



## NUTRITION NOTES

# QUICK UPDATE ON APG PROJECTS!

By Debra McLennan, RD, APG Food and Nutrition Coordinator



*Chorizo Raviolo in Creamy Tomato Sauce, featuring Alberta black beans, small red beans and crispy bean skins, the winning pulse creation at NAIT's Toque Demagny on November 24, 2018.*

Last November, APG was one of the proud sponsors of the 20th annual Toque Demagny culinary competition at Ernest's Dining Room at NAIT. This event is a scholarship competition featuring 12 teams. It pairs a second-year NAIT Culinary Arts student with a first-year student. Each team is tasked with preparing a three-course meal, highlighting specific ingredients in each course. Pulses were the highlighted ingredient that all teams had to use in the appetizer course. APG provided a \$1,000 scholarship for the most creative use of pulses. The winning team was Alicia Piller and Jerome

Pallasigui for their Chorizo Raviolo in Creamy Tomato Sauce featuring black beans, small red beans and crispy bean skins. Their appetizer was the most creative and most delicious pulse dish I've ever tasted at this competition! Congratulations to Alicia and Jerome for their fantastic appetizer!

This March, we wrapped up our partnership project with the Alberta Culinary Tourism Alliance (ACTA). This project focused on providing the opportunity for an Alberta chef to create a pulse-based product that would be scaled-up and packaged at the Food Processing Development

Centre in Leduc. It would then be marketed to consumers at the Italian Centre Shops in Edmonton and Calgary, with sale proceeds going to two charities in the two cities. A competition was held, and the winning pulse product was a Moroccan Spiced Red Lentil Soup from Calgary chef Jamie Harling. On paper, this looked to be a very clear-cut project of scaling up a soup recipe, putting it into 750 mL jars and then selling it in a grocery store. In real life, however, the path to success was not always easy or straightforward. Some of the challenges included a project coordinator leaving halfway through



The new Canada's Food Guide released in February 2019.

the project, the chef changing careers and leaving the restaurant industry during the project and adapting the soup to the large-scale quantity and processing technique. We overcame these challenges by bulk packaging the soup in 3.8 litre tubs using a “hot fill” process and then shipping them to the Italian Centre Shop where they added the soup to their menu for sale in their cafes. In the end, approximately 469 bowls of soup (or 235 litres) were sold through the cafes over two weekends! Thanks to the Food Processing Development Centre for all their dedicated work with this program, as well as the Italian Centre Shops for their assistance in sourcing ingredients, handling the paperwork and forwarding donations to Brown Baggin’ for Calgary’s Kids and Edmonton’s Food for Thought lunch program.

Meanwhile, the updated Canada’s Food Guide was released in February and I’m happy to report that pulses figure prominently in the new revision! The guide reflects the best available evidence comprised of high-quality scientific reports on food and health that included systemic reviews on over 100 food-related topics as well as the *Food, Nutrients and Health*:

*Interim Evidence Update 2018 and the Evidence Review for Dietary Guidance 2015.* The guide outlines three dietary guidelines: Foundation for healthy eating; Foods and beverages that undermine healthy eating; and Importance of food skills. These guidelines help to form the foundation of the food guide which encourages Canadians to eat a variety of healthy foods every day. The rainbow and food groups from the 2007 food guide have been replaced with a plate which encourages Canadians to “eat plenty of vegetables and fruits, whole grain foods and protein foods and

to choose protein foods that come from plants more often.” Pulses are mentioned as one of the protein foods and are well represented on the food guide. This is great news for pulses and reinforces all of the evidence we have on the numerous health benefits of this great Alberta crop! You can find more information about Canada’s Food Guide at [Canada.ca/FoodGuide](http://Canada.ca/FoodGuide).

*Do you have a question about pulse nutrition? I would love to hear from you! You can contact me at [dmclennan@albertapulse.com](mailto:dmclennan@albertapulse.com) or (780) 986-9398 ext. 109.*



Moroccan Spiced Red Lentil Soup at the West Edmonton Italian Centre Shop Cafe on February 22, 2019.