

Good Food Box January 2013



Fresh Beet Soup with Yogurt

- 2lb small beets
- 1tbsp soft margarine
- 1 lrg onion, chopped
- ¼cup lemon juice
- 2tsp dill (dried)
- 1 lrg carrot, grated
- 1cup chicken stock (or water)
- 2/3 cup low-fat plain yogurt
- Salt & freshly ground pepper



Garnish:

Yogurt & thin strips or slices lemon or orange rind
Wash beets & trim, leaving 1"/2.5cm of the ends attached. **In** large saucepan, cover beets with water & bring to boil, reduce heat & simmer, covered, for 20-30mins or until tender. **Remove** beets from saucepan; reserve cooking liquid.
When beets are cool enough to handle (or under cold running water), slip off skins & stems. **Cut** beets in 1/2. **In** large saucepan, melt margarine over med heat; add onion & cook until tender. **Add** 3cups/750mL reserved cooking liquid, beets, lemon juice, horseradish, carrot & chicken stock; simmer for 5mins. **In** blender or food processor, puree mixture in batches & return to saucepan; stir in yogurt. **Season** with salt & pepper taste.
Reheat over med-low heat being careful not to boil. **Garnish** each serving with spoonful of yogurt & strips of orange or lemon rind. **Makes** 8 servings, ¾ cup/175mL each.

Broccoli Frittata

- 1bunch broccoli
- 1tbsp veggie oil
- 1cup sliced onions
- 6eggs, slightly beaten
- 1tsp salt
- Pinch pepper
- ½ cup grated mozzarella cheese



Trim ends from broccoli & peel stems & flowers into ¾" pieces until you have about 4cups. **Steam** or cook broccoli in boiling water until tender, drain thoroughly. **In** a 10" skillet, heat oil; add onion & garlic & cook over med heat until onion is tender. **Stir** in broccoli. **Beat** together eggs, salt, pepper; pour over broccoli mixture & sprinkle with cheese. **Cover** & cook over low heat until set but moist on top- about 5-10mins. **Loosen** edges of frittata & serve in pie shaped wedges. Serves 4.

January Suppliers * Thank You! *

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



In the January Box

- Potatoes
- Onions
- Carrots
- Beets
- Cauliflower
- Tomatoes
- Cucumber
- Apples
- Bananas
- Oranges

Many thanks to
SEAHORSE SOLUTIONS,
who created a website for us.
www.goodfoodbox.net

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

3 Tips to Kick start Health Eating:

It's the New Year & you've made a decision to eat healthy. But, now it's a month later & you're losing steam. So, what can you do to get back on track?

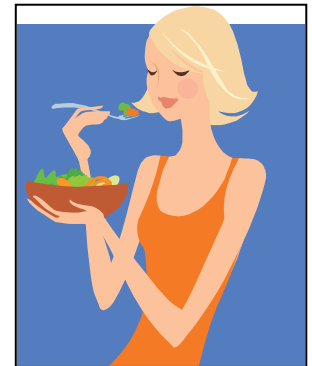
- 1. Be Realistic.** Big things happen when small changes are repeated over a lifetime. Try including a fruit at breakfast or an extra veggie at dinner & stick with it!
- 2. Focus on the Positive.** All too often, resolution can leave you feeling deprived. Focus on all of the great tasting healthy foods that you will be eating more of rather than dwelling on foods you have chosen to cut back on. **Have some fun cooking a new recipe.**
- 3. Find Support.** Talk to your friends, family or co-workers about the changes you would like to make & encourage others to join you.

For more healthy eating tips....

Sign up for the latest Dietitians of Canada healthy eating app, eaTipster & get daily tips delivered right to your smart phone. It's free!

Look here for healthy cooking inspiration:

<http://www.dietitians.ca/Your-Health/Plan-Shop-Cook/Cook-Healthy.aspx>



----- 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

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
Jan 9	Jan 17
Feb 13	Feb 21

