

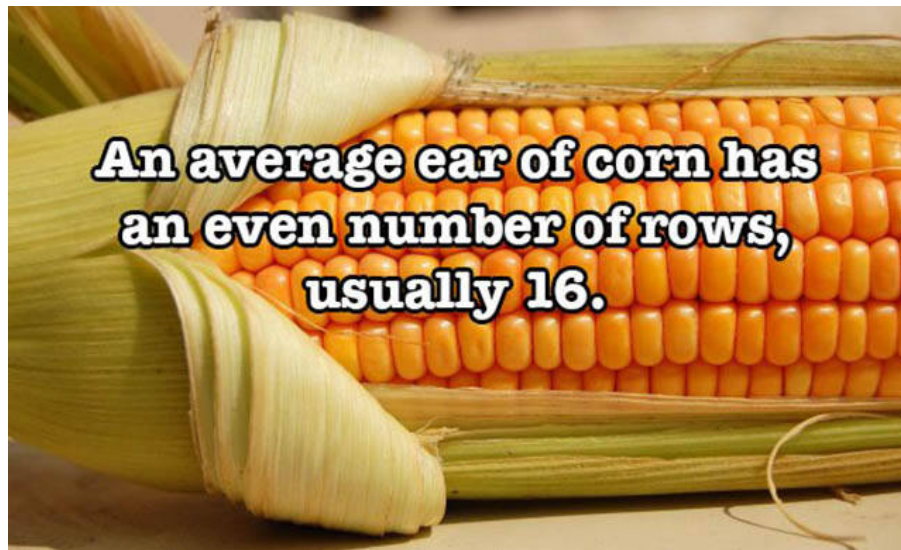


Your foodie news & updates

Welcome to BITE - your Nova Scotia food and beverage newsletter. The Foodie Edition will provide you with interesting articles, upcoming events, current restaurant information, recipes and more!

[Visit our Website](#)

Fun Food Fact



Delicious Recipes

Tofu Tacos

Ingredients

- 12 ounces firm tofu, drained and cut into 8 slices
- 4 cups shredded coleslaw mix
- 1 small bunch radishes, thinly sliced
- 1/2 cup chopped fresh cilantro
- 1 bunch scallions, sliced
- 1 1/2 tablespoons extra-virgin olive oil
- 2 limes (1 zested and juiced, 1 cut into wedges)
- 1/4 cup nonfat plain Greek yogurt
- Kosher salt and freshly ground pepper
- 1 tablespoon taco seasoning
- 8 8-inch whole-wheat tortillas
- 1/4 cup shredded part-skim mozzarella or pepper jack cheese
- 1/4 cup jarred salsa verde



Directions

1. Lay the tofu slices flat on a stack of paper towels; top with more paper towels, then put a heavy skillet on top to press out the excess water, about 10 minutes. Meanwhile, toss the coleslaw, radishes, cilantro, scallions, 1 tablespoon olive oil, the lime zest and half of the lime juice in a large bowl. Mix the yogurt with the remaining lime juice in a small bowl and season with salt and pepper.
2. Brush the tofu on all sides with the remaining 1/2 tablespoon olive oil and sprinkle with the taco seasoning. Heat a nonstick skillet over medium-high heat, then add the tofu and cook until it begins to crisp, about 5 minutes; flip and cook 2 more minutes. Cut into strips.
3. Toast the tortillas in a dry skillet, 1 minute per side, or wrap in a damp towel and microwave 1 minute. Fill with the tofu, cheese and slaw, then drizzle with the yogurt sauce and salsa. Serve with the lime wedges.

[Food Network Canada](#)

Spanish Gin & Tonic

Ingredients

- 2 ounces gin
- 4 ounces tonic water
- Garnish: juniper berries
- Garnish: lemon wheel
- Garnish: thyme*

Steps

1. Pour the gin into a wine glass filled 3/4 with ice
2. Top with the tonic.
3. Place juniper berries, a lemon wheel and thyme* into the glass.



*Suggested alternate garnish combinations: sliced fig, lavender/verbena flower, vanilla bean, lemon wheel, juniper berries; or sliced peach, thyme, saffron, lemon wheel, juniper berries.

10 Foods to Take to the Beach

Click [here](#) for a full list of foods to take to the beach so you have more time to enjoy the sun, sand, and waves.

1. Baked Guacamole Tortilla Chips
2. Mango Chipotle Chicken Salad
3. Greek Pasta Salad
4. Dark Chocolate Fig Oatmeal Bites
5. Oven-fried Chicken
6. Chipotle Chicken Taquitos
7. Hummus Veggie Wrap
8. California Chicken Avocado Sandwich
9. Greek Tzatziki
10. Fajita Chicken Kabobs



In the Know

70 Things to do in Downtown Halifax..

click [here](#) for a list of things to do.

70



How to Support Restaurants in NS

We know that overall, restaurant visits are down, as foodies learn to live in a pandemic world and grapple with the concerns of covid-19. Aside from eating in at a restaurant, how else can you support the restaurant industry during this time?

1. order take-out or delivery
2. purchase a gift card for later or for somebody else who is comfortable going to a restaurant to eat
3. try a patio - some folks find it less concerning to be outside eating on a patio
4. like/share posts from your favorite restaurants on social

Nova Scotia Chowder Trail

Grab your spoon and hit the Chowder Trail! Collect your stamps at trail stops while you enjoy homemade chowders featuring fresh local seafood – from Yarmouth to Sydney and everywhere in between.

Click [here](#) to see how you can get involved



Some of the Best Things to do in



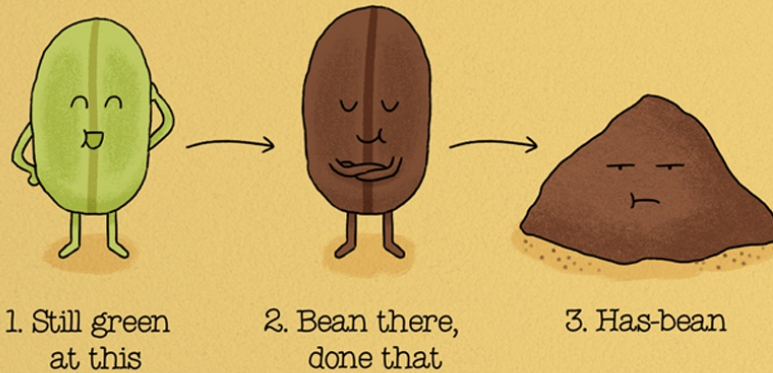
Nova Scotia

This summer has been a change from what we're used to. Fewer events and activities have left many of us filling our time differently than we have in the past. Nova Scotia still has plenty of beautiful weather left to enjoy this summer/fall. Looking for things to do? Check out the link below for ideas.

[Things to do in NS](#)

Smile of the Day

The different life stages of a coffee bean.



Submissions

We are in search of Foodie submissions from our members! If you have an event, new feature, or fun recipe to add to the Foodie Newsletter and/or our social media, please send over to Natasha. Submissions or feedback can be sent to natasha@rans.ca

