

The Wecan Food Basket Society News

June 2013



Annual General Meeting

Our Annual General Meeting was held on May 24th, as scheduled, and was well-attended. A big THANK-YOU is extended to Mr. & Mrs. Gonzales (Strathcona Depot) for making the delicious pancake breakfast that we all enjoyed prior to the meeting.

Rob Ferrell from TGP was on hand to present Wecan with \$732.00 which we will use for further promotion of our program. Thank you Rob and TGP.



The first Annual Lynn Mulvaney Coordinator of the Year Award was presented to Sherie Balaban from our Jasper Place Depot.



Congratulations Sherie.

Three members of the Board of Directors resigned this past year—Tien Nguyen, Lisa Wickens, and Kathryn Dartnell. Returning to the Board are Keith Kasha, Suzanne Rigsby, Maxine Charlton, Paige Nelson, and Carla Brenner. Newly elected to our Board is Stan Erikson, and returning, after a year's absence, is Eryn Labelle.

Tips From The Kitchen

We have a couple of different selections in our food basket this month—lean ground turkey and mangos.



Mangos, only recently gaining in popularity in North America, are one of the world's most popular fruits. Mangos can be round, oblong, or kidney shaped and have a single, large seed. Their thin, tough skin is green at first, then turns a greenish yellow to bright yellow with red mottling as they ripen. Store mangos at room temperature until ripe, and then refrigerate for up to 5 days. The golden-orange flesh is juicy, sweet-tart, and high in vitamins A, C, and D. Mangos make a tasty treat when peeled and served plain, combined with jalapenos and red onions for a spicy chutney, or pureed to make a sauce for French toast, pancakes, or waffles.

To prepare mango, first cut a thin slice from one end of the mango so that it sits flat on the cutting board. Then, resting the mango on the trimmed bottom, cut off the skin in thin strips from top to bottom, using a sharp knife. Next, cut down along each side of the flat pit to remove the flesh. Finish by trimming around the pit to remove any remaining flesh.



Ground turkey is gaining popularity as a low fat source of protein in our diet. Hearty and flavorful, ground turkey is an ideal choice for a variety of recipes. Substitute it for ground beef in everything from burgers and casseroles to meatballs and meatloaf (by making the switch, you'll cut out 75 calories and 5 grams of fat per four ounce serving). But, if you're hesitant to trade in your go-to dinner staple, start by using half beef and half turkey in your recipes, slowly working your way up to only turkey.

So, expand your horizons and tickle your taste buds by trying these two new items in June's food basket.

Food Basket Item	Safeway	Save On	Sobeys	Real Canadian SuperStore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.83	\$3.00	\$4.84	\$3.99	\$3.99	\$3.50
454 g (1 lb.) Lean Ground Turkey	\$7.49	\$4.47	\$4.54	\$5.43	\$5.77	\$2.99
1 kg Pork Tenderloin	\$15.41	\$13.21	\$8.90	\$12.88	\$10.96	\$8.80
1 kg Bananas	\$1.94	\$1.94	\$1.70	\$1.70	\$1.70	\$1.33
1 kg Fuji Apples	\$3.95	\$4.17	\$1.79	\$2.15	\$3.95	\$1.94
2 Mangos	\$2.58	\$2.58	\$2.58	\$2.54	\$2.54	\$1.50
1 Bunch Broccoli	\$1.59	\$1.39	\$2.00	\$1.47	\$1.77	\$1.38
1 Long English Cucumber	\$0.99	\$0.99	\$1.47	\$1.48	\$1.97	\$1.02
1 Green Leaf Lettuce	\$1.49	\$1.49	\$1.29	\$0.97	\$0.97	\$0.92
5 lb. Potatoes	\$2.99	\$2.99	\$2.29	\$3.47	\$1.97	\$1.45
TOTAL	\$43.26	\$36.23	\$31.40	\$36.08	\$35.59	\$24.83

Some prices may reflect a sale, or a similar item, and are not the ongoing prices of this item. Some prices may be bulk prices.

“Cooking With Your Wecan Food Basket” Menu

Mango Banana Smoothie

- Reprinted with permission from *Everyday Delicious (2008)* by the ATCO Blue Flame Kitchen

- 4 cups (1 L) cubed peeled mangoes
- 3 cups (750 mL) sliced bananas
- 1 cup (250 mL) ice cubes
- 3/4 cup (175 mL) vanilla yogurt
- 1/4 cup (50 mL) apple juice
- 1 tbsp (15 mL) honey
- 1/4 tsp (1 mL) ground ginger
- 1/8 tsp (0.5 mL) nutmeg

Prepare smoothie in two batches. For each batch, combine half of each ingredient in a blender. Puree until smooth. Pour into glasses and serve immediately.

Serves 6

Turkey Sliders

- Reprinted with permission from *Everyday Delicious (2013)* by the ATCO Blue Flame Kitchen

Sliders are mini burgers or sandwiches that are served as a starter or an entrée. Slider buns may be purchased from grocery stores or made at home.

- 1 lb. (0.5 kg) ground turkey
- 1/4 cup (50 mL) ricotta cheese
- 1/4 cup (50 mL) fine dry bread crumbs
- 1 tbsp (15 mL) Dijon mustard
- 1 tbsp (15 mL) chopped fresh parsley
- 1 tsp (5 mL) chopped fresh thyme
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) freshly ground pepper
- 1 tbsp (15 mL) canola oil
- 10 slider buns
- Lettuce leaves
- Tomato slices
- Mayonnaise

Combine turkey, cheese, bread crumbs, mustard, parsley, thyme, salt and pepper until well blended.

Shape mixture into 10 patties, each about 3 inches (7.5 cm) in diameter.

Heat oil in a large non-stick frypan over medium heat.

Cook patties in batches until browned on both sides and completely cooked, about 4-5 minutes per side. Alternatively, place patties on a grill topper and grill over medium heat on natural gas barbecue until completely cooked.

Serve in buns with lettuce, tomato slices and mayonnaise.

Ginger Meatballs

- Reprinted from *Chicken Now* © Company's Coming Publishing

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|---------------------------------------|----------|--------|
| Large egg, fork-beaten | 1 | 1 |
| Fine dry bread crumbs | 1/2 cup | 125 mL |
| Finely chopped pickled ginger slices | 3 tbsp. | 50 mL |
| Finely chopped canned water chestnuts | 2 tbsp. | 30 mL |
| Finely chopped green onion | 2 tbsp. | 30 mL |
| Sweet-and-sour sauce | 2 tbsp. | 30 mL |
| Soy sauce | 1 tbsp. | 15 mL |
| Salt | 1/4 tsp. | 1 mL |
| Extra-lean ground turkey | 1 lb. | 454 g |
| Sweet-and-sour sauce | 1/2 cup | 125 mL |

Combine first 8 ingredients in large bowl. Add turkey, Mix well. Roll into 1 1/2 inch (3.8 cm) balls. Arrange on greased baking sheet with sides. Bake in 400° F (250° C) oven for about 20 minutes until fully cooked an internal temperature reaches 175° F (80° C).

Heat second amount of sweet-and-sour sauce in medium saucepan on medium. Add meatballs. Stir gently until coated. Makes about 22 meatballs.

Sesame Broccoli

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| Fresh broccoli | 2 lbs. | 1 kg |
| Salad oil | 2 tbsp. | 30 mL |
| Vinegar | 2 tbsp. | 30 mL |
| Soy sauce | 2 tbsp. | 30 mL |
| Sugar | 4 tbsp. | 60 mL |
| Toasted sesame seeds | 2 tbsp | 30 mL |
| Salt, just a pinch | | |

Pour boiling water over broccoli and let stand 5 minutes. Drain. Heat remaining ingredients and pour over broccoli in a casserole. Heat in oven before serving. Serves 8.

Hurray! Summer is Here!

For More Information About Wecan Food Basket

Visit our **Website**: www.wecanfood.com

Follow us on **Twitter**: @wecanfoodbasket

Like us on **Facebook**: Wecan Food Basket Society of Alberta

Or **Email** us: info@wecanfood.com

Thank you to the following businesses and organizations for their help and support:



Don't Forget! The deadline for your next Food Order is **July 5**. You can submit your next payment when you pick up your June food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!

Your Depot:

Next Fees Deadline: July 5, 2013

Next Pick-up Days: July 18 / 19