



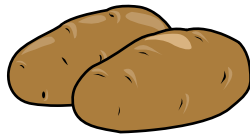
SMART SHOPPER TIPS & RECIPES

This is a great recipe for a simple supper, potlucks and special holiday dinners

Mashed Potatoes with Cauliflower

Ingredients:

- 4 large potatoes or the equivalent
- 1 medium head of cauliflower



Optional ingredients:

- Pepper
- Garlic
- Cheese (grated)
- Non-hydrogenated margarine



Options:

1. Add margarine, pepper or garlic powder for flavour.
2. Sprinkle with any kind of grated cheese prior to serving.

Instructions:

- Wash cauliflower well.
- Cut out the main stem and save it to grate into soup or use chopped in a stew.
- Break flowers off of the main head in medium sized chunks.
- Peel potatoes and cut each in 6 equal pieces.
- Place potatoes and cauliflower in a pot and cover with water.
- Bring to a boil and continue to boil until cauliflower and potatoes are soft.
- Drain very well.
- Mash the cauliflower and potatoes together until smooth.
- Serve immediately.



Eating Well with Canada's Food Guide recommends eating vegetables and fruit at all meals and as snacks. Visit www.canadasfoodguide.org.

Eat more dark green and orange vegetables

Different vegetables are rich in different nutrients like vitamins A and C, potassium, magnesium and folate.

Dark green vegetables are rich in folate - such as broccoli, kale, spinach, romaine lettuce, and green peas. Folate is important for the healthy growth of a baby in early pregnancy. Women who plan to become pregnant should eat a diet rich in folate.



Orange vegetables are rich in vitamin A - such as sweet potatoes, carrots, squash and pumpkin. Vitamin A helps keep eyes healthy and your immune system working well.

Tasty Ideas

Add vegetables of different colors to your meals each day. Add any of the following to pasta sauce:

- grated carrots
- chopped broccoli flowers and grated stems
- chopped spinach
- grated zucchini



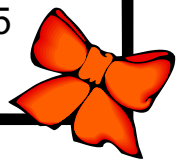
Good Food Box

Great Christmas Gift Idea

Give the gift of healthy eating this Christmas...a full box of vegetables and fruit for \$10.00 OR a larger box with additional grocery staples & vegetables and fruit for \$20.00

Prepay for a "Good Food Box" for that special person.

For information call your local Community Development Council (CDC) of Quinte Office
Belleville 613-968-2466
Bancroft 613-332-2635
Madoc 613-473-5255



Tip of the month

Use up those dry food items and canned foods before it's too late! Pick out a can that has been pushed to the back of the cupboard. Do a search on the Internet for recipes that use this item. (Most libraries have free computer use including the Internet)