



COOKING WITH HEART for the Heart

With New Diabetes-Friendly Cookbook

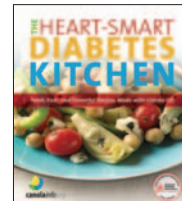
FAMILY FEATURES

Being heart-smart in the kitchen is one of the most important things you can do for your health. Heart disease is the leading cause of death around the world, and people with diabetes are especially at risk — more than 65 percent (2 out of 3) die from heart disease and stroke.

One simple way to help reduce risk of these conditions is using a cooking oil that's low in saturated fat and free of trans fat and cholesterol, such as canola oil.

A new cookbook, "The Heart-Smart Diabetes Kitchen: Fresh, Fast, and Flavorful Recipes Made with Canola Oil," offers 150 ways to make easy, healthy meals.

To order this color paperback cookbook from the American Diabetes Association and CanolInfo, go to store.diabetes.org or call 1-800-232-6733. All proceeds from the purchase of this book go to further ADA's mission to improve the lives of people with diabetes. For more information, go to heartsmartdiabetes.org.



FRESH

Grill Pan Chicken With Fiery Mango-Ginger Salsa

Yield: 4 servings
Serving size: 1 chicken breast and 1/4 cup salsa

- 1 tablespoon canola oil
- 1 teaspoon curry powder
- 1 teaspoon sugar
- 1/2 teaspoon coarsely ground black pepper
- 1/4 teaspoon salt
- 4 boneless, skinless chicken breast halves (4 ounces each), rinsed, patted dry and flattened to 1/2-inch thickness
- Canola oil cooking spray
- 1 lemon, cut into quarters

Salsa

- 1 cup finely chopped mango
- 2 to 3 tablespoons chopped fresh mint leaves
- 1 teaspoon grated fresh ginger
- 2 tablespoons finely chopped red onion
- 1/2 teaspoon lemon zest
- 1 tablespoon fresh lemon juice
- 1 teaspoon canola oil

1. Combine 1 tablespoon canola oil, curry, sugar, pepper and salt. Brush over chicken and let marinate for 15 minutes.
2. Meanwhile, stir together salsa ingredients in a small bowl.
3. Coat a grill pan with canola oil cooking spray, and place over medium-high heat until hot. Add chicken, discarding any marinade. Cook chicken 4 minutes on each side or until no longer pink inside and juices run clear. Transfer to a serving platter. Squeeze lemon juice over chicken; serve with salsa.

Exchanges: 1 fruit, 3 lean meat, 1/2 fat

Nutritional Information (per serving): 205 calories, 65 calories from fat, 7 g total fat, 1.1 g saturated fat, 65 mg cholesterol, 175 mg sodium, 11 g total carbohydrate, 1 g dietary fiber, 9 g sugars, 25 g protein



FAST

Garlic Snow Peas With Cilantro

Yield: 6 servings
Serving size: 1/2 cup

- 3 teaspoons canola oil, divided
- 3 cups fresh (or frozen and thawed) snow peas, patted dry and trimmed
- 4 medium cloves garlic, minced
- 1/4 teaspoon salt
- 1/4 to 1/2 cup chopped fresh cilantro leaves

1. Working in two batches, heat 1 1/2 teaspoons canola oil in a large nonstick skillet over medium-high heat.

Add half of the snow peas; cook 3 minutes or until just beginning to brown on edges, using two utensils to toss easily. Add half of garlic, and

cook 30 seconds, stirring constantly. Set aside on a separate plate.

2. Repeat with remaining 1 1/2 teaspoons canola oil, snow peas, and garlic. When cooked, return the reserved snow peas to skillet; add salt and cilantro, and toss gently, yet thoroughly. Serve immediately for peak flavors.

Exchanges: 1 vegetable, 1/2 fat
Nutritional Information (per serving): 45 calories, 20 calories from fat, 2.5 g total fat, 0.2 g saturated fat, 0 mg cholesterol, 100 mg sodium, 4 g total carbohydrate, 2 g dietary fiber, 2 g sugars, 2 g protein



FLAVORFUL

Rich, Warm Brownie With Java Cream

Yield: 8 servings
Serving size: 1/8 brownie, 2 tablespoons cream and 1/4 cup berries

Canola oil cooking spray

Brownies

- 2/3 cup all-purpose flour, spooned into measuring cup and leveled
- 1/3 cup white whole-wheat flour, spooned into measuring cup and leveled
- 1/2 cup cocoa powder
- 1 1/2 teaspoons baking powder
- 1 tablespoon instant coffee granules
- 1/8 teaspoon salt
- 1/2 cup packed brown sugar substitute blend
- 1/3 cup canola oil
- 1/2 cup egg substitute
- 2 teaspoons vanilla extract

Cream

- 2 tablespoons water
- 1 teaspoon instant coffee granules
- 4 ounces fat-free whipped topping

Garnish

- 1 cup fresh raspberries
- 1 cup fresh blackberries or blueberries (not shown in photo)

1. Preheat oven to 325°F. Coat 9-inch, nonstick spring-form pan or cake pan with canola oil cooking spray.
2. Combine flours, cocoa, baking powder, 1 tablespoon coffee granules and salt in medium bowl.

3. Combine sugar, canola oil, egg substitute and vanilla in another medium bowl; mix well. Add sugar mixture to flour mixture, and stir until just blended. Batter will be very thick. Spoon into bottom of pan; spread evenly by coating the back of a spoon with cooking spray. Bake for 11 minutes or until slightly puffed. (Mixture will not be completely cooked at this point, but it will continue to cook while standing without overcooking and drying out.) Place pan on a wire rack, and let cool for 5 minutes. Remove sides of the pan, and gently remove from bottom or leave on bottom and place on a serving plate. Serve warm or at room temperature. When cooled completely, store in an airtight container at room temperature.
4. To make cream, combine water with 1 teaspoon instant coffee granules in a medium bowl, and stir until dissolved. Add whipped topping; whisk until a sauce consistency is reached. For thinner sauce, add 1 to 2 tablespoons water or milk. Refrigerate until needed. To serve, cut into wedges, spoon mocha cream on top, and sprinkle with berries.

Exchanges: 2 1/2 carbohydrate, 2 fat

Nutritional Information (per serving): 260 calories, 90 calories from fat, 10 g total fat, 1 g saturated fat, 0 mg cholesterol, 145 mg sodium, 36 g carbohydrates, 4 g dietary fiber, 16 g sugar, 5 g protein