

Vegetables are important for Canadian diet



anne
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Nutrition

Canada's Food Guide, which has hardly changed a jot in the past 50 years, insists that healthy bodies remain so because of a balanced diet that contains plenty of vegetables.

For many Canadians, vegetables are not only a nutritional necessity; they are also the most interesting part of the main course. These people enjoy vegetables because they know how to cook them correctly and are able to use them to introduce variety into their meals.

Unfortunately, fresh and frozen vegetables have followed all good things by rising steadily in price, so unless you have a garden and had the energy and forethought to fill the freezer, even the most everyday vegetable is a high expenditure item.

If you buy fresh vegetables, only bother with those of high quality. They'll keep longer in the refrigerator crisper and you'll have less waste when you prepare them

for cooking. Try to prepare only enough for each meal because vegetables reheat poorly and there's a big loss of vitamins.

Here are just a few ways to improve on the already excellent taste of vegetables.

CABBAGE ALSACIENNE

1 white cabbage, shredded
2 tbsp. butter

1 small head celery, shredded

6 ozs. white wine, OR the same quantity of stock with 1 tsp. wine vinegar salt and pepper

1 tbsp. freshly chopped parsley

Drop the shredded cabbage in a pan of boiling salted water for one minute, then drain well.

Melt the butter in a frying pan, add the celery and cook for two to three minutes. Add the cabbage

and wine. Season well, cover and cook gently for 25 to 30 minutes. Sprinkle with parsley before serving. Serves 4 to 6.

BRAISED RED CABBAGE

1 1/2 to 2 pound red cabbage, finely shredded
1 onion, sliced
2 tbsp. butter
2 cooking apples, peeled and sliced
2 to 3 tbsp. wine vinegar
1 heaping tbsp. sugar
salt and pepper

Drop the shredded cabbage in boiling water, cook for one minute, then drain.

Slice the butter until soft but not colored. Add the apples to the onion and cook a further 2 to 3 minutes. Remove from the pan.

Put the cabbage in a casserole, alternating with the apple and onion mixture. Sprinkle with vinegar. 2 to 3 tablespoons water, sugar and seasoning. Cover with buttered wax paper and a lid and cook in a 325-degree F. oven for 1 1/2 to 2 hours.

Stir the casserole from time to time, and moisten with extra water if needed. Excellent with a roast of pork. Serves 4 to 6.

GREEN BEANS WITH BACON

1 pound green beans

1/4 pound slab bacon, diced
1 medium onion, diced
Top and tail the beans. Cook in boiling salted water until just tender. Drain, then hold under cold running water (this helps them keep their color).

Put the diced slab bacon in a frying pan and saute slowly until crisp. Add the onion and cook in the fat until soft. Add the beans and heat through, tossing fairly often (add butter or margarine if there's not much fat). Recipe serves 4.

JULIENNE OF CELERY AND POTATO

1 head of celery
3 potatoes
2 tbsp. butter
2 green onions, finely chopped
salt and pepper
freshly chopped parsley

Cut the washed celery and peeled potatoes into strips that are about one-eighth inch thick by two inches long. Keep the potatoes in a bowl of cold water until needed to prevent discoloration.

Heat the butter in a pan, add the celery and green onion, cover and shake over the heat for four or five minutes.

Drain the potatoes and dry in a cloth. Put in the pan and season. Stir carefully to mix, cover with waxed paper and a lid, cook for eight to 10 minutes or until the potatoes are tender. Serves four.

VEGETABLES IN BECHAMEL
Many vegetables are enhanced by being garnished with some bechamel sauce. Never overdo it, you don't want to lose the vegetable completely in a sea of sauce. All the vegetables must be prepared beforehand.

Cauliflower: If you can afford it, or just have a few flowerets, cook uncovered in boiling salted water until just tender. Sprouts: Trim neatly and cook as above.

Carrots: Keep whole or quarter lengthways. Bring to a boil in cold salted water with a teaspoon or so of sugar. Cook until tender. Drain.

Small onions: Bring to a boil in cold salted water and cook until tender. Drain.

Mushrooms: Keep whole or quarter if large. Saute quickly in butter with a squeeze of lemon juice. Drain on paper towels.

BECHAMEL SAUCE

This is not a true

bechamel which needs long simmering. However, it is a tasty facsimile.
1 1/2 cups milk
6 peppercorns
1 tsp. mace
1 bay leaf
1 tsp. cream (optional)
2 tbsp. butter
2 tbsp. flour
salt and pepper

Put the milk, onion, peppercorns, mace, bay leaf and cream (if used) in a saucepan. Cover with a lid and place over low heat for five to seven minutes. Pour the milk into a basin and wash the pan.

Melt the butter slowly, remove the pan from the heat and stir in the flour. Add about one-third of the milk, pouring it through a strainer. Blend

with a wooden spoon. Add the remainder of the milk, whisk if necessary to blend without lumps, then season the sauce with salt and pepper. Return to the heat and cook until the mixture bubbles. Don't let cook for more than two minutes, then test for seasoning. Place the vegetable in a casserole and cover with the sauce.

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Vegetables are a nutritional necessity, but unless they are cooked properly they can seem dull. Buy the freshest you can, store them correctly, and then cook them in imaginative ways.

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Take Notice that the Council of the Corporation of the Town of Vaughan proposes to consider, on March 5th, 1979, a by-law to stop up and close the following highway.

That part of the road allowance known as Southview Drive that is shown as part 3 on Plan 64R7404 being part of Registered Plan 2468.

Plans showing the highway in question may be inspected in the office of the Clerk of said Corporation at the Municipal Office, 2141 Major Mackenzie Drive, Maple, Ontario.

The Council will hear in person or by his counsel, solicitor or agent any person who claims that his land will be prejudicially affected by the by-law and who applies to be heard.

Dated at the Town of Vaughan this 29th day of January, 1979.

F.G. Jackman
Clerk

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