

## What's On This Week

David Zvi Kahn

### Community Inclusion Awards of Excellence

Thursday February 26, 2009

7 pm CNIB, 1929 Bayview Avenue Master of Ceremonies: Ralph Benmergui

Keynote Speaker: Richard Ouzounian Honorary Chairs of Inclusion Action Week: David Green and Daphne Wagner For more information about inclusion action week, visit [www.itanutoronto.com](http://www.itanutoronto.com), contact 416.924.6211 ext. 255, or email [inclusionuja@mnjcc.org](mailto:inclusionuja@mnjcc.org)

### Sundays on Bloor

Sunday March 1, 2009

11:00 am - 12:30 pm Film Talk with Shlomo Schwartzberg International Jewish Cinema Topic: Australia, Norway and other Countries \$9 per lecture drop-in, includes a light breakfast To register : (416) 924-6211 x 0 For more information contact Esther Arbeid [film@mnjcc.org](mailto:film@mnjcc.org) (416) 924-6211 x 606

### Annual MNjcc PURIM CARNIVAL

Sunday March 8, 2009

Join the fun at our annual Purim Carnival in the gym. Great prizes, costume contests, carnival booths galore, mishloach manot packages and more! Presented by the MNjcc in partnership with The Downtown Jewish Community School and the Habonim-Dror Youth Movement 11:00 am - 2:00 pm \$5 per person / \$10 per family at the door Food is available for purchase For more information contact Ilana Hirt [jewishlife@mnjcc.org](mailto:jewishlife@mnjcc.org) (416) 924-6211 x 154

### Active Seniors

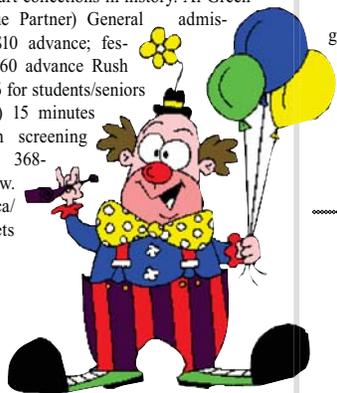
Thursday March 19, 2009

Miles Nadal Jewish Community Centre at 12:00 pm Appreciate Seniors Intergenerational lunch (complementary) Meet Jewish day-school students, share life experience, reminisce (must preregister) For more information contact: Phyllis (416) 924 6211 x 155

### The Canadian Art Foundation presents The 2009 Reel Artists Film Festival

February 27 - March 1, 2009

Featuring two World Premieres and five Canadian Premieres, a FREE day of films for students and a special highlight, the Canadian premiere of *Herb and Dorothy*, a documentary by Megumi Sasaki about a postal clerk and a librarian who built one of the most important contemporary art collections in history. Al Green Theatre (Venue Partner) General admission tickets: \$10 advance; festival passes: \$60 advance Rush tickets: \$12 (\$6 for students/seniors with valid ID) 15 minutes prior to each screening Tickets: (416) 368-8854 x 102 [www.canadianart.ca/reelartists/tickets](http://www.canadianart.ca/reelartists/tickets)



To See Your Event Listed in this Section email [zvi.kahn@gmail.com](mailto:zvi.kahn@gmail.com)

## From Margie's Kitchen....

By: Chef Margie Arosh



# "The Benefits of Beans"

Although many of us like the flavour of beans it is not always our first choice when eating or cooking, for various reasons. There are the meat eaters that claim that they get enough protein. There are those that say they take too long to cook and of course, those that beans cause them to... you know.

Well to the meat eaters, beans are the most healthy and most economical form of protein available. There is extensive research proving the benefits of plant proteins. Not only have they proven to help us avoid a host of chronic diseases but they also help to extend our life span.

Canned beans are excellent item to keep in the pantry. The only negative to using canned beans is the salt content. Choose brands with low sodium content and wash the beans well. This will reduce the sodium content by up to 40%.

As for the gas, yes, it is true because of the indigestible carbohydrate in the beans however, there are a few things you can try. Canned beans or mashed beans are less gas producing. After soaking beans for an hour or two, bring them to a boil and allow to sit until cool, rinse and then cook. As with some things the more often you eat them in small amounts your body will adjust. If that doesn't work try Beano.

Did you know that peanuts are part of the bean or 'legume' family? Also within the bean family the fava bean has the highest concentration of antioxidants. They are followed by pinto or black beans then lentils. Most people think of beans in their dry form and forget to include fresh green beans and peas in this family.

The truth is they are a virtual wonder food. They are a delicious source of protein, vitamin rich, versatile for so many recipes, inexpensive and low in fat. For that alone they should receive a place on the dinner table.

### Sesame Green Beans

#### Ingredients:

1.5 lb. green beans  
2 tsp. sesame seeds  
3 tbsp. soy sauce  
2 tbsp. canola oil  
Salted boiling water  
Salt and freshly ground pepper to taste

#### Method:

Trim end from beans; Place washed beans In a large pot of boiling salted water for 5 minutes and then reduce heat to low; cover and simmer 5-10 minutes, stirring occasionally, until beans are tender crisp. Drain, return beans to pan.

In small saucepan over medium heat, toast sesame seeds until golden brown, stirring and shaking pan frequently. Remove from heat. To green beans, add soy sauce and oil. Over low heat, cook beans about 10 minutes longer. Sprinkle beans with seeds and serve warm.

Serves 6



### Split Bean Soup

#### Ingredients:

- 1 cup chopped yellow onions
- 2 cloves garlic, minced
- 4 tablespoons olive oil
- 2 bay leaves
- 1-1/2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 medium-diced carrots
- 4 medium-diced celery stalks
- 2 1/2 cups dried split green peas
- 8 cups chicken stock or water + 3 tablespoons chicken soup powder

#### Preparation:

Sauté the onions and garlic with the olive oil, salt, and pepper until the onions are translucent, 10 to 15 minutes. Add the carrots and celery, sauté 5 minutes. Add split peas, bay leaves and chicken stock. Bring to a boil, then simmer uncovered for 40 minutes. Remove bay leaves and with an immersion blender puree lightly allowing some of the peas to remain whole. Simmer for another 10 minutes stirring frequently to avoid burning on the bottom. If too thick, thin with extra water. Taste for salt and pepper. t

Serves 6

### Roasted Red Pepper Humus

#### Ingredients:

- 1 can chickpeas
- 2 tablespoons tahini paste
- 1/2 tsp chili flakes
- 1/2 tsp cumin
- 2 garlic cloves
- 2 tablespoons olive oil
- lemon juice (half a lemon)
- 1/2 cup of water, drizzle slowly as needed
- 2 roasted red peppers (can be from jar)
- salt and pepper to taste

#### Method:

Combine all the ingredients in a food processor or blender and blend for a couple minutes until smooth.

*Chef Margie is the owner of 'Margie's Kitchen', a Personal Chef Catering Service and Cooking School. Please join me next month for Passover special classes!*

*Catering and small group classes for adults and kids! Passover Catering Available!*

*Contact Chef Margie Arosh-[margieskitchen@gmail.com](mailto:margieskitchen@gmail.com)*

