

What's Cookin': Eat your veggies!

Eat your veg! We all need to eat lots of vegetables— but do we?

I had some friends over for dinner the other night and served a side dish of sautéed vegetables— it was nothing special, just whatever was in the crisper— some sweet peppers, onions, garlic and jalapenos. One of my guests LOVED it and asked me later what it was called. Well, I said, it really doesn't have a name— oh, he said, I wanted to be able to ask my wife to make it at home. He was quite disappointed that there wasn't some glamorous name for the dish. In hindsight, perhaps I should've made one up!

The point is, you don't really need recipes for vegetables. A non-stick fry pan, some butter, olive oil, salt and pepper are really all you need to make some great tasting veg! Boiled and steamed vegetables just don't have as much flavor as ones that are roasted, stir fried or sautéed. So, if you are normally a boiler or steamer— try something a little different.

Yes, if you are going to sauté, you need to add a little fat to the pan— but you can get away with a few spurts from a non-stick spray or, go whole hog and add the butter and oil. Only a tablespoon of each will go a long way to making your veggies taste fantastic— so isn't it worth it?

Lori Gysel & Gerry Kentner



Start with some onions in the pan— add some sliced coloured peppers, a jalapeno or two (sliced, seeds removed). Then the key is to let them cook for a good long time— let them get caramelized, then add a bit of fresh minced garlic, salt and pepper and you're ready to go. Or, chop up onions, carrots, celery and peppers into a small dice and sauté with some butter and oil, then add garlic, salt and pepper just before serving. Try tossing broccoli (stems and crowns) with a bit of oil and salt— spread on a baking sheet and roast in the oven. Once they start to get a bit of brown around the edges, throw a handful or two of spinach on top, then back into the oven until the spinach wilts. Remove from the oven and toss with a drizzle of sesame oil, salt and pepper, then serve—delicious!

Have fun and keep cooking!
Email questions and comments to Lori and Gerry at whatscookin@independent-freepress.com

Zucchini and Spinach Sauté

Ingredients

- 6 medium green zucchini
- 2 lbs fresh spinach
- 2 tbsp butter
- 2 tbsp olive oil
- 1 medium onion, sliced thinly
- salt and pepper

Method

1. Wash the zucchini and trim ends, but do not peel. Grate by hand or with food processor. Place in a sieve (over a bowl), toss with a teaspoon of salt and set aside.
2. Wash spinach well and set aside.
3. In a large fry pan, heat 1 tbsp butter and 1 tbsp olive oil over medium high heat. Place damp spinach in pan and turn occasionally, until spinach



is wilted. Remove from pan and set aside.

4. Place remaining butter and oil in pan and heat. Add onion, sauté until transparent.

5. Squeeze out zucchini by hand and add to fry pan. Stir occasionally until zucchini is tender.

6. Squeeze out spinach and add back into fry pan.

7. Add some fresh ground black pepper. Taste for salt and add if necessary. Serve.

Learn To Curl at the ACC

For seven weeks starting Thursday, January 20th, a second 'Learn-To-Curl' program will be held at the Acton Curling Club. This two-hour weekly program is scheduled for the 6:45-8:45 pm time slot. It is taught by Level Two instructors and takes participants through structured lessons on all aspects of the sport. It includes both group and individualized training. In addition to learning the sport's most critical components -- delivery balance, line of delivery and rock release -- participants get lots of time for practice of techniques. They'll also do skills' drills and get into mini-games as part of the program.

The cost of this program is \$125.00 per person [including HST].

"It's fun throwing rocks at the ACC"

Or join our new Rookie Mixed Social League

For twelve weeks starting Thursday, January 20th, the Acton Curling Club is launching a new Rookie Mixed Social League -- open to inexperienced curlers of both genders and all ages. Experienced skips will be assigned rookie team mates, or simply act as mentors to teams -- as required. This league will have two series and teams will be shuffled after the first set of games.

The cost of this 12-week program is \$147.50 per person [including HST].

Acton Curling Club

242 Churchill Rd N • Acton ON • 519-853-0110

For more information visit: www.actoncurlingclub.com or email ... reglstratlon@actoncurlingclub.com

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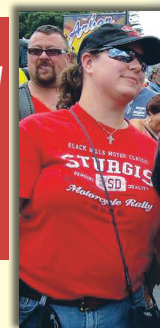
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