

# DIETITIAN'S CORNER

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Here is some interesting information about some of the ingredients used by Chef Daniel in his recipe.

## Organic Tofu Leek Cake on Parsnip and Buttercup Squash Purée

### "The" Squash

Or rather, the “squashes”...as they are a family of plants that reunites several hundreds of species and varieties that come in all sorts of colours, shapes, and sizes! Buttercup, Butternut, Delicata, Hubbard, Kabocha, Turks Turban, Acorn, and the most famous of all, the pumpkin, are just a few examples.

The word "squash" comes from the Narragansett word *askutasquash*, meaning "eaten raw or uncooked". Although Native North Americans may have eaten some forms of squash without cooking, today most squash is eaten cooked. Squash is a versatile ingredient and can be used in numerous dishes, both on the sweet and salty: pies, cookies, bread, cheesecake, ice cream, pancakes, pudding, pasta dishes, salads, soups, side dishes, etc.





Squash is an excellent source of vitamin A and vitamin C, potassium and manganese. In addition, it is high in fibre and contains phytonutrients, which have a certain protective effect against some forms of cancer. Those phytonutrients are related to the pigments that give squashes their deep yellow and orange colours.

## **Fun Facts**

While some squashes can be as small as 4 centimetres (1.6 in) some domesticated specimens can weigh well over 300 kilograms (660 lb).

To really make the most of Halloween next year, try to find some “Warty pumpkins” (also called “Goblin”) to carve your jack o’lanterns...scaring effect guaranteed!



## **Don't throw away the seeds!**

Squash seeds can be roasted and served as a nutritious snack, as they are high in “good fats”, a source of protein and fibre, and many micronutrients such as vitamin E, zinc and magnesium. When transformed into this savoury, crunchy, yummy munchy, they are called “pepitas”.





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## Nutritional Yeast

### We like it because

It is a significant source of some B-complex vitamins and contains trace amounts of several other vitamins and minerals. Often, nutritional yeast is fortified with vitamin B12. The B12-fortified yeast is the most interesting for vegans, because this vitamin is naturally found only in animal sources of protein, and a lack of it can cause a form of anemia.

On average, two tablespoons (about 30 ml) provides 60 calories with five grams of carbohydrates and four grams of fibre. A serving also provides 9 g of protein, which is complete protein, providing all nine “essential”\* amino acids (\*which the human body cannot produce itself).

### Did you know?

One of the amino acids that forms the protein, glutamic acid, is full of “umami” (which means “savory quality, delicious taste” in Japanese); it has a strong flavour that is described as nutty or cheesy, which makes it popular as a cheese substitute, for example, in mashed potatoes, over pasta, in scrambled tofu, or as a topping for popcorn!





## Camelina Oil

### From then...to now

Camelina oil is the oil extracted from the Camelina sativa oilseed. Camelina sativa is an ancient oilseed crop that is a member of the Brassicaceae family (same as mustard and cabbage) and is native to Northern Europe and Central Asia. Camelina was grown, consumed and used in northern Europe hundreds of years ago as food, medicine, and... lamp oil! It's been recently rediscovered by scientists because of its nutritional properties. A native plant in many parts of the world, including Canada and the United States, Camelina is now part of the agriculture production of many of these regions, particularly in Quebec.

### We like it because

Camelina oil fats are largely unsaturated (> 90%), it is high in properly balanced omega-3 and omega-6 fats, and is also very rich in vitamin E, all of which gives it strong antioxidant and anti-inflammatory properties.

Camelina oil has a subtle hazelnut, sesame and herbal flavour; it can be used as a cooking oil, in salad dressings, and in spreads. While it is able to withstand frying temperatures, it is not recommended for this purpose .