

5 HEALTH FACTS + 3 RECIPES = 1 QUICK READ FOR YOUR COFFEE BREAK



70% of immune cells are in the gut, affecting local, innate, and systemic immunity. These immune cells are educated by the diversity, or lack of diversity, of foods that exist in the gut. Eating plant-based foods that are high in fibre helps keep the gut microbiota healthy to support strong immunity. Enjoying an array of healthy foods like apples, broccoli, yams, or zucchini keeps the gut's bacteria diverse, limiting inflammation.

5 ways to manage seasonal allergies by reducing your exposure to triggers include staying indoors on dry, windy days; avoiding lawn mowing or weed pulling; removing clothes you've worn outside; not hanging your laundry outside; and wearing a face mask when doing outside chores. For days when outside work is unavoidable, try to avoid being outdoors in the morning, when pollen counts are highest.

2023 research found that delayed gut microbiota maturation was an indicator of pediatric allergies including atopic dermatitis (eczema), asthma, food allergies, and allergic rhinitis (hay fever). The study followed babies from ages one to five; participants who developed allergies by age five showed a decrease in certain bacterial species and an increase in others before the allergy manifested. This research provides insight into future improvements in prevention of pediatric allergies.

6 natural antihistamines (a type of medication that stops the effects of histamines, the chemical your immune system releases in the allergic response), include vitamin C (for managing symptoms of hay fever), probiotics (for reducing and preventing allergy symptoms), stinging nettle (for managing symptoms of hay fever), quercetin (for reducing allergy symptoms), bromelain (for combatting sinusitis), and butterbur (for treating nasal allergies).

9 swaps for the most common food allergens include: swapping peanuts for pumpkin seeds, swapping tree nuts for roasted chickpeas on salads, swapping cow's milk for soy or oat milk, swapping eggs for applesauce in baking recipes, swapping fish or shellfish for beans, swapping soy sauce for coconut aminos, swapping wheat flour for oat or rice flour, and swapping sesame oil for safflower oil while cooking.

SAVOUR
THE FLAVOURS
OF THE
WORLD

4
MAKES
SERVINGS

CURRIED DAL SOUP *with* SRI LANKAN POL ROTI

Dal

- 1 1/2 cups (350 mL) red lentils
- 1 tsp (5 mL) coriander powder
- 1 tsp (5 mL) turmeric
- 1/2 tsp (2 mL) salt
- 1 cup (250 mL) chopped red onion
- 2 vine-ripened tomatoes, chopped
- 2 garlic cloves, peeled
- 2 inch (5 cm) piece of peeled gingerroot
- 2 tsp (10 mL) cumin seeds
- 1 Tbsp (15 mL) ghee or butter
- 1/4 cup (60 mL) fresh curry leaves
- 2 tsp (10 mL) black mustard seeds

Roti

- 1 cup (250 mL) whole wheat flour or atta
- 1/2 cup (125 mL) thawed fresh shredded coconut, finely chopped
- 1/3 cup (80 mL) finely chopped red onion
- 1/3 cup (80 mL) finely chopped cilantro
- 1/2 tsp (2 mL) salt

In large saucepan, place lentils, coriander, turmeric, salt, onion, tomato, and 5 cups (1.25 L) water. Bring to a boil, then simmer over medium-low heat for 15 minutes, or until lentils are tender and beginning to break up.

Using mortar and pestle, pound garlic, ginger, and cumin seeds into a paste.

In skillet, heat ghee or butter over medium-low heat. Add curry leaves, mustard seeds, and garlic paste and cook for 4 minutes, or just until seeds begin to pop and mixture starts to brown. Stir spice mixture into lentil mixture; simmer for 5 minutes.



To make roti, to a medium bowl, add flour, coconut, onion, cilantro, salt, and 1/2 cup (125 mL) water and mix well, using your hands or wooden spoon. The mixture should be just slightly sticky. If mixture is too dry, add 1 Tbsp (15 mL) of water. Knead slightly into a ball. Separate into 4 smaller balls and set aside to rest for about 15 minutes.

Sprinkle flour on work surface and use rolling pin to flatten balls into discs about 1/4 inch (0.6 cm) thick.

Heat cast iron or nonstick skillet over medium-high heat. Transfer a roti onto heated skillet and cook for 2 to 3 minutes, until bottom starts to develop brown spots. Flip roti over and cook other side for 2 to 3 minutes, until brown spots appear also on that side. Place cooked roti on wire rack to cool. Repeat with remainder of the roti. Serve alongside dal.

COOK ALONG WITH THIS
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MISO TOFU SOBA BOWLS
with SPICY MATCHA
DRESSING

4
MAKES
SERVINGS

- 2 - 350 g blocks extra-firm tofu
- 2 Tbsp (30 mL) miso paste
- 2 Tbsp (30 mL) low-sodium soy sauce
- 1 tsp (5 mL) sesame oil
- 2 tsp (10 mL) grated or finely chopped gingerroot
- 3/4 lb (340 g) soba noodles
- 1 1/2 tsp (7 mL) matcha powder
- 1 tsp (5 mL) wasabi paste
- 2 tsp (10 mL) honey
- 1/4 cup (60 mL) rice vinegar
- 1 tsp (5 mL) lime zest
- 1 cup (250 mL) thinly sliced carrot
- 1 cup (250 mL) thinly sliced daikon or red radish
- 1 1/2 cups (350 mL) cubed mango
- 2 cups (500 mL) pea shoots
- 2 green onions, sliced
- 2 nori sheets, torn into 1 inch (2.5 cm) pieces
- 1/4 cup (60 mL) sliced pickled ginger (optional)
- 2 Tbsp (30 mL) sesame seeds

Heat oven to 425 F (220 C).

Drain tofu. Wrap block in a few layers of paper towels, then set it on a plate. Weigh it down with a heavy object, such as a skillet, pot, or large can, and let sit for at least 15 minutes to drain.

In small bowl, stir together miso, soy sauce, sesame oil, and ginger.

Slice tofu lengthwise into 2 pieces. Place tofu slices on baking sheet and brush on miso mixture. Bake for 20 minutes. Slice tofu into 1 inch (2.5 cm) cubes.



Meanwhile, bring large pot of water to a boil. Add soba and cook for 5 minutes, or until tender. In colander, drain well and then rinse with cold water.

In small bowl, place matcha, wasabi, and honey; add 2 Tbsp (30 mL) hot water and stir until contents of bowl are dissolved. Let cool and then stir in rice vinegar and lime zest. Taste and stir in additional wasabi, if desired.

Place soba noodles into serving bowls and drizzle on half of the matcha dressing. Add tofu, carrot, radish, mango, pea shoots, green onion, nori, and pickled ginger, if using, to bowl. Sprinkle on sesame seeds and drizzle on remaining dressing.

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SKILLET CANNELLINI BEAN EGGPLANT PARMESAN

4
MAKES
SERVINGS

3 Tbsp (45 mL) extra-virgin olive oil, divided
1 cup (250 mL) panko breadcrumbs
1 lb (454 g) eggplant, cut into 1 inch (2.5 cm) pieces
1/2 tsp (2 mL) salt, divided
1 medium onion, chopped
3 garlic cloves, peeled and finely chopped
2 Tbsp (30 mL) fresh thyme
1/2 tsp (2 mL) red pepper flakes
28 oz (796 mL) can crushed tomatoes
2 cups (500 mL) cooked or canned cannellini or navy beans
1 1/2 cups (350 mL) grated mozzarella
3/4 cup (180 mL) grated Parmesan
1/3 cup (80 mL) sliced basil

Place rack in upper third of oven and heat broiler.

In large ovenproof skillet, heat 1 Tbsp (15 mL) olive oil over medium-high. Add panko to skillet and heat, stirring often, until golden brown and crisp, about 3 minutes. Remove panko from skillet and set aside.

In same skillet, heat 1 Tbsp (15 mL) olive oil over medium. Add eggplant and 1/4 tsp (1 mL) salt and heat, stirring occasionally, until softened and browned, about 10 minutes. Remove eggplant from skillet and set aside.

In same skillet, heat remaining 1 Tbsp (15 mL) oil over medium. Add onion and remaining 1/4 tsp (1 mL) salt; heat for 5 minutes, stirring occasionally. Add garlic and heat 2 minutes. Stir in thyme and red pepper flakes. Add tomatoes to pan and heat until sauce is slightly thickened, 5 to 7 minutes.



Place eggplant and beans in pan and stir into tomato sauce. Sprinkle panko on top and then sprinkle mozzarella and Parmesan over panko so it's completely covered. Place pan in oven and broil until cheese is melted and blistered, about 3 minutes. Remove pan from oven and scatter on basil.

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