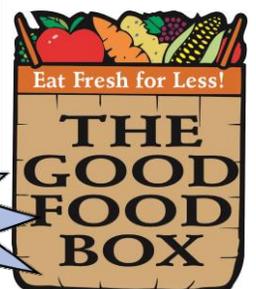


January Good Food Box



RECIPES

Low Cal Tuna Patties

- 2 tins Tuna, drained
- 1 egg
- 1/2 small onion, chopped fine
- 1/4 cup celery, chopped fine
- 1/4 tsp soy sauce
- 1/4 tsp dry mustard
- 1/4 tsp basil
- 1/4 tsp sage
- 1/4 tsp celery salt
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- Cornflake crumbs



- Combine egg, onion, celery, soy sauce, mustard, and spices with the drained tuna.
- Roll in cornflake crumbs. Put in greased casserole dish and bake in oven at 375 F for 15 to 20 minutes.

Every Day Vegetable soup

- 2 cups chopped onions
- 1 cup thinly sliced celery
- 2 tsp Italian seasoning
- 5 cups vegetable or chicken broth
- 1 can diced tomatoes, with juice
- 1 tsp tomato paste
- Salt and pepper to taste
- 8 cups mixed vegetables fresh or frozen, such as carrots, corn, green beans, peas, potatoes, and zucchini (cut large vegetables into smaller size)

1. Heat oil in large stockpot over medium heat. Add onions, celery and Italian seasoning: season with salt and pepper. Cook, stirring frequently, until onions are translucent. (5 to 8 min)
2. Add broth, tomatoes and their juice, tomato paste and 3 cups of water to pot: bring mixture to a boil. Reduce heat to a simmer, cook uncovered 20 minutes.
3. Add vegetables to pot, and return to a simmer. Cook, uncovered, until vegetables are tender (20 to 25 minutes)

Serves 8



In the January Box...

- 5 lbs. potatoes
- 2 lbs. onions
- 2 lbs. carrots
- 1 lettuce
- 1 lbs. broccoli
- 2 lbs. beets
- 1 lbs. tomatoes
- 4 lbs. apples
- 2 lbs. bananas
- 6 oranges

Good Food Box prices:
 \$17.00 Regular Box
 \$10.00 Small Box

To those with a specific need living within the city of Vernon, you may qualify for delivery service cost is \$3.00 for 1-2 boxes or \$5.00 for 3-5 boxes

January Suppliers

Chronos Foods
 Okanagan Grown Produce

Many thanks to
SEAHORSE SOLUTIONS
 who created our website
www.goodfoodbox.net

Make your own Salad Dressing!

Have fun creating your own salad dressing

4 parts oil (olive, sesame, sunflower, canola or other)

2 parts vinegar (balsamic, apple cider, herb vinegar or lemon juice)

If you want a creamy dressing use 1 part emulsifier such as Dijon mustard, soft tofu or egg yolk

If you want an oil and vinegar dressing that separates, leave the emulsifier out.

Spice to taste (try basil, oregano, parsley, mint, cumin , chili pepper, pepper, tarragon or cinnamon)

You can add salt and /or sugar to taste. Salt will make the dressing sharper flavoured and sugar will make the dressing smoother tasting.

You shouldn't need more than one teaspoon of each.

We are a volunteer organization that appreciates your time, talents and ideas. For information about the Good Food Box call **Diane Fleming** at 250-306-7800.

Please remember to bring your own bags when picking up next month's Good Food Box!



Next Month's GFB dates:

Payment by Wed	Pickup on Thurs
Feb 8	Feb 16
Mar 8	Mar 16

Please note: Boxes not picked up on these dates are sold or given to charity the following day. Please call 306-7800 on pick-up day or leave a message for Diane if you can't pick up your box

Vernon	Anastasia	558-5981	All Saints Anglican Church, 3205 27 th Street Trinity United Church 3300 Alexis Park Dr Big Chief Mobile Home Park, Clubhouse Vernon Student's Association, 7000 College Way	2- 6pm 2- 4pm 2- 4pm 2- 6pm
Armstrong	Brenda	546-1331	Zion United Church, 2315 Pleasant Valley. Blvd	1- 4pm
Falkland	Ann Marie	379-2762	5683 Tuktakamin Rd	6- 8pm
Westside Road	OKIB Health Center	542-5094	Pick up Head of the Lake Hall	11:30 - 1pm
Lumby	Pat and Poppy	545-5861	White Valley Community Center 2250 Shields Ave	11- 1pm