

## Nutrition News

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### Bananas



### Fruits To Eat For Diabetes

#### What is a glycemic index?

Glycemic load takes into account both the GI and the grams of carbohydrates in each serving. Foods that have both a low GI and a low GL are better for controlling blood sugar levels.

Some experts recommend using glycemic load as a better predictor of the effect a food will have on blood sugar levels. Bananas contain;

GI: 52

GL: 10

And are therefore excellent in controlling blood sugar levels. Bananas are an inexpensive and delicious way to get some potassium and vitamin C.

Be sure to eat your bananas as soon as they're ripe (or even while they're still a little green). The longer they sit and the browner they get, the sweeter they become. True story — according to a 1992 study, this raises the sugar content and the GI.

A small banana can be consumed twice or thrice a week. But, a diabetic should not consume bananas daily.

### Grocery Shopping Guide: How to Buy and Store Okra/Lady fingers

#### Tips on Buying -

Now when it comes to buying okra from the market, you don't want older okra which are really tough to chew once you cook them, and definitely not those infested by insects. So here's a quick guide to help you pick the best from the lot:

**1. Say Green:** Vegetables taste best when they are fresh. So look out for the ones which are bright green in colour and not dull or black.

**2. Firm to Touch:** To pick the best, you need to put in a little effort because nothing in life comes easy. Try to individually pick each okra. Press it gently with your fingers and they should be slightly firm but not hard. If they are hard, they are really old and don't cook well.

**3. Slender or Stout:** okra comes in different sizes; some are long and slender, and some are short and stout. The slender variety works best when you need to cook the pods as whole such as in curries or fritters. Use the shorter variety for quick stir-fries as it cooks really fast.

**4. The Clean Look:** When you pick okra, make sure that it doesn't have blemishes or damaged spots. Sometimes, if you are not careful, you may find tiny black insects inside when you chop the okra.



**Store fresh okra carefully because the pods can bruise very easily.** The pods are best kept in a moist environment. To store okra in the fridge, wrap them in a paper towel or place inside a paper bag, and store in the vegetable drawer. Do not wash fresh okra until you are ready to use it. To freeze okra, blanch the whole pods in boiling water -- dunk them in a pot of boiling water for no more than one minute. Place the drained pods in a freezer-safe plastic bag or airtight container, and freeze.



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### Vegetarian Mushroom Stroganoff

### Ingredients



- 2 cups of noodles or pasta of your choice
- 1 tablespoon olive oil
- 2 tablespoons butter
- 1 large onion (thinly sliced)
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 4 cups mushrooms (sliced)
- 2 cloves garlic (minced)
- 1 tablespoon fresh thyme leaves
- 2 tablespoons flour
- 1/2 teaspoon paprika
- 1/2 cup white wine
- 1 tablespoon Worcestershire sauce
- 1 bay leaf
- 1/2 cup heavy cream
- Optional: 1/4 cup chopped fresh parsley, 1/4 cup sour cream

### Steps to Make It

1. Cook the pasta according to package directions. Reserve 1 cup of the cooking liquid.
2. Meanwhile, add the olive oil and butter to a large sauté pan and heat on medium high heat until the butter has melted. Add the onions and salt and pepper and sauté until the onions are translucent, but not quite soft.
3. Remove the onions from the pan and set aside. Add the mushrooms and cook them on medium-high heat without stirring for 3 to 5 minutes or until golden brown. Then stir and continue to cook until they are softened and browned.
4. Add in the garlic, thyme, flour, and paprika. Add the onions back to the pan. Stir to completely coat and combine. Sauté for another 3 minutes.
5. Pour in the white wine and deglaze the pan, scraping the bottom as it cooks.
6. Add a cup of pasta water, Worcestershire sauce, and bay leaf. Cook for another 5 minutes.
7. Add the heavy cream and stir. Cook for another 3 minutes, until everything is warmed through. Remove the bay leaf.
8. Add more salt and pepper to taste. Toss with the pasta and top with chopped parsley and a dollop of sour cream if you wish.

