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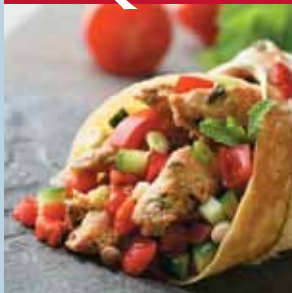
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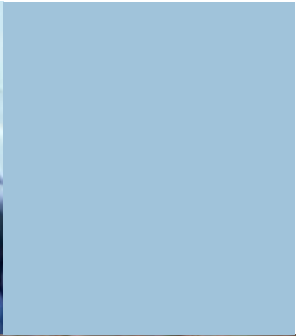
and Healthy

Recipes the whole family can enjoy



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Healthy Eating Tips at a Glance:

Enjoy a variety of foods

Variety in food choices is the key to enjoying the many tastes of foods. No one food will provide all the nutrients your body needs. Choose a variety of foods from Canada's Food Guide every day.

Eat less fat, especially saturated fat and trans fats

Choose lower-fat foods more often. Canada's Guidelines to Healthy Eating recommend 20-35% of calories from fat per day.

- For a woman, this means about 45-75 grams of fat or less per day
- For a man, this means about 60-105 grams of fat or less per day

These numbers can be used as guidelines to compare how much fat is in a food or recipe compared to what you should be eating in a day.

Healthier fats:

Monounsaturated fats are found in canola oil, olive oil, and peanut oil. **Polyunsaturated fats** are found in oils such as corn, safflower, and sunflower. Omega-3 fat is a type of polyunsaturated fat that can be found in canola and soybean oils, flax seed, and fatty fish (salmon, cod, mackerel, herring).

Unhealthy fats:

Saturated fat is found in animal products, fatty meats, full-fat milk products, butter, and lard.

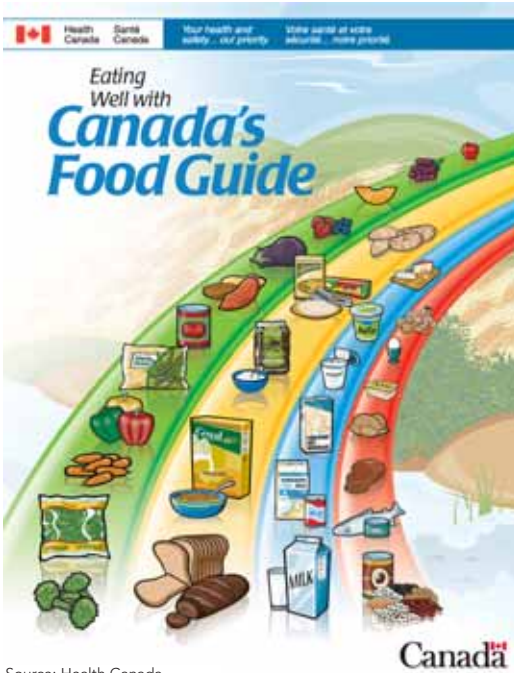
Trans fat is produced during the process of hydrogenation. Trans fats are found in foods made with shortening or partially hydrogenated vegetable oils, cookies, crackers, and many prepared foods.

Although unsaturated fats are a better choice you still need to limit your intake.

Eat more fibre

Fibre is a complex carbohydrate that your body cannot digest or absorb into your bloodstream. Fibre is found mainly in whole grain products, vegetables, and fruits.

Canada's Food Guide is a simple tool to help you and your family get all the nutrients needed for good health. It is a guide to the types and amounts of food to eat from each group. For more information on the recommended number of Food Guide servings per day, visit www.healthcanada.gc.ca/foodguide.



Source: Health Canada

What's In One Serving?

Vegetables and Fruit

1 Fruit
or
Vegetable
(tennis ball)



½ cup (125 mL)
Fresh, Frozen,
or Canned
Fruit (light bulb)



Grain Products

½ Bagel
(hockey puck)



1 Slice of
Bread
(cd case)



Milk and Alternatives

1½ oz
(50 g)
Cheese
(3 dominos)



1 cup
(250 mL)
Milk
(measuring cup)



Meat and Alternatives

3 oz (90 g)
Meat, Fish,
or Poultry
(deck of cards)



2 tbsp
(30 mL)
Peanut
Butter
(golf ball)



Oils, Spreads and Dressings

1 tsp (5 mL) Salad Dressing,
Oil or Butter
(tip of your thumb)



Planning Meals

Let Canada's Food Guide be your guide to meal planning. It doesn't have to take a lot of time. Do it once or twice a week, whatever works best for your family.

Planning meals helps you:

- o Eat well.
- o Save time by planning and shopping ahead and reducing trips to the grocery store.
- o Get meals on the table faster with less stress.

Getting started:

- o Menu plan - jot down your meal ideas on a piece of paper or calendar. Short on ideas? Ask other family members for their input.
- o Grocery list - write down the foods you need for the next few days or week.
- o Go shopping - buy the foods on your list.
- o Start cooking - post your meal plan on the fridge so whoever gets home first can start the meal.

Meal planning checklist:

- ✓ Choose vegetables and fruit with little or no added fat, sugar, or salt.
- ✓ Have vegetables and fruit more often than juice.
- ✓ Make at least half of your grain products whole-grain.
- ✓ Choose grain products that are lower in fat, sugar, and salt.
- ✓ Drink milk or fortified soy beverage each day.
- ✓ Select lower fat milk alternatives.
- ✓ Choose meat alternatives such as beans, lentils, and tofu more often.
- ✓ Select lean meat and alternatives prepared with little or no added fat and salt.
- ✓ Satisfy your thirst with water.
- ✓ Limit foods and beverages high in calories, fat, sugar, or salt.



Curried Split Pea Soup

4 servings

1 tbsp	Canola oil	15 mL
1/2 cup	Onion, chopped	125 mL
2 tbsp	Celery leaves, chopped	25 mL
1 clove	Garlic, minced	1 clove
1 tsp	Curry powder	5 mL
2/3 cup	Yellow split peas, washed and drained	150 mL
3 cups	Chicken stock	750 mL
1/2 cup	Carrot, grated	125 mL
1/2 cup	Apple, grated	125 mL
	Low fat yogurt to taste	

Tips

- To reduce the sodium content in this recipe, choose reduced sodium chicken broth.

To reduce salt:

- eliminate salt when cooking.
- choose fresh or frozen vegetables over canned.
- use herbs, spices, lemon juice or garlic, in place of salt.

In a small saucepan, over medium heat, heat canola oil. Add onion, celery leaves, and garlic. Sauté for 3 minutes or until onion is soft. Add curry and stir for 1 minute.

In a large saucepan or Dutch oven, combine peas and chicken stock. Cover and bring to a boil. Reduce heat and simmer 15 minutes. Add onion mixture, carrot, and apple to stock and simmer 10 minutes or until peas are tender.

Serve with a spoonful of yogurt.

Nutrition Facts – per serving

Calories: 180	Protein: 8 grams	Total Fat: 5 grams
Carbohydrate: 26 grams	Fibre: 10 grams	Sodium: 530 mg

Strawberry and Mango Salad with Mint Vinaigrette

8 servings



1 (5 oz) bag	Mixed salad greens	1 (142 g) bag
3 cups	Sliced strawberries	750 mL
1	English cucumber, quartered and diced	1
1	Large mango, peeled and diced	1
1	Large orange, peeled, pits removed and sectioned	1
1/4 cup	Finely chopped fresh mint	50 mL
Dressing:		
2 tbsp	Vinegar	25 mL
1 tbsp	Lemon juice	15 mL
1/4 cup	Orange juice	50 mL
2 tbsp	Canola oil	25 mL
1 tbsp	Sugar	15 mL
	Salt and pepper to taste	

Combine salad ingredients in large serving bowl. Toss lightly.

In a small bowl, whisk together vinegar, lemon juice, orange juice, canola oil, sugar, and salt and pepper to taste. Pour desired amount of dressing on top, and toss lightly. Serve immediately.

Nutrition Facts – per serving

Calories: 100	Protein: 1 grams	Total Fat: 4 grams
Carbohydrate: 16 grams	Fibre: 3 grams	Sodium: 5 mg



Zesty Chicken Wrap

6 servings

4	Large skinless, boneless chicken breasts, cut into 1/2 inch (1 cm) strips	4
2 tbsp	Canola oil	25 mL
2 tbsp	Lime juice	25 mL
2 cloves	Garlic, minced	2 cloves
1/2 tsp	Ground cumin	2 mL
2 tsp	Ground fennel	10 mL
1 tbsp	Grated lime zest	15 mL
2 tsp	Chopped fresh mint	10 mL
2 tbsp	Chopped fresh cilantro	25 mL
6	Small tomatoes, seeded and chopped	6
4	Green onions, chopped	4
1/2	English cucumber, diced	1/2
6	Tortilla wraps	6
	Low fat or non-fat sour cream	

In large bowl, combine canola oil, lime juice, garlic, cumin, fennel, lime zest, mint and cilantro. Add chicken to bowl and toss to coat chicken pieces with mixture. Let stand 15 minutes or overnight in refrigerator.

In large non-stick frying pan, cook chicken mixture over medium high heat for 6 to 8 minutes, or until chicken juices run clear and chicken is cooked through.

Assemble wraps with chicken, chopped vegetables, and a dollop of sour cream. Fold and serve immediately.

Nutrition Facts – per serving

Calories: 230	Protein: 20 grams	Total Fat: 7 grams
Carbohydrate: 26 grams	Fibre: 4 grams	Sodium: 560 mg

Lent-olé Burrito

8 servings

1 1/2 cups	Small green lentils, washed and drained	375 mL
3 cups	Water	750 mL
1	Medium onion, diced	1
1 cup	Sweet green pepper, diced	250 mL
2 cloves	Garlic, minced	2 cloves
2 tsp	Canola oil	10 mL
1 1/2 tsp	Chili powder	7 mL
1/2 tsp	Cumin	2 mL
1/2 tsp	Garlic powder	2 mL
1 cup	Water	250 mL
6 tbsp	Tomato paste	90 mL
8	Tortillas	8
	Low fat sour cream, grated low fat cheddar cheese, and lettuce (optional)	

In a saucepan, combine lentils and water; bring to a boil. Reduce heat, cover and simmer 30 minutes (this can be done the night before). Drain excess water if necessary.

In skillet, over medium heat, heat oil and sauté onion, pepper, and garlic. Stir 2 minutes, do not brown. Add chili powder, cumin, garlic powder, lentils, water, and tomato paste. Stir until mixture starts to thicken.

Cover and cook over medium-low heat 10 minutes. Reduce heat and cook another 5 minutes.

Lay tortilla flat, spoon 1/3 to 1/2 cup (75 to 120 mL) lentil mixture down centre of each tortilla. Add optional items if desired. Roll up and serve.

Nutrition Facts – per serving (excluding optional items)

Calories: 300	Protein: 10 grams	Total Fat: 7 grams
Carbohydrate: 49 grams	Fibre: 7 grams	Sodium: 540 mg

Cumin-Crusted Fish

4 servings

1/2 - 1 tbsp	Ground cumin	7.5 - 15 mL
1/4 tsp	Thyme	1 mL
1 tsp	Paprika	5 mL
1/2 tsp	Salt	2 mL
1/2 tsp	Lemon pepper	2 mL
1 lb	White fish fillets	500 g
1/2 tbsp	Canola oil	7.5 mL
2 tbsp	Chopped parsley	25 mL
	Lemon or lime wedges	

In a small bowl, mix together cumin, thyme, paprika, salt, and lemon pepper. Rub spice mixture on both sides of fillets.

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 centre.

Sprinkle with parsley and serve immediately with lemon or lime wedges.

Nutrition Facts – per serving

Calories: 130
Carbohydrate: 1 gram

Protein: 22 grams
Fibre: <1 gram

Total Fat: 3.5 grams
Sodium: 410 mg

Spicy Three-Bean Vegetarian Chili

10 servings



3 tbsp	Canola oil	45 mL
1	Large onion, chopped	1
2 cloves	Crushed garlic cloves	2 cloves
1/4 cup	All-purpose flour	50 mL
2 tbsp	Chili powder	25 mL
1 tbsp	Ground cumin	15 mL
1/2 tsp each	Salt and pepper	2 mL each
1/2 cup	Water	125 mL
1 can	Diced tomatoes, with juice	796 mL
1 can each	Romano beans, red kidney beans and white kidney beans, drained and rinsed	540 mL each
1	Bay leaf	1
3	Jalapeño peppers, seeded and chopped (optional)	3
1/2 cup	Chopped fresh cilantro or parsley	125 mL

Heat canola oil in large saucepan over medium heat. Add onion and garlic. Sauté until onion has softened, about 5 minutes. Meanwhile, mix flour with chili powder, cumin, salt, and pepper. Stir into pan and continue cooking, stirring gently, for 2 minutes.

Slowly stir in water and juice from tomatoes. Continue stirring until the mixture starts to thicken. Add tomatoes and beans. Break up tomatoes with a fork. Stir in bay leaf. Add jalapeño peppers if desired.

Bring to a boil over medium-high heat, stirring often, for 20 minutes. Remove bay leaf and stir in cilantro.

Nutrition Facts – per serving (1 cup)

Calories: 270

Carbohydrate: 45 grams

Protein: 13 grams

Fibre: 11 grams

Total Fat: 6 grams

Sodium: 230 mg



Greek-Style Pocket Sandwiches

4 servings

1 lb	Boneless pork loin, well trimmed and cut into strips	500 g
1/4 cup	Canola oil	50 mL
1 tbsp	Prepared mustard	15 mL
1/2 cup	Lemon juice	125 mL
2 cloves	Garlic, minced	2 cloves
1 tsp	Oregano	5 mL
1 cup	Plain low fat yogurt	250 mL
1 cup	Cucumber, peeled and chopped	250 mL
1/2 clove	Garlic, crushed	1/2 clove
1/2 tsp	Dill	2 mL
2	Whole wheat pita breads, halved	2
1 small	Red onion, thinly sliced	1 small

Tip

- To complete this meal, add some veggies and low fat dip, and a glass of milk.

Combine canola oil, mustard, lemon juice, garlic, and oregano. Pour over pork strips. Cover and refrigerate 1–8 hours or overnight.

Combine yogurt, cucumber, garlic, and dill; cover and refrigerate.

Drain marinade from pork, removing as much from meat as possible (use strainer or colander). Heat oven to 450° F.

Place strips in a shallow pan in the oven for 10–12 minutes, or until lightly browned. Remove meat from pan with slotted spoon and distribute pork among pita halves.

Top each with a generous spoonful of yogurt mixture and some sliced red onion.

Nutrition Facts – per serving

Calories: 326	Protein: 31 grams	Total Fat: 11 grams
Carbohydrate: 24 grams	Fibre: 0.7 grams	Sodium: 201 mg

Ginger Turkey Stir-Fry

2 servings



1/2 lb	Turkey breast, boneless and skinless	250 g
1 tbsp	Dry white wine	15 mL
2 tsp	Soy sauce, divided	10 mL
1/2 cup	Water	125 mL
2 tsp	Cornstarch	10 mL
2 tsp	Canola oil	10 mL
1 clove	Garlic, minced	1 clove
2 tsp	Fresh ginger, minced	10 mL
3 cups	Thinly sliced vegetables (carrots, celery, zucchini, mushrooms, green or red pepper)	750 mL
1	Green onion, sliced	1

Cut turkey into bite-sized pieces. In medium bowl, combine turkey, wine, and 1 tsp (5 mL) soy sauce; set aside. In a small bowl, combine water, remaining soy sauce, and cornstarch, and set aside.

In a wok/skillet, stir-fry turkey until no longer pink. Remove turkey from the wok/skillet.

Add canola oil to the wok/skillet and stir-fry garlic, ginger, and vegetables until tender. Add green onion and stir-fry for 1 minute. Stir in turkey and add cornstarch mixture. Stir until thickened. Serve with steamed rice or rice noodles.

Tip

- In place of dry white wine, try 1 tbsp of chicken broth.

Nutrition Facts – per serving (excluding rice/noodles)

Calories: 239	Protein: 31 grams	Total Fat: 6 grams
Carbohydrate: 16 grams	Fibre: 3.8 grams	Sodium: 400 mg

Penne with Beef Strips

4 servings

3 cups	Penne, or rigatone pasta, uncooked	750 mL
1 lb	Beef stir-fry or inside round steak, cut into thin strips	500 g
2 tsp	Canola oil	10 mL
3 cloves	Garlic, minced	3 cloves
1/4 cup	Onion, finely chopped	50 mL
1	Green pepper cut in thin strips	1
2 tsp	Dried basil	10 mL
2 tsp	Oregano or thyme	10 mL
4	Medium tomatoes, chopped	4
1/4 tsp	Ground pepper	2 mL
1/4 cup	Ground parmesan cheese	50 mL

Cook pasta about 10 minutes. Meanwhile, in a small skillet over medium heat, add canola oil and beef. Cook for 1-2 minutes.

Add garlic, onion, green pepper, basil, and oregano. Cook 2 minutes longer until beef is no longer pink. Add tomatoes and ground pepper, and cook 1–2 minutes until hot.

Drain pasta and toss with beef mixture. Garnish with cheese.

Nutrition Facts – per serving

Calories: 420

Carbohydrate: 48 grams

Protein: 39 grams

Fibre: 4 grams

Total Fat: 8 grams

Sodium: 212 mg

Chewy Cinnamon Oat Cookies

Yields 36



1/3 cup	Granulated sugar	75 mL
1/4 cup	Packed dark brown sugar	50 mL
3 tbsp	Canola oil	45 mL
1	Egg, large	1
1 tsp	Vanilla	5 mL
1 1/4 cups	Rolled oats	300 mL
1/3 cup	All-purpose flour	75 mL
1/2 tsp	Baking soda	2 mL
1 1/2 tsp	Ground cinnamon	7 mL
1/8 tsp	Salt	0.5 mL
1 cup	Raisins and/or dried cranberries	250 mL
1/3 cup	Sweetened flaked coconut	75 mL

Preheat oven 375° F. In a medium-sized bowl, combine sugar, brown sugar, and canola oil. Use an electric mixer on medium-high speed, beat for about 30 seconds or until well blended. The mixture will be grainy. Add egg and vanilla; beat well. Add oats, flour, baking soda, cinnamon, and salt, and beat until blended. Add raisin mixture and coconut, and beat until blended.

Line cookie sheets with parchment paper. Using a teaspoon measure, spoon dough to make 36 cookies (place 2 inches apart). Bake 5 minutes or until puffy and slightly golden on edges. Do **not** bake longer, they will not look done when removed from oven. Place cookie sheet on wire rack and let stand 3 minutes. Carefully remove paper and cookies from cookie sheet and set aside to cool (on parchment paper).

Nutrition Facts – per serving (2 cookies)

Calories: 120	Protein: 2 grams	Total Fat: 3 grams
Carbohydrate: 20 grams	Fibre: 0.6 grams	Sodium: 60 mg



Blueberry Muffins

Yields 12

2	Eggs, large	2
1 cup	1% or skim milk	250 mL
1/4 cup	Canola oil	50 mL
1/4 cup	Molasses	50 mL
3/4 cup	Packed brown sugar	175 mL
1 1/2 cups	Natural wheat bran	375 mL
1 1/2 cups	All-purpose flour	375 mL
2 tsp	Baking powder	10 mL
1/2 tsp	Salt	2 mL
1/2 tsp	Baking soda	2 mL
1 cup	Frozen blueberries or dried fruit	250 mL

Preheat oven to 400° F.

In a large bowl, whisk together eggs, milk, canola oil, molasses and brown sugar until well blended. Stir in bran; let stand for 5 minutes.

Tip

- To lower the fat in this recipe, substitute 2 egg whites for 1 whole egg.

In small bowl, mix together flour, baking powder, salt and baking soda. Add to egg mixture, stirring just until combined. Stir in frozen or dried fruit.

Spoon into oiled or paper-lined muffin tins, filling to the top.

Bake for 20–22 minutes or until tester inserted in centre comes out clean.

Nutrition Facts – per serving

Calories: 220	Protein: 5 grams	Total Fat: 6 grams
Carbohydrate: 39 g	Fibre: 4 grams	Sodium: 220 mg

