

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: BUTTER LETTUCE

Butter leaf lettuce's origin: Mediterranean basin in its original form. There are countless varieties that have been developed in the United States. The benchmark, Compositae family was developed by John Bibb in Kentucky in the 1850's which is where the common "Bibb varieties" come from. As the name implies, the lettuce has a slightly sweet, and almost buttery taste.

When selecting butter lettuce it is best to select a bunch that has firm & bright green leaves while avoiding wilted leaves. To keep your lettuce fresh, store washed and dried lettuce in a plastic bag in the crisper drawer of your fridge for 5 days. For "live lettuce", this is lettuce with the roots still attached, store the same but wash it immediately before use versus storage to extend its freshness.

Butter lettuce is an excellent source of Vitamin A, a good source of Vitamin C & Folate. It is also fat free, cholesterol free, sodium free, and only 9 calories for 2 cups.



RECIPE: 5-MINUTE SIDE SALAD

2 cups of butter lettuce, chopped
1 cup cherry tomatoes, sliced in half
1 cup cucumber, diced
2 tbsp, chopped walnuts

1/4 cup olive or avocado oil
1 small lemon, juiced
salt & pepper to taste

Place all produce and nuts in a bowl and gently toss. Whisk the oil, lemon juice, and seasoning in a bowl and pour over the salad, mix and enjoy.

RECIPE: THAI NOODLE LETTUCE WRAPS

2 cups rice noodles
2 large carrots, grated
1 head butter lettuce
1 cup mixed mushrooms of choice
2 tbsp sesame or poppy seeds

1 tbsp soy sauce
2 tbsp peanut butter
1 tbsp warm water
juice of 1 lime
1 tsp ground or fresh ginger

Place rice noodles in a bowl with 2 cups of boiling water, let sit for 5 minutes until the noodles are soft, strain the water, and place the noodles back into the serving bowl. Place lettuce leaves, grates carrots, chopped mushrooms and poppy seeds all on a platter or in serving bowls for people to assemble their own wraps. Place all the remaining dressing ingredients into a blender and process until smooth. Pour the peanut sauce over the warm noodles and toss until well coated. To assemble, place a leaf on your plate, top with the peanut noodle mixture, sprinkle carrots, mushrooms and seeds on top. Roll the lettuce leaf up like a wrap and enjoy.

For more recipe info, and step-by-step pictures go to: <https://rejoicenutritionwellness.com/recipe/thai-noodle-lettuce-wraps-dinner-in-under-10-minutes/>

FOOD4GOOD IS THE FOOD DIVISION OF THE JASPER PLACE WELLNESS CENTRE.



Next Markets:

April 3 (11am-2pm)

May 17 (3pm-6pm)

June 5 (3pm-6pm).

Location:

Glenwood Community League (16430-97 Ave).

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