

The Lunenburg Ledger

SUPER SNACKS ignites Sizzling Summer program at the library

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On Monday night, the Lunenburg Library kicked off its summer program with a cooking demonstration by Chef Liz Barbour.

With a full room of hungry audience members, she was able to teach the attendees ways to be more conscious of what to eat.

"If it's something that your Great Great Great Grandmother wouldn't recognize as food, you should reconsider eating it," she said. "If she wanted cookies in the house, then she had to make them. She couldn't buy Chips Ahoy at the store."

Along with the lessons in eating healthy, there was also a sampling of smoothies, homemade pasta sauce, and quesadillas, which were quickly gobbled up by the audience, as the smell wafted out into the main library.

"Stay away from high fructose corn syrup as well," she continued. "Chef's don't use it in their cooking; I wouldn't even know where I could get it!"

She explained that the ingredients in processed food products have preservatives that are sweeter than they need to be.

"So now we can't even notice the sweetness of a simple apple. Our mouths are trained to want that sugary sweetness; we have to re-train them away from those [preservative] cravings," explained Barbour.

"Eat things that are colorful," said Chef Barbour, as she mixed up the red peppers, green scallions, cilantro and cheese for the quesadilla.

The smoothies consisted of frozen blueberries, frozen bananas, yoghurt, blueberry juice, and surprisingly, spinach.

"You can trick your kids into eating spinach by hiding it in other things," she said.

Two handfuls of spinach went into the mix before it was blended into a purple concoction.

"You can't taste the spinach, but I could still feel the texture of it," said Hannah Wnuk, 13.

Even the finicky eaters in the audience drained their glasses.

"Other things to stay away from include iodized salt," she said while she stirred the tomato sauce. "Kosher Salt or sea salt has much more taste to it, so you end up using less of it in your cooking. With iodized salt, you have to use more and that increases your salt intake."

"I learned a new way to cut onions," said Barbara Rinaldi. "I want to enroll in her knife class now!"

"I learned that I needed a new knife," said her daughter Kate Rinaldi, 14. "I can't wait to go to the cooking class again in August."

If you missed this event, you have the chance to come to Chef Liz's second event which will be held at the Lunenburg Public library on August 11 from 4 to 5 p.m. The Italian Harvest session will be filled with fresh produce, cooking techniques and a whole new menu.

"I don't know if I can learn to eat the way she was talking about today," said Wnuk. "But it will be fun to try!"