

# THIS WEEK AT THE MARKET



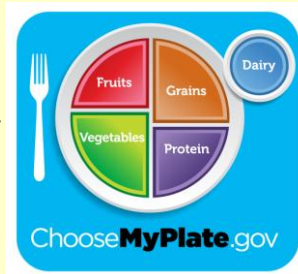
August 23, 2013

Virginia Mason Medical Center, 925 Seneca Street, Seattle, WA 98101 [VirginiaMason.org](http://VirginiaMason.org)

## Virginia Mason Cares about Health

We hear a lot about the importance of choosing healthy and balanced meals, but do we know why that is important or what that even means?

A balanced meal or snack consists of a variety of whole foods, which in turn provide us a variety of nutrients. We need a balance of macronutrients as well as micronutrients, and of course water, for our body to function optimally and maintain health.



Macronutrients; carbohydrates, protein and fat provide energy to sustain daily activities and are essential for to maintain healthy body functions. Balancing these three nutrients in a meal will provide both immediate and long term benefits. Our bodies break down carbohydrates readily, choosing higher fiber foods does slow down this process, while fats and proteins are digested more slowly. When a meal consists of a balance of carbohydrates, protein and fat we are able to sustain the energy from the foods we eat over a longer period of time, while also providing our bodies with the variety of micronutrients found within them. Eating in this way helps maintain a healthy weight, improves energy and mental focus and improves blood sugar balance.

Micronutrients; vitamins, minerals and phytochemicals, also play essential roles in sustaining the many biochemical reactions taking place each second within our bodies. We require smaller amounts of micronutrients than macronutrients in our diets and in order to acquire all the micronutrients we need it is essential to eat a variety of foods.

The Food and Nutrition department understands the importance of providing healthy and balanced meals which include a variety of fresh, whole foods. Our executive chef, Chef Jefferson Anderson, follows this model when creating menus for the cafeterias and hospital.

## Health Highlight: Tomato

The debate over whether the tomato is a fruit or a vegetable is one that goes back hundreds of years, actually making it to the US Supreme Court in 1893 where it was unanimously decided that it would be classified as a vegetable, since it is used as a vegetable. This very logical ruling does not consider the botanical qualities that classify the tomato as a fruit, and even more technically, a berry, due to its pulpy insides and containment of one or more soft seeds.

The tomato, which originated in South America, is eaten world-wide. It has a rich history in many cultures. In the Ayurvedic tradition tomatoes are recommended to soldiers before battle to stimulate outward motion, aggression and passion. In Chinese Medicine tomatoes are used to support the stomach and liver meridians and to detoxify the blood.

Tomatoes are an excellent source of vitamins K, A and C, keeping our bones, heart and immune system healthy. They are also a great source of Lycopene, the pigment responsible for the deep red color, which has been shown to have powerful antioxidant abilities, helping keep our bones healthy. Lycopene is more readily available when the tomato has been cooked. Incorporate both cooked and raw tomatoes into your diet to get the maximum nutritional benefits from this delicious food.

As a member of the nightshade family, along with eggplant, potatoes and bell peppers, tomatoes contain alkaloids. Alkaloids are a group of naturally occurring chemical compounds, may impact nerve-muscle, digestive and joint function in very sensitive individuals. Cooking these foods reduces the alkaloid content 40-50 percent.

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# Chef Jeff's Market Fresh Recipe of the Week:

## The Best Tomato Bruschetta

Recipe by Chef Jefferson Anderson



### Nutrition Facts

Calories: 110  
Total Fat: 8 grams  
Protein: 3 grams  
Carbohydrate: 10 grams  
Fiber: 1 gram  
Sodium: 302 mg  
Cholesterol: 11 mg  
Saturated Fat: 2.5 gram  
Monounsaturated Fat: 4 grams  
Polyunsaturated Fat: 0.7 grams

Preparation time: 15 minutes

Makes 12 servings

Serving size 4 ounces

### Ingredients:

6 Roma tomatoes  
½ cup sundried tomatoes  
4 tablespoons garlic, chopped  
4 tablespoons extra-virgin olive oil  
4 tablespoons balsamic vinegar  
¼ cup basil, fresh chopped  
1 cup feta cheese, crumbled  
¼ teaspoon sea salt  
¼ teaspoon black pepper, ground  
1 21 inch French baguette

### Preparation:

1. Preheat oven to broiler setting
2. Cut the baguette into ½ inch slices
3. Arrange the bread slices on a baking sheet in a single layer
4. Broil 1-3 minutes or until lightly toasted
5. In a large bowl, combine the tomatoes, garlic, oil, vinegar, basil, feta, salt and pepper
6. Allow mixture to sit for at least ten minutes for best flavor
7. Divide tomato mixture evenly over the baguette slices



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