

MOTHER RAW DRESSINGS

“Shouldn’t your dressing be as healthy as your salad?” - thought our new partners at Mother Raw, the creator of all organic, plant-based, nutrient-rich dressings that add a delicious twist to your salad mixes. Guided by a simple principle that over-processing is over-rated, the Mother Raw team always ensures that their products are never heated, always cold-blended and refrigerated starting from their kitchens to the produce aisles across Canada and the United States!



“ We encourage everyone to dig into the awesome power of plants. That’s why all our products are consciously crafted to be nutrient-rich and free from all preservatives, fillers and artificial ingredients. We make eating plants convenient, versatile, nutritious, and uncompromisingly delicious, just the way mother earth intended ”

All Mother Raw dressings are based on cold-pressed extra-virgin olive oil and, as well as the rest of their products, are free from artificial preservatives. Instead, products rely on all-natural preserving agents such as lemon juice and unfiltered apple cider vinegar. So grab a bottle or two during your next grocery run, and “your veggies will thank us”!

*Information taken from: <https://motherraw.com/pages/about-us>

OKRA

Okra, also known as “ladyfingers” or bhindi, is a tubular vegetable that grows in warm and tropical areas. Okra is very low in calories, contains no saturated fats or cholesterol, and is a rich source of dietary fibre, minerals, and vitamins. It has healthy amounts of vitamins A, B6, C, and K, antioxidants, folates, iron, calcium, manganese, and magnesium. In addition, studies have shown that okra can help stabilize blood sugar levels.

Okra is most commonly used in soups and stews because it has thickening properties; however, it can also be served raw, marinated in salads, or prepared in any desired way! It has a mild flavour and goes well with tomatoes, onions, corn, peppers, chicken and shrimp.

Select okra that is dry, firm, and brightly coloured without blemishes. It should feel coarse and fuzzy, like a peach when touched.



QUICK & EASY ROASTED OKRA

Prep time: 5 minutes Cook time: 15 minutes Servings: 13

Ingredients:

- 18 fresh okra pods, sliced in half
- 1 tbsp olive oil
- kosher salt, to taste
- black pepper, to taste

Directions:

- Step 1:** Preheat an oven to 425 F (220 C).
- Step 2:** Arrange the okra slices in one layer on a foil lined cookie sheet. Drizzle with olive oil and sprinkle with salt and pepper. Bake in the preheated oven for 10 to 15 minutes.



APPLE MANGO

Apple mangoes are medium to large and vary from oval to heart-shaped. Ripe apple mangoes have deep yellow skin and are sometimes covered by reddish and purple blush, depending on the growing region. When mature, apple mangoes release a sweet aroma with succulent undertones. Their flesh is yellow and juicy, with balanced sweetness to acidity ratio. Apple mangoes have virtually no fibre, so they melt in your mouth as you bite into them.

Apple mangoes are rich in amino acids, vitamins A, B, C, and E, flavonoids, beta-carotene, niacin, calcium, iron, magnesium, potassium, and dietary fibre.

Choose ripe mangoes that give slightly to gentle pressure and give off a sweet aroma. Avoid mangoes that are overly soft or have bruising. To ripen, leave on the counter at room temperature for a few days. Once ripe, transfer mangoes to the refrigerator to keep them fresh for longer.



POMELO

Pomelo, the biggest fruit in the citrus family, has over 3,000 years of growing history and is mainly grown in Southeast Asian countries such as China, Thailand, Vietnam, and Malaysia.

There are different varieties of pomelo, such as **Golden Pomelo**, **Honey Pomelo**, **Shatin Pomelo**, and **Pink Pomelo**. Pomeles have a thick, soft rind and a long shelf life. They are also sweet, tangy, and have juicy pulp. The colour of the pulp varies from pale yellow to pink and red, depending on the variety. The membranes of the segments are bitter and usually discarded, but they are sometimes used in Chinese cuisine. Pomeles can be eaten fresh, made into juice, or added to salads.



How to open a pomelo?

STEP 1



Slice off the stem end of the fruit and score the skin with a knife in sixths. Pull the skin away with your fingers.

STEP 2



Break the fruit in half with your hands. Then, break into segments.

STEP 3



Cut the top of the skin of each segment with a knife. Peel the skin off each segment with your fingers.

FRENCH BEANS

French beans, also commonly called string beans or snap beans, are known for their tenderness and sweet, subtly earthy and grassy aroma and flavour. French beans are skinny cylindrical pods that are slightly pointed at both ends, averaging 7 to 10 cm in length. The pods are semi-smooth to touch and have a fleshy, crisp, and firm consistency. Enclosing several small green seeds, the French beans are a source of vitamins A, C, D, E, K, and dietary fibre, copper, calcium, and amino acids.

These nutritious pods are popular worldwide and are most commonly served as a side dish in Canada. Due to their slender nature, French beans cook very fast and are added to most dishes last. French beans pair well with herbs, mushrooms, walnuts, feta cheese, potatoes, red and white meat and add beautiful colour to any dish.

Look for French beans that are firm, with brightly coloured pod free from blemishes.

