



Food of the Month

Nutritional Information
& Recipes

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A healthy community through the
power of good food

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FEATURED FOOD: TOMATOES

Tomatoes are considered one of the foods that are best consumed with fats. When tomatoes are eaten along with healthier fats, like avocado or olive oil, the body's absorption of the carotenoid phytochemicals in tomatoes can increase by two to 15 times, according to a study from Ohio State University.

Tomatoes are rich in potassium, a mineral most of us don't get enough of, 1/2 cup of tomato sauce has 454 milligrams of this needed mineral. Tomatoes contain all three high-powered antioxidants: beta-carotene (which has vitamin A activity in the body), vitamin E, and vitamin C.

In particular, tomatoes contain awesome amounts of lycopene, thought to have the highest antioxidant activity of all the carotenoids. The tomato skin also holds most of the flavonols, so to maximize the health properties of tomatoes, don't peel them if you can help it!



RECIPE: SIMPLE TOMATO SALAD

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|---|---------------------|
| 5 Roma tomatoes cut into quarters | 2 tbsp olive oil |
| 1 Avocado, pit and peel removed. Cut into cubes | juice of one lemon |
| 1 small onion, diced | salt & pepper taste |
| 2 oz. feta or goat cheese (optional) | |

Slice and dice the vegetables and place them in a bowl. Sprinkle with crumbled cheese if desired. Mix the other dressing ingredients into a bowl and pour over the salad. Gently mix and serve

RECIPE: SLOW-COOKER PASTA SAUCE

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|---------------------------|--------------------|
| 1 lbs of chopped tomatoes | 1 tbsp celery salt |
| 5 cloves of garlic | 1 tbsp olive oil |
| 1 onion chopped | 1 tsp pepper |
| 1 cup of water | 1 tsp salt |
| 1 tbsp dried oregano | |

When tomatoes are in season they are very affordable which is a great time to get a big box. Even tomatoes that are soft are perfect for making a sauce with so you don't waste any food. Put all the ingredients into a slow cooker on low for 8 hours. If you don't have a slow-cooker use a pot on the stove on low for 4 hours. Stir the sauce good and you can, process the jars through a canning method or pour into large freezer Ziploc bags which will keep for 6 months in your freezer.

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Next Markets:

August 21,
(4pm-
7pm). Glenwood
Community
League.
16430-97 Ave