

Cooking Demonstration Guide

Manitoba Harvest Dietitian Kit

Cooking Demonstrations with Manitoba Harvest

Food demos are a fun and interactive way of educating the consumer about how to use a product in their everyday meals. Sharing nutrition tips and recipe techniques allows consumers to see first-hand how to make something in their own kitchen and why it's benefiting their diet. Use this guide for your next in-store cooking demonstration to encourage others to have fun with hemp!

Recipe Featuring Manitoba Harvest Hemp Seeds:

Mediterranean Eggplant Tostadas

Copies of recipe: <https://manitobaharvest.com/recipes/mediterranean-eggplant-tostadas/>

Equipment Needed:

Baking sheet
Parchment paper
Knife
Basting brush

Preparation:

1. Preheat oven to 400°F.
2. Cut the eggplant into 1/4 inch slices.
3. Brush each side with olive oil.
4. Place them on a baking pan lined with parchment paper and roast in the oven for 20-25 minutes, until golden brown.
5. When the eggplant is done, place your hummus in a plastic baggie and cut off one corner (kind of like icing). You can definitely just spoon the hummus onto the eggplant too, it just looks prettier if you swirl it out like icing onto each eggplant disc.
6. Sprinkle each tostada with feta, toasted pine nuts, **Hemp Hearts**, and chopped basil and serve.

Talking Points:

1. Manitoba Harvest offers a variety of hemp products that can be easily incorporated into any eating plan.
2. Their product line includes Hemp Hearts, hemp oil, Hemp Yeah! Hemp Protein Powder, and Hemp Yeah! Plant Protein Blend.
3. Using hemp seeds and oil can go way beyond what you might think. Unique ways to reap their nutritional benefits and nutty flavor include sprinkling onto salads, using hemp oil as a finishing oil on dishes, adding to baked goods, stirring into soups and sauces and much more!
4. One 3 tablespoon serving of hemp seeds contains 10 grams of protein---- hemp seeds are the only seeds that contain all essential amino acids, making them a complete source of protein.
5. Once hemp starts to grow, it has a broad leaf that helps to naturally suppress weeds which means that no pesticides or herbicides are needed to successfully grow hemp.
6. You can find more recipes like this at <https://manitobaharvest.com>.