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Holiday Dinner Vegetables Made Easy, Healthy & Delicious

by Mary Bamford, Registered Dietitian

Great holiday meals include tempting vegetable dishes that you can enjoy while still leaving plenty of room in your stomach for turkey and stuffing. And for the cooks in the family, these dishes can be prepared in advance and simply “finished” prior to your meal.



ROSEMARY GARLIC GREEN BEANS WITH CRISPY PUMPKIN SEEDS (8 - 10 servings)

2 pounds	slender green beans, trimmed
2 tbsp.	olive oil or avocado oil, divided
1/2 cup	shelled raw pumpkin seed
1 1/2 tbsp.	chopped fresh rosemary
2 large	garlic cloves, minced
Salt and Pepper	to taste (less salt is better)
3 slivers	red pepper (optional garnish)

Cook green beans in large saucepan of boiling water until crisp-tender and still bright green, about 5 minutes. Drain beans and cool in colander. Cut beans into 1-inch pieces.

Heat 1 tablespoon oil in large nonstick skillet over medium heat. Add pumpkin seeds. Toss until starting to pop and brown, about 8 minutes; sprinkle with coarse salt and pepper. Transfer to plate. Reserve skillet.

Do Ahead: Green beans and pumpkin can be prepared 2 hours ahead. Let stand at room temperature.

Finishing: Heat remaining 1 tablespoon oil in reserved skillet over medium-high heat. Add rosemary and garlic; stir 15 seconds. Add beans and pepitas. Toss until heated through, about 2 minutes. Garnish with 3 long slivers of red pepper.

THYME-ROASTED APPLES AND ONIONS (8 - 10 servings)

4 cups	apple cider
1 tbsp.	unsalted butter
6	onions (about 3 pounds total), halved through root end, each half cut into 6 wedges
2 tbsp.	coarsely chopped fresh thyme, divided
6	Mutsu, MacIntosh or Empire apples (about 3 pounds total), peeled, halved, cored, each half cut into 4 wedges

Do Well Ahead (up to 1 week)

Boil cider in large saucepan until reduced to 2/3 cup, about 28 minutes. Whisk in butter. Season glaze with 1 teaspoon coarse salt. Cover & refrigerate. Rewarm and whisk before using.

Do Ahead (up to 2 days)

Position 1 rack in top third and 1 rack in bottom third of oven; preheat to 425°F. Lightly oil 2 large rimmed baking sheets. Toss onions in large bowl with 2 teaspoons thyme and 3 tablespoons glaze. Arrange in single layer on 1 sheet. Toss apples in same bowl with 2 teaspoons thyme and 3 tablespoons glaze. Arrange in single layer on second sheet. Sprinkle onions and apples with coarse salt and pepper.

Roast onions on upper oven rack 10 minutes. Place apples on bottom rack. Roast onions and apples 20 minutes. Remove both sheets from oven. Drizzle remaining glaze evenly over onions and apples. Reverse position of sheets. Roast 20 minutes longer.

Increase oven temperature to 475°F. Roast onions and apples until tender and slightly caramelized, watching closely to prevent burning, about 10 minutes longer. Transfer onions and apples to large casserole. Allow to cool fully, cover and refrigerate.

Finishing

Bring casserole to room temperature. Heat uncovered in oven at 350°F for approximately 20 minutes until heated through. Sprinkle with remaining 2 teaspoons thyme. Delicious served with mashed sweet potato!

Bon Appetit! Have a wonderful holiday season.

Traditional Chinese Medicine & Prenatal Care

by Dr. Jummy Kim
Acupuncturist/TCM Doctor

For centuries, traditional Chinese medicine has been used to relieve many symptoms and complications during pregnancy, including nausea and vomiting, gestational diabetes, preventing pre-eclampsia, management of fibroid, common colds, low back pain, low fetal weight and others.

Acupuncture and specific herbs are safe and can be quite effective, especially in older expectant mothers in whom complications are more common. For nausea and vomiting during pregnancy, acupuncture treatments, ginger tea and acupressure wristbands can offer relief. In some severe cases, acupuncture treatments may not be able to eliminate all of the symptoms, but frequently a reduction of the intensity of these symptoms can be expected.

Usage of herbs such as ginger, cardamom, astragalus and others have been shown to be helpful in many patients. There are also TCM treatments for prevention of miscarriage and management of placenta previa. The more common condition of back pain should be managed during early onset with acupuncture and tuina massage. Temporary relief of back pain can be achieved especially in the third trimester of pregnancy.

In the case of breech in the last month of pregnancy, a simple and safe procedure involving acupuncture and moxibustion (heating acupoints with the herb, mugwort) of an acupoint on the feet has resulted in an over 70% effective rate in averting c-sections and preventing trauma to the baby.

Whether you are considering pregnancy or are currently pregnant, talk to your TCM doctor about making the experience a healthy one for you and your baby. In summary, TCM can be an effective and safe tool for prenatal care of the mother and baby.

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