

## COMMENT

# Make the switch, plan your meals at the grocery store

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Gerry is writing today

Just when we are trying to eat healthier and incorporate more fruits and vegetables in our diet, the price of produce has hit the roof!

Now, we have to be more creative and plan our menus at the grocery store not before where we can see the price of our chosen ingredients. As an example, no sense in planning cauliflower as a side in your meal this past month; it now needs to take centre stage as the entrée. Totally possible, if you need to have cauliflower this week. The price has dropped significantly this last week or two, but the price is affected daily by the rainy, cool weather in the U.S. and Mexico and the value of our Canadian dollar. When the price dropped, we enjoyed a head of steamed cauliflower with cheese sauce for dinner and that was it. Delicious.

Take your time in the produce department. Take advantage of sale items, close to best before date items and clearance rack items. Is there something frozen that would work just as well? While most of us prefer fresh over canned



### What's Cookin

or frozen, remember that these fruits and vegetables are processed at the peak of their performance and reach us fresher than the trucks can deliver fresh from farm to table.

Root vegetables tend to be less expensive with a longer shelf life, such as carrots, turnip, squash, onions and potatoes.

These make great healthy and hearty soups and stews, perfect for roasting with a little olive oil, salt and pepper and an herb such as rosemary or thyme. Cabbage rather than lettuce can become your winter salad.

Some members of your family may cringe at the word leftovers, but elevate the name to Bestovers or Smorgasbord and this could become a once-a-week special evening meal where your family may look forward to. Try this as a new 2016 adventure and see what happens.

Years ago, we visited a Northern Ontario lodge every summer where we looked forward to the Saturday luncheon of Smorgasbord!

Happy eating, and have fun and keep cooking!

## Zucchini and Spinach

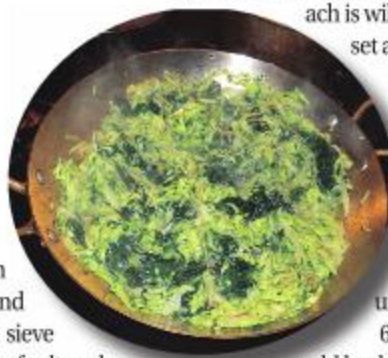
### Sauté

#### 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.

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