

# The Wecan Food Basket Society News



AUGUST 2011



## CASINO



We have received the confirmed dates for our next Casino—February 22 & 23, 2012. This fund raising event will be held at the Century Casino on Fort Road.

We will need volunteers to work in the count room, to act as cashiers and as chip runners. Both daytime and evening shifts are available. If you can help us, please contact the office at 780-413-4525.



## Wecan News

Summer is almost over, so now is the time when our office staff will be (has been) taking some vacation time. Everything should be back to normal in September.

We now have a definite date for our next casino which will be held February 22 and 23, 2012. Watch for more updates in future newsletters.

The increase in our fee structure has allowed us to have a more creative food order this month. We have both nectarines and red plums in the basket and have included a lemon to go with the wild salmon. Vegetables include mushrooms and eggplant—a big departure from our usual choices. We would love to hear from you regarding these choices. If you have any comments, please let us know.

## Healthy Snacking

Between meal snacks can be both nutritious and delicious. Instead of chips, cookies, or candies, try a small piece of fruit with some cheese, or fill a celery stick with peanut butter topped with raisins. These are especially fun for children to eat, are easy to include with a packed lunch, and are good for you.

Food Basket Items	Safeway	Save-On Foods	Sobey's	Real Canadian Superstore	Walmart	Wecan Food Basket Society
500 g Lean Ground Beef	\$4.01	\$4.50	\$3.30	\$3.34	\$3.93	\$3.00
1 Salmon Dressed	\$7.92	\$8.99	n/a	\$4.39	\$9.54	\$4.99
600 g Pork Tenderloin	\$5.50	\$7.68	n/a	\$6.57	\$4.20	\$5.39
1 kg Bananas	\$1.74	\$1.72	\$1.74	\$1.70	\$1.69	\$1.47
500 g Nectarines	\$1.42	\$1.64	\$1.87	\$0.85	\$0.85	\$1.11
1 Lemon	\$0.69	\$0.50	\$0.59	\$0.37	\$0.37	\$0.53
500 g Red Plums	\$2.20	\$1.64	\$2.20	\$0.84	\$1.57	1.43
Romaine Lettuce—Cello Pkg.	\$1.29	\$1.00	\$0.77	\$0.88	\$0.88	\$1.47
500 g Roma Tomatoes	\$2.29	\$2.48	\$1.31	\$1.41	\$1.62	\$1.10
Mushrooms—200 g pkg	\$2.19	\$2.19	\$1.99	\$1.50	\$1.77	\$1.45
1 Eggplant	\$2.20	\$1.35	n/a	\$1.34	\$3.97	\$0.93
<b>Total</b>	<b>\$30.69</b>	<b>\$33.69</b>		<b>\$23.19</b>	<b>\$30.39</b>	<b>\$19.07</b>

Some prices may be a sale, or a similar item, and are not the ongoing prices of this item; or it is a bulk price.

# “Cooking With Your Wecan Food Basket” Menu

## Stuffed Baked Salmon

- Reprinted from *Catch of the Day* © Company's Coming Publishing Limited

Butter (or hard margarine)	1/3 cup	75 mL
Chopped celery	1/2 cup	125 mL
Chopped onion	1/2 cup	125 mL
Finely chopped fresh peeled orange-fleshed sweet potato	1/2 cup	125 mL
Cubed whole-wheat bread (1 inch, 2.25 cm, pieces)	9 cups	2.25 L
Dried parsley	2 tsp.	10 mL
Dried thyme	1 tsp.	5 mL
Lemon pepper	1 tsp.	5 mL
Whole salmon, pan ready	2.5-3 lbs.	1.1-1.4kg
Lemon pepper	1/2 tsp.	2 mL

Melt butter in large frying pan on medium. Add celery and onion. Cook for about 5 minutes, stirring occasionally, until celery is tender-crisp.

Add sweet potato. Cook for about 3 minutes, stirring occasionally, until sweet potato starts to soften.

Add next 4 ingredients. Remove from heat. Stir until bread is coated. Arrange half of bread mixture on greased foil sheet. Wrap loosely.

Stuff remaining bread mixture into fish cavity. Tie with butcher's string or secure with metal skewers to enclose filling. Sprinkle outside of fish with second amount of lemon pepper. Place on baking sheet lined with greased foil. Place foil-wrapped stuffing on same baking sheet. Bake in 350°F (175°C) oven for about 40 minutes until fish flakes easily when tested with fork.

Serves 8

## Grilled Eggplant

Submitted by Audrey Lee, Clareview Depot

Olive Oil	1/4 cup	60 mL
Balsamic vinegar	1/8 cup	30 mL
Salt	1/2 tsp.	2.5 mL
Pepper	1/4 tsp.	1.25 mL
Eggplant sliced into 1/2 in. rounds	1	1

## Simple Fried Eggplant

- Reprinted from *Vegetables* © Company's Coming Publishing Limited

*Egg and crumb coating before frying makes these nice and crusty.*

Eggplant, peeled, sliced 1/2 inch (1.25 cm) thick	1	1
Egg	1	1
Water	1 tbsp.	15 mL
Salt	1/2 tsp.	2 mL
Pepper	1/8 tsp.	0.5 mL
Dry bread crumbs	1/2 cup	125 mL
Parsley flakes	1/2 tsp.	2 mL
Basil	1/4 tsp.	1 mL
Garlic Powder	1/8 tsp.	0.5 mL
Butter or margarine	2 tbsp.	30 mL

Pat eggplant dry if needed.

Beat egg, water, salt and pepper together with fork.

Mix bread crumbs, parsley, basil and garlic powder together. Dip eggplant into egg mixture then into crumbs.

Fry in melted butter in frying pan. Add more butter as needed. Fry until browned and tender.

Serves 3.

## Grilled Eggplant—cont'd.

Grated Parmesan cheese	1/4 cup	60 mL
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In a large non-metallic bowl combine olive oil, balsamic vinegar, salt and pepper. Mix well.

Dip the eggplant slices in the liquid to coat both sides of each slice with the olive oil mixture. Dip quickly to prevent the eggplant from becoming saturated with olive oil.

Preheat the barbecue on medium for 10 minutes.

Oil the grate with olive oil.

Grill the eggplant 4 to 5 minutes on each side with the lid closed.

Sprinkle Parmesan cheese on top of the hot eggplant before serving.

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

THE GROCERY PEOPLE  
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**Don't Forget! The deadline for your next Food Order is September 2. You can submit your next payment when you pick up your July food basket to make sure you get an order next month. Thank you from the Wecan Food Basket!**

**Your Depot:**

**Next Fees Deadline: Sept. 2, 2011  
Next Pick-up Days: Sept. 15 / 16**