

Easily Boost Your Antioxidant Intake



**Test your nutrition IQ
Learn some easy tips
Try some tasty recipes**

March Edition

We learned back in January's Antioxidant quiz the antioxidant content of lentils was second only to black beans but **which variety of lentil has the most antioxidants?**

- a. Red
- b. Green
- c. French green

Red Lentil



Not-So-Lowly-Lentil Soup

- 2 cups red lentils
- 6 cups water/homemade vegetable broth
- 1 clove garlic, minced
- 1 red onion, diced
- 2 medium-sized carrots, cut into half moons
- 2 green plantains*, cut into half moons
- 1 tbsp cilantro
- 1 tsp cumin
- 1 tsp oregano
- black pepper to taste

Combine all ingredients in a soup pot. Bring to a boil then simmer over low heat until vegetables and lentils tender, about 20-25 minutes. Serve and season to taste with and black pepper.

*If you have never cooked with plantains before, the green ones taste similar to a potato but look like a green banana. As they ripen and turn brown they become sweeter and at their brownest (sweetest), resemble the taste of a greener banana.

Which rice has the most antioxidants?

- a. Black rice
- b. Brown rice
- c. Red rice
- d. White rice

Red Rice



Tips on Rice

- Red rice has 10 times more antioxidants than brown rice.
- Regardless of whether you cook with red, black, or brown rice they all have more antioxidants than white rice.

Tidy Joes

- 1 cup red rice
- 2 cups uncooked red lentils
- 5 cups water/homemade vegetable broth
- 1 large red onion, diced
- 5 cloves garlic, minced
- 2 cups salt-free organic salsa
- 2 tbsp chili powder
- 2 tsp oregano
- 2 tsp marjoram
- 2 tsp basil
- 1 tsp cilantro
- ¼ tsp white pepper
- Pinch cayenne pepper
- Pinch Ceylon cinnamon
- Black pepper to taste
- 1 organic* red bell pepper, diced

Cook rice in 2 cups water for 40-45 minutes or until all liquid is absorbed. Meanwhile, in a large pot with a splash of water, sauté onion until translucent, about 5-10 minutes. Add remaining 3 cups of water, lentils, garlic, spices, and salsa. Bring to a boil, reduce heat, and simmer until lentils are soft, about 20 minutes. Turn off heat and let sit for about 10 minutes to allow flavours to meld.

Serve over red rice and top with raw (bell peppers lose up to 75% of their antioxidants when cooked

<http://nutritionfacts.org/video/best-cooking-method/>) bell pepper.

*Sweet bell peppers rank number three in the “dirty dozen: 12 foods to eat organic” so try to purchase organic (

<http://www.ewg.org/foodnews/summary/>).

Better Seed?

- a. Chia (yes as in Chia pet)
- b. Flax

Flax



Flaxseeds provide the highest content of lignans (phytonutrients which seem to help in both **breast cancer prevention and survival**) of any food, and are a great source of iron, zinc, copper, calcium, protein, potassium, magnesium, folate, soluble fiber (which can **lower cholesterol and triglycerides**), and boron (a trace mineral key for **optimum bone health**).

Tips on flaxseeds

- Seeds need to be ground for proper digestion. A coffee or seed grinder works well or you can buy ground flaxseed meal.
- Aim to eat 2 tablespoons of ground flaxseeds each day as the healthiest source of Omega-3 fatty acids.



Wannabe Pumpkin Pie Filling

- 1 banana, mashed
- 2 tbsp flaxseed meal
- 1 tsp Ceylon cinnamon
- Pinch ground ginger
- Pinch nutmeg
- Pinch ground cloves

Mash all ingredients together and feel good about enjoying this antioxidant-rich, pumpkin-pie-filling-esque treat as a healthy snack or dessert.