about 10 minutes. Stir the lentils, ginger, pepper, salt, cumin, chilli powder, paprika and vegetable broth into the pot. Bring to boil over high heat. Reduce to medium low, cover, and simmer until the lentils are soft, about 30 minutes. Working in batches, puree the soup until smooth and pour into a clean pot. Bring back to simmer. Serve with yogurt or coconut cream as a garnish. [recipes@qualitygreens.com](mailto:recipes@qualitygreens.com)

Many thanks to SEAHORSE SOLUTIONS who created our website: [www.goodfoodbox.net](http://www.goodfoodbox.net)



## Mix n' Mash Vegetables

- 1 1/2 cups chopped rutabaga
- 1 1/2 cups chopped carrots
- 1 1/2 cups chopped peeled sweet potatoes
- 2 tsp butter or margarine
- 1/4 tsp salt
- Freshly ground pepper



1. In a pot of boiling water, cook rutabaga, carrot and sweet potato for about 20 minutes or until tender. Drain well and transfer to a bowl.
2. Mash or whip vegetable mixture until smooth. Stir in butter and salt. Season to taste with pepper.

If you have any recipe ideas that you would like to share, please call Diane at 545-7617.

## *December Suppliers \* Thank You! \**

Bella Vista Farm Market,  
Okanagan Grown Produce, Quality Greens Farms Market,  
Swan Lake Nurseryland Fruit Market

## **In the December Box**

- 5 lbs potatoes \*\* 2 lbs carrots
- 2 lbs onions \*\* 1 lettuce \*\* 1 lb broccoli
- 1 lb green pepper \*\* 1 lb romas \*\* 2 lbs yams
- 5 lbs apples \*\* 2 lbs bananas
- 2 lbs organic mandarins



Good Food Box prices are:  
\$16.00 for a regular box  
\$10.00 for a small box.

# Healthy Holiday Eating

It's that time of year again when holiday parties and family gatherings can make it difficult to stay on track with healthy eating. There's no reason you can't enjoy some of your holiday favourites, but spend your calories wisely. Planning ahead to be active and eat well is the best way to prevent unwanted weight gain during the holidays. Here are some tips to help you avoid over-indulging:

- Don't starve all day; eat breakfast, lunch and a light snack before an event.
- Offer to bring a favourite low calorie dish to parties.
- Fill your plate with healthy options such as fresh vegetables, shrimp cocktail, hummus, smoked salmon, and lean meats instead of deep fried appetizers, mini quiches, and creamy dips.
- Limit alcohol and sweet drinks (lots of calories hiding here!) - include plenty of water throughout the evening.
- Eat slowly and enjoy each mouthful.
- Leave the buffet table when you are done



----- 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

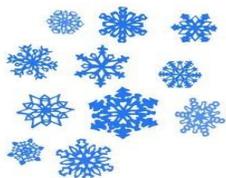
**\*\* Delivery service is no longer available except to those with a specific need LIVING WITHIN the CITY of VERNON**

Cost is \$3.00 for 1-2 boxes ~ \$5.00 for 3-5 boxes

Vernon	Anastasia	558-5981	All Saints Anglican Church, 3205-27 Street Trinity United Church, 3300 Alexis Park Drive Vernon Student's Assoc., 7000 College Way Big Chief Mobile Home Park, Clubhouse	2—6 p.m. 2—4 p.m. only 2—4 p.m.
Armstrong	Keitha	546-9384	Zion United Church, 2315 Pleasant Valley Blvd.	2—5 p.m.
Falkland	Anne Marie	379-2762	5683 Tuktakamin Rd.	6—8 p.m.
Westside Road	OKIB Health Centre	542-5094	Head of the Lake Hall	12:30—1:30 p.m.
Lumby & Cherryville	Kathy	547-9323	White Valley Community Centre, 2250 Shields Ave	12:00—2:30 p.m.
Monte Lake	Jackie	375-2482	Delivered to Door	

Please Note: Boxes not picked up on these dates are sold or given to charity the following day. Please call Diane at 306-7800 and leave a message if you cant pick up your box.

**\*\*Please remember to bring your own bags when picking up next month's GFB!\*\***



PAYMENT BY WEDNESDAY	PICK UP THURSDAY
January 9	January 16
February 12	February 20

