

the absorption of non-heme iron, vegetarians should increase their intake of Vitamin C.

Vegetarianism is not a new concept. Many societies in the world have a traditional vegetarian diet. These societies have built complimentary proteins into their diet. Anyone considering a new eating style should research all aspects of a vegetarian diet too ensure a healthy balance.

If a vegetarian diet has some appeal but you're not sure, you can try soybean products that imitate the taste of products such as sausages, bacon, weiners, burgers and chicken but which do not contain a speck of meat. You don't have to become a total vegetarian to derive some of the benefits of a low fat, high fibre diet. Include a vegetarian meal or two in your weekly meal planning.

FIESTA BURRITOS

A great spicy hot meal for a cold winter night.

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| 2 Tbsp. | butter or margarine | 25 mL |
| 2 cups | chopped onion | 500 mL |
| 2 | cloves garlic, minced | 2 |
| 1 | green pepper chopped | 1 |
| 1 | zucchini, grated | 1 |
| 2 | carrots, grated | 2 |
| 1 Tbsp. | chili powder | 15 mL |
| 1 tsp. | oregano | 5 mL |
| 1/4 cup | cornmeal | 50 mL |
| 1/4 cup | water | 50 mL |
| 1 | jar (473 mL) medium salsa | 1 |
| 1 | can (14 oz./398 mL) refried beans | 1 |
| 12 | 6 inch flour tortillas | 12 |
| 2 cups | shredded Cheddar cheese | 500 mL |

In a skillet heat margarine and saute onions and garlic until onions are transparent, about 5 minutes. Add green pepper, zucchini, carrots, chili powder and oregano. Cook an additional 5 minutes. Add cornmeal and water. Stir until well combined. Add salsa and refried beans. Stir until well combined. Place about 1/2 cup of mixture in the centre of each tortilla. Roll. Place seam side down in a greased baking dish. Sprinkle cheddar on top. Bake 20 minutes at 350° F (180° C).

Serves 6.

