



# Active Nutrition

## Newsletter July 2013



### Expanding your Food Choices

Keeping your food interesting does not mean that you have to produce the calorie-laden meals seen on the ever-increasing cooking programmes we seem to be having these days. By experimenting with new and exciting recipes and ingredients we can increase the range of nutrients we eat without increasing our waist lines. Gone are the days when we nibble on salad or cottage cheese to lose weight or get healthy.

Meat-free days can inspire us to trial beans, peas and lentils, otherwise called pulses. Before you scream “boring” I quickly add that it is up to you to spice them up with tasty herbs, spices and vegetables such as garlic, ginger, chilly and peppers. I have included a couple of recipes that I use on a regular basis and even the meat-loving Hubbie enjoys them!

Per 100 g	Calories	Protein	Fat	Sat Fat	Carbs	Fibre	Calcium	Iron
		grams	grams	grams	grams	grams	mg	mg
Lentils (uncooked)	307.4	24.4	2	0.3	48.5	8.9	39	7.6
Chick Peas (uncooked)	313	20.2	5.7	0.6	45.9	10.8	140	6.4
Kidney Beans (uncooked)	262	22.5	1.4	0.2	40.3	16.1	88	6.1



### My Article From 14th June 2013

### Why People Should Eat More Beans and Lentils

For some of us the mere mention of beans and lentils conjures up horror images of bland meals from our childhood, or jokes about hippies or alternative life-styles’ munching on lentil rissoles. But guess what those “alternative life-styles” know a thing or two about healthy and tasty foods.

Beans are among the oldest known cultivated plants and were an important source of proteins for our ancestors. Archaeologists have found traces of beans buried with many of the dead in ancient civilizations from ancient Egypt to Peru, and Thailand to the Aegean. Some civilizations regarded beans with suspicion, mistakenly



linking flatulence that over-indulging in beans and the build-up of gasses in corpses. Known as the poor man's food, during the Middle Ages it was often the staple food that



staved off malnutrition and possibly death for many people in Europe.

Beans and lentils are not only inexpensive but are also one of the most versatile and nutritious foods available. Whilst they are not a "whole protein", which means they do not provide all the essential amino acids required, they form an important role in our diet, especially if you are vegetarian or

consume small amounts of animal proteins. These complex carbohydrates are rich in potassium, magnesium, zinc, folate, fibre, iron and vitamin B1 as well as being high in anti-inflammatory antioxidants which make them great for fighting a number of diseases.

Beans and lentils have been attributed to lowering blood sugars, reducing blood pressure, cholesterol and incidents of stroke and heart disease. The high dietary fibre also helps prevent digestive disorders and constipation.

However, there are a couple of negatives (aside from the flatulence) which can cause health problems for those prone to gout and kidney stones as lentils and beans are rich in purines which break down to form uric acid, thus moderate consumption is advised.



To cook dried beans it is important to soak them over night, the larger the bean, the longer they need to soak. Lentils can be used without pre-soaking. Use beans in soups, stews, salads, casseroles or stir-fries – you are only limited by your imagination. Lentils will absorb flavours of the food they are cooked with so are ideal to thicken soups, stews and casseroles



### Would you like further information?

There are no barriers to good information.

Book an appointment or just drop me a line from my web site

[www.activenutrition.co.nz](http://www.activenutrition.co.nz)

A handwritten signature in blue ink that reads "Diana".

### Quote of the Month

*"If you can't pronounce it, don't eat it" ~ Common sense*



## Recipe of the Month

### Bean Enchiladas: (serves 4)

1 tsp oil (rice bran)	2 onions - chopped
280g – grated carrots	2-3 tsp. chili powder (mild or hot depending on taste)
2 x 400g cans tomatoes, chopped	300g chopped spinach
2 x 400g cans mixed beans, drained and rinsed	6 small wholemeal tortillas
200g low-fat natural yoghurt	50g edam cheese finely grated
8 cups mixed green salad	

Heat the oil in a large frying pan. Cook the onions and carrots for 5-8 minutes until soft. Sprinkle in the chili powder and cook for another minute. Pour in the tomatoes, spinach and pulses and bring to the boil. Turn down the heat and simmer for 5-10 minutes stirring occasionally until thickened.

Heat grill to high. Spread a spoonful of the bean chili over a large ovenproof dish. Lay each tortilla on a board, fill with a few Tsp. chili mixture, fold over the ends and roll up to seal. Place them into the ovenproof dish. Spoon the remaining chili on top.

Mix the yoghurt and grated cheese together with some seasoning, and spoon over the enchiladas. Grill for a few minutes until the top is golden and bubbling. Serve with a green salad.

### Kumara, Lentil & Broccoli Salad (serves 4)

650g kumara, peeled & 2cm dice	500g broccoli, cut into florets
2 x 400g cans lentils, drained & rinsed	½ cup low fat natural yoghurt
1 tbsp. tahini	Rice bran oil spray

Preheat oven to 180° C

Line a large baking tray with baking paper. Place kumara on the tray, lightly spray with oil and season with ground black pepper. Bake for 25 minutes or until tender

Meanwhile blanch broccoli, drain well

In a large serving bowl place kumara, broccoli and lentils, season with ground black pepper and mix to combine

In a small bowl combine the yoghurt and tahini with 1 tbsp. hot water to thin. Drizzle over the salad

**If you wish to book an appointment to discuss your personal nutrition requirements you can contact me:**

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