

EAT & BE WELL

a recipe booklet with tips for healthy eating and menu planning



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Canola Oil. Good for Every Body!™

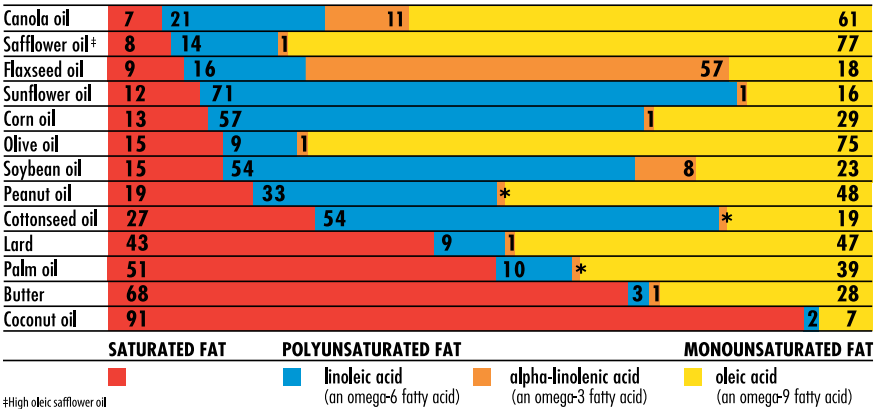


top ten tips for healthy eating

Healthy eating, along with being active, is an important part of healthy living. Here are some tips to help you and your family eat your way to a healthier life.

- 1. Variety is the spice (and health) of life.** Encourage your family to enjoy a variety of foods every day. Introduce new foods gradually and explore new ways of preparing them.
- 2. Bulk up on vegetables, fruits and whole grains.** Select dark green and orange vegetables like broccoli and carrots and whenever possible, keep the peel on.
- 3. Trim bad fats and eat good ones.** Choose foods that are lower in saturated fat and avoid trans fat. Add nuts, seeds and avocados which are good sources of healthy fats. Check the labels of cooking oils and margarines to select ones that are higher in unsaturated fat.

comparison of dietary fats



4. Go fish. Try to eat fish twice per week. Fish is rich in protein and healthy fats. Don't be afraid of cooking fish. It's a great choice for quick meals because it doesn't take long to cook.

5. Plant alternatives to meat in your kitchen. Vegetarian options such as beans and lentils are low in saturated fat and high in fiber and protein.

6. Use lower fat cooking methods. Try grilling, poaching, roasting and sautéing instead of frying. Make sure the oil that you use to cook with can take the heat.

Culinary oil smoke points

Culinary Oil	Smoke Point	
	(°F)	(°C)
Peanut	471	244
Canola	468	242
Safflower High-oleic	468	242
Sunflower	464	240
Corn	453	234
Soybean	453	234
Safflower	446	230
Grapeseed	435	224
Olive Processed	428	220
Extra Virgin Olive	331	166

Source: University of Lethbridge

Optimal deep frying temperature:
365-375°F (185-190°C)

7. Throw salt over your shoulder. Avoid adding salt when cooking and season with herbs, spices and acids such as citrus to reduce the amount of salt in your family's diet. Your taste buds will adjust to the lower sodium levels.

8. Downsize and right-size. Help your family achieve a healthy weight by cutting down on portion sizes and eating slowly to avoid eating too much.

9. Watch alcohol, caffeine and added sugar. Limit foods that are high in calories and low in nutrients. Choose water and milk instead of sugar sweetened beverages.

10. Eat together. Meals are a great time to catch up on the day and enjoy each other's company.



weekly meal planning

Having a plan reduces the stress of the daily question “What’s for dinner?”. By taking a few extra minutes to look at the week ahead and plan accordingly, you’ll avoid the last minute rush. Setting aside time to make a list before going grocery shopping will save time and money.

Meal planning tips

- Keep a list in the kitchen and encourage your family to write down grocery items as they are used up.
- Plan your meals around your family’s activities. On days where meal time is limited, plan meals that can be partially prepared in advance. Cut vegetables ahead of time and choose foods that cook quickly. Slow cookers come in very handy!
- On days when you have more time, cook a double batch of stew, soup or pasta to put in the freezer. It’s like a gift you give to yourself on the days when you don’t feel like cooking or are in a rush.
- Involve children in planning and cooking healthy meals. Learning to cook is an important part of eating well. Even though it’s tempting to shoo everyone out of the kitchen when preparing a meal, it will pay off in the long run.
- Encourage your family to help out by setting the table, preparing all or some of the food and clearing away dishes. Not only will they learn valuable skills but it eases the workload if everyone pitches in.

- Keep a list of dishes your family likes and that can be prepared quickly. Look for ways that you can make them healthier by making smart substitutions. Add more vegetables and plant based foods, reduce the salt and sugar, and choose fats that are higher in unsaturated fat.
- For recipes that call for solid fats, such as butter, shortening and lard, you can use liquid vegetable oils instead. Even for baking. You'll have to adjust the amount that the recipe calls for but that reduces the overall fat content too.

baking substitution chart

If a recipe calls for this much solid fat...try making it with this much canola oil.

Solid Fat		Canola Oil
1 cup (250 mL)	>	$\frac{3}{4}$ cup (175 mL)
$\frac{3}{4}$ cup (175 mL)	>	$\frac{2}{3}$ cup (150 mL)
$\frac{1}{2}$ cup (125 mL)	>	$\frac{1}{3}$ cup (75 mL)
$\frac{1}{4}$ cup (50 mL)	>	3 Tbsp (45 mL)
1 Tbsp (15 mL)	>	2 tsp (10 mL)
1 tsp (5 mL)	>	$\frac{3}{4}$ tsp (4 mL)

This conversion works well for cake, loaf and muffin recipes. Not only will you eliminate trans and reduce saturated fats – you will also reduce the total amount of fat in the recipe by about 20 to 25%





canola granola

Serve this delicious granola with low fat vanilla yogurt and sliced fruit for an easy breakfast at home or on the go.

canola oil cooking spray
2 cups rolled oats 500 mL
1/3 cup wheat germ 75 mL
1/2 cup (2 oz/55 g) almond slices 125 mL
2 tsp ground cinnamon 10 mL
1/4 tsp plus 1/8 tsp (.5 mL) salt, divided 1 mL
1/4 cup canola oil 60 mL
1/4 cup maple syrup 60 mL
1 Tbsp fat-free milk 15 mL
2 tsp vanilla extract 10 mL
1 cup dried cherries or blueberries 250 mL
1 Tbsp orange zest 15 mL

1. Preheat oven to 300 °F (150 °C). Coat a baking sheet with canola oil cooking spray.
2. Combine oats, wheat germ, almonds, cinnamon, and 1/4 tsp (1 mL) salt in a large bowl. Add canola oil, syrup, milk, and vanilla, stirring constantly.
3. Spread mixture on a baking sheet in a layer about 1/4-inch thick. Bake 25-30 minutes until browned, stirring two or three times during cooking while breaking up large pieces. Remove from the oven, sprinkle evenly with remaining 1/8 tsp (.5 mL) salt, cherries, and zest. Cool completely. Store in an airtight container in the refrigerator for up to two weeks.

Yield: 12 servings.

Serving size: 1/3 cup (75 mL).

Source: The Heart-Smart Diabetes Kitchen: Fresh, Fast, and Flavorful Recipes Made with Canola Oil. American Diabetes Association and CanolaInfo.

Nutritional Analysis per Serving:

Calories	200
Total Fat	8 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	80 mg
Carbohydrates	29 g
Fiber	3 g
Protein	4 g



oven roasted falafel

Falafel, crispy vegetarian patties made of chickpeas, garlic, onion and spices, make an easy, inexpensive lunch. With its neutral flavor and high smoke point, canola oil is ideal for cooking falafel.

1 (19-oz/540 mL) can chickpeas, rinsed and drained
1 small onion, chopped
2-4 garlic cloves, peeled
2 Tbsp chopped fresh parsley 30 mL
2 Tbsp chopped fresh cilantro 30 mL
1 tsp ground cumin 5 mL
1/4 tsp salt 1 mL
pinch dried chili flakes
1/4 cup whole wheat flour 60 mL
1 tsp baking powder 5 mL
canola oil for cooking
fresh pitas, tzatziki, chopped cucumber,
tomatoes and red onion accompaniments

1. Preheat oven to 425 °F (220 °C).
2. Place chickpeas, onion, garlic, parsley, cilantro, cumin, salt, and chili flakes in bowl of food processor and pulse until combined but still chunky.
3. Add flour and baking powder and pulse until it turns into soft mixture that you can roll into balls without sticking to your hands. (Add another spoonful of flour if it seems too sticky.)
4. Roll dough into meatball-sized balls and gently flatten each into little patty.
5. Place patties on heavy-rimmed baking sheet, preferably one that's dark in color. Brush each patty with canola oil, flip them over and brush other side.
6. Roast for 15 minutes, then flip them over and roast for another 10 minutes, until crisp and golden on both sides.
7. Serve warm, wrapped in pitas, with tzatziki, chopped cucumber, tomatoes and red onion.

Nutritional Analysis per Serving:
without accompaniments

Calories	180
Total Fat	6 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	150 mg
Carbohydrates	27 g
Fiber	6 g
Protein	9 g

Yield: 18 falafel patties.
Serving size: 3 falafels.

greek lentil salad



The lentils add a delicious twist to your everyday Greek salad. It tastes even better the next day!

Salad

- 2 cups lentils or black beans, cooked 500 mL
- 1 cup chopped cucumber 250 mL
- 1/2 cup chopped red onion 125 mL
- 2 tomatoes, chopped 2
- 1 yellow pepper, chopped 1
- 1 cup chopped cauliflower 250 mL
- 1/2 cup chopped parsley 125 mL
- 1/4 cup feta cheese, crumbled 60 mL

Vinaigrette

- 1/2 cup sliced black olives 125 mL
- 2 Tbsp lemon juice 30 mL
- 1/2 tsp each salt and pepper 2 mL
- 1 Tbsp red wine vinegar 15 mL
- 2 cloves garlic, minced 2
- 2 tsp dry crumbled oregano 10 mL
- 2 tsp dry crumbled parsley or mint 10 mL
- 2 tsp dry crumbled basil 10 mL
- 1/3 cup canola oil 75 mL

1. Combine salad ingredients. In a separate bowl, combine vinaigrette ingredients. Pour over salad mixture. Stir to combine.

Nutritional Analysis per Serving:

Calories	101
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	4 mg
Sodium	291 mg
Carbohydrates	9 g
Fiber	2 g
Protein	4 g

Yield: 16 servings.

cumin crusted fish



Here is a tasty way to add fish to your diet. Sautéing is a quick method of cooking.

1/2 - 1 Tbsp ground cumin 7.5 - 15 mL
 1/4 tsp thyme 1 mL
 1 tsp paprika 5 mL
 1/2 tsp lemon pepper 2 mL
 1 lb white fish fillets (walleye, halibut, cod) 500g
 1/2 Tbsp canola oil 7.5 mL
 2 Tbsp chopped parsley 30 mL
 lemon or lime wedges

1. In a small bowl, mix together cumin, thyme, paprika, and lemon pepper.
2. Rub spice mixture on both sides of fillets.
3. In a large skillet, set over medium heat, heat canola oil. Add fish fillets and cook until browned on both sides and fish is opaque in the center about 4 minutes per side.
4. Sprinkle with parsley and serve immediately with lemon or lime wedges.

Nutritional Analysis per Serving:

Calories	130
Total Fat	3.5 g
Saturated Fat	0 g
Cholesterol	100 mg
Sodium	100 mg
Carbohydrates	1 g
Fiber	1 g
Protein	22 g

Yield: 4 servings.

Serving size: 4 oz (125 g) fish.



braised beef and vegetable stew

This beef and vegetable stew is a healthy take on a hearty classic. Braising allows the beef and vegetables to reach the perfect tenderness while the tomatoes, red wine and Worcestershire give the dish just the right amount of acidity.

2 lb lean stew beef 1 kg
2 medium onions, diced
3 cups chopped carrots, about 6 carrots total 750 mL
2 cups cubed rutabaga*, about 1 x 2-inch (2.5 x 5-cm) cubes 500 mL
4 cloves garlic, minced
1 Tbsp canola oil 15 mL
1 tsp dried thyme leaves 5 mL
1/2 tsp cracked black pepper 2 mL
1/2 tsp dried tarragon leaves 2 mL
1 tsp dried summer savory 5 mL
1/4 cup whole-wheat flour 60 mL
1 can (10 oz or 284 mL) low-sodium beef broth, undiluted
1 cup canned crushed tomatoes 250 mL
1 cup red wine 250 mL
1/2 cup water 125 mL
1 Tbsp Worcestershire sauce 15 mL
2 stems fresh rosemary

1. Preheat oven to 350 °F (180 °C).
2. In large, 14 cup (3.5 L) Dutch oven, place beef, onions, carrots, rutabaga and garlic. Drizzle with canola oil and toss to coat.
3. Sprinkle with thyme, pepper, tarragon, summer savory and flour. Toss to coat.
4. Add beef broth, tomatoes, red wine, water and Worcestershire. Place rosemary stems on top.
5. Cover and cook for 2 1/2 to 3 hours. Remove from oven. Remove rosemary, stir and serve. Store leftovers in refrigerator for up to three days or freeze for up to 3 months.

**Substitute parsnips, chopped, if desired.*

Nutritional Analysis per Serving:

Calories	280
Total Fat	9 g
Saturated Fat	3 g
Cholesterol	70 mg
Sodium	190 mg
Carbohydrates	17 g
Fiber	4 g
Protein	27 g

Yield: 8 servings.

Serving size: 1 cup (250 mL).



chocolate cake

A great special occasion cake for company or celebrations! Canola oil blends easily with other ingredients to create a moist, soft textured cake. Lightly dusted with icing sugar instead of frosting and served with fruit, a little goes a long way.

1 1/2 cups granulated sugar 375 mL
2/3 cups canola oil 150 mL
2 eggs
2 tsp vanilla 10 mL
2 2/3 cups all-purpose flour 650 mL
2/3 cups cocoa 150 mL
2 tsp baking powder 10 mL
2 tsp baking soda 10 mL
1 tsp salt 5 mL
2 cups boiling water 500 mL

1. Preheat oven to 350 °F (180 °C).
2. In large bowl, beat sugar, canola oil, eggs and vanilla for 4 minutes. Sift together flour, cocoa, baking powder, baking soda and salt. Add flour mixture alternately with boiling water to sugar mixture. Beat well after each addition.
3. Pour into oiled and floured 9 x 13 inch (22 x 34 cm) cake pan. Bake 40 minutes, or until cake springs back to the touch.

Yield: 32 pieces

Nutritional Analysis per Serving:

Calories	124
Total Fat	5 g
Saturated Fat	0.5 g
Cholesterol	14 mg
Sodium	177 mg
Carbohydrates	19 g
Fiber	1 g
Protein	2 g



CanolaInfo is the information source about canola oil for consumers, healthcare professionals, chefs, educators – everyone who wants to know more about one of the world's healthiest cooking oils. For more heart-smart recipes or facts about canola oil, visit **www.canolainfo.org**



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