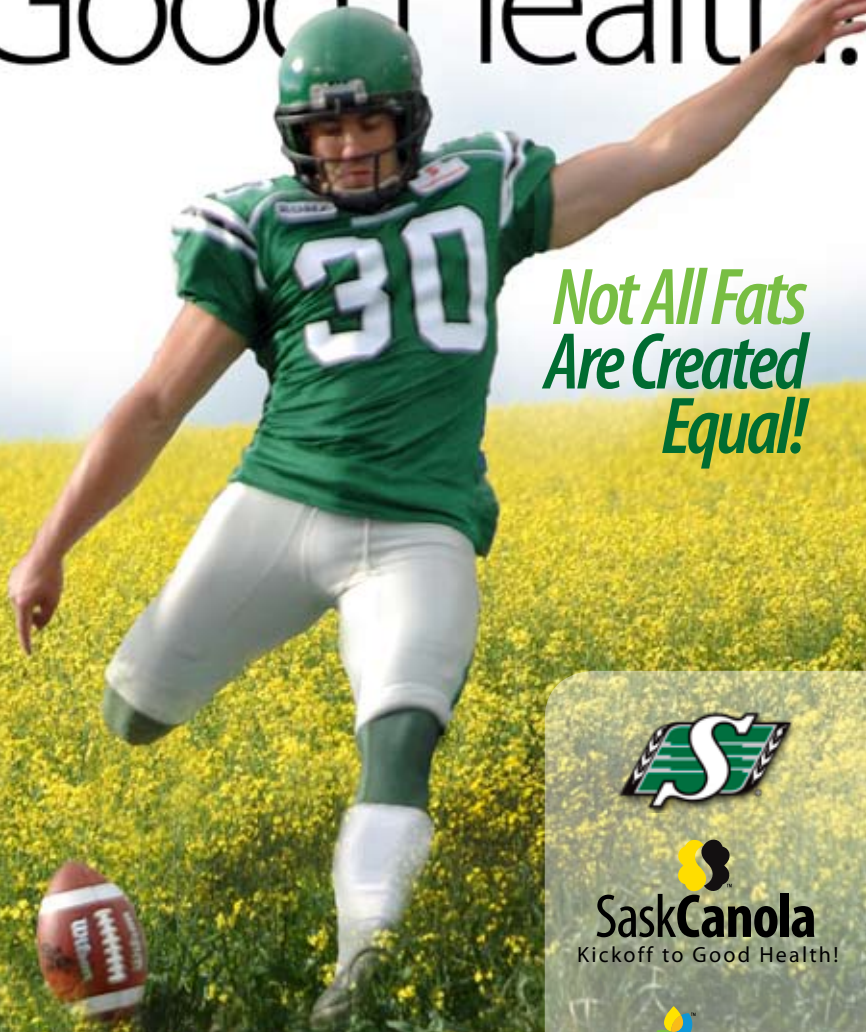


CANOLA OIL. GOOD FOR EVERY BODY!™

# Kickoff to Good Health!



*Not All Fats  
Are Created  
Equal!*



**SaskCanola**

Kickoff to Good Health!



**canola.info.org**

canola oil. good for every body!™

# Kickoff to Good Health

## At SaskCanola, our Team

of over 25,000 registered canola producers and their families grow thousands of fields of the world's heart-healthiest oil...Canola Oil!

We're proud of our Saskatchewan canola industry and the health benefits that canola oil brings to you, your family and millions of people around the world.

## Kickoff to your good health

this football season...get up... get out...be healthy!

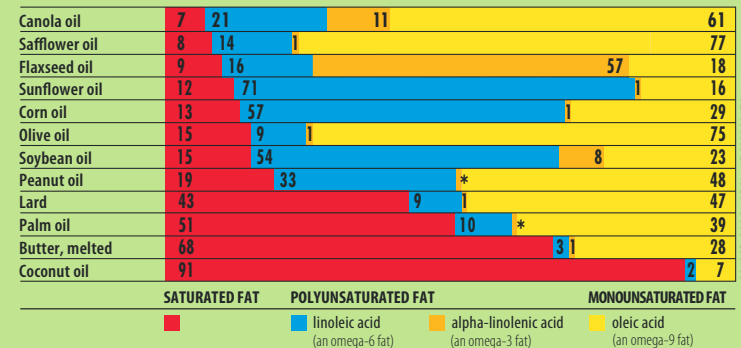
## Not all fats are created equal!

### Some fats are good for you, some are not.

Your body needs fat to provide energy and help you absorb fat-soluble vitamins. Certain fats such as omega-3 and omega-6 fats are essential for good nutrition and must be consumed as part of a healthy diet. It is important to choose fats wisely because some fats are healthier for you than others.

Canola oil provides more of the healthier fats than any other popular vegetable oil.

### Comparison of Dietary Fats



\*Trace Fatty acid content normalized to 100%

# Every Body Needs Good Fats to Stay Healthy!

## Choose a healthy oil! In keeping with dietary recommendations\* canola oil is:

- **trans fat free.** (that's fantastic!)  
*Trans* fat raises bad LDL cholesterol and lowers good HDL cholesterol.
- **low in saturated fat.** (that's great!)  
Saturated fat raises the bad LDL cholesterol in your blood and has been linked to increased risk of coronary heart disease.
- **high in omega-3 fat.** (that's really good!)  
Omega-3 fat must also be consumed in your diet and helps protect against heart attacks and strokes.
- **high in monounsaturated fat.** (that's really good, too!)  
Monounsaturated fat may reduce the risk of coronary heart disease by lowering bad LDL cholesterol in the blood and helping control blood glucose.
- **a source of omega-6 fat.** (that's good!)  
Omega-6 fat must be consumed in your diet and is important for the brain and essential for the growth and development of infants.

# Choose a Healthy Oil!

Canola Oil has a unique blend of fats that offers health benefits for healthy people and people at risk of heart disease, diabetes and other chronic diseases.

\*Health Canada advises "for good health, include a small amount (2 - 3 Tbsp/30 - 45 mL) of unsaturated fat and limit the amount of saturated and *trans* fat in your day".

# Canola Oil.

## Good for Every Body!™

### How do you get the Right Fats in your Diet?

Health professionals recommend:

- keeping total fat intake between 20 to 35 percent of calories.
- choosing monounsaturated fat from such sources as nuts, seeds and vegetable oils including canola oil.
- increasing omega-3 fat from sources such as salmon, lake trout, walnuts and canola oil.
- consuming less than 10 percent of calories from saturated fat per day.
- avoiding *trans* fat.
- avoiding dietary fats that increase cholesterol.



### Canola oil may Reduce the Risk of Coronary Heart Disease.

The U.S. Food and Drug Administration authorized, in October 2006, a qualified health claim for canola oil based on its high percentage of unsaturated fats.

The claim states: *"Limited and not conclusive scientific evidence suggests that eating about 1½ tablespoons (19 grams) of canola oil daily may reduce the risk of coronary heart disease due to the unsaturated fat content in canola oil. To achieve this possible benefit, canola oil is to replace a similar amount of saturated fat and not increase the total number of calories you eat in a day."*

# Kickoff to Good Health

SaskCanola is proud to partner with the Riders to promote good health this football season. Today's busy consumers want foods that taste good and boost health. Canola oil fits the bill.

For more information about canola and canola oil contact SaskCanola, email [info@saskcanola.com](mailto:info@saskcanola.com), call 1.877.214.7044 or visit: [saskcanola.com](http://saskcanola.com) and [canolainfo.org](http://canolainfo.org)



# Kickoff to Good Food!

*Favourite  
Canola Tailgate  
Recipes!*



**SaskCanola**  
Kickoff to Good Health!



**canola info.org**  
canola oil. good for every body!™

# Kickoff to Good Food

Canola oil is light and clear and has a mild flavor that lets the taste of what you are cooking shine. Canola oil makes baked goods that are moist and tender. It has a high smoke point, making it ideal for sautéing, pan frying and even for the occasional deep fried treat! Canola oil is versatile and helps you cook healthy. We hope you will enjoy these recipes to celebrate the Rider's football season. Thanks to the Riders and CanolaInfo.org for their participation in this special brochure.

**Kickoff to Good Health  
and Good Food!**



## Turkey Burger

*Turkey Burger... A perfect burger for your next barbeque!*

4 Tbsp	canola oil	60 mL
¼ cup	finely chopped red onion	60 mL
1	apple, peeled, cored & finely diced	1
¼ cup	chopped green onion	60 mL
1	clove garlic, finely diced	1
1 lb	ground turkey	500 g
2 tsp	Dijon mustard	10 mL
⅓ cup	peach chutney	75 mL
½ cup	dry bread crumbs	125 mL
	salt & pepper to taste	

### Per Burger Patty

Calories	420
Total Fat	26g
Saturated Fat	4.5g
Cholesterol	95mg
Sodium	370mg
Carbohydrates	25g
Fiber	2g
Protein	23g

- In medium size fry pan, heat 2 tbsp (30 mL) canola oil. Sauté red onion, apple, green onions and garlic, for 3 to 5 minutes, over medium low heat.
- Place ground turkey in large mixing bowl. Add sautéed vegetables, mustard, peach chutney, bread crumbs, salt and pepper. Form into burgers.
- In a large fry pan, heat remaining 2 tbsp (30 mL) canola oil. Cook burgers over medium heat until juices run clear, approximately 15 minutes. Cooking time will depend on thickness of burgers. Turn once during cooking time. Serve on whole wheat roll with baked fries on the side.

**Yield: 4 burgers.**



## Taco Salad With Homemade Pita Wedges

*The Taco Salad Dressing made with canola oil makes it low in saturated fat and trans fat-free! Canola oil also allows the savory and sweet flavors to shine through.*

### Dressing:

1 cup	canola oil	250 mL
¼ cup	white vinegar	60 mL
2 Tbsp	lime juice	30 mL
1	garlic clove, minced	1
¼ tsp	dry mustard	1 mL
2 Tbsp	sweet pickle relish	30 mL
2 Tbsp	ketchup	30 mL
½ tsp	salt	2 mL
⅛ tsp	pepper	0.5 mL

### Salad:

1 head	romaine lettuce, washed and torn	1
1 can	(15 oz/443 mL) red kidney beans, drained and rinsed	1
½ cup	low-fat cheddar cheese	125 mL
¼ cup	red onion, sliced	60 mL
1	tomato, diced	1
2 small	whole wheat pitas, split in half and quartered	2

- In a bowl, whisk together canola oil, vinegar, lime juice, garlic, mustard, relish, ketchup, salt and pepper. Refrigerate until ready to use. If refrigerated, the dressing will keep for three to four days.
- Preheat oven to 350°F (175°C). Brush each pita quarter with ½ tsp (2 mL) of dressing. Place on baking sheet and bake for 8-10 minutes or until crisp.
- In a large bowl, combine lettuce, beans, cheese, onion and tomatoes. Divide salad into 8 servings. Add 2 Tbsp (30 mL) dressing to each serving and toss. Serve with baked pita wedges.

**Yield: 6-8 servings.**

### Per serving

Calories	250
Total fat	17g
Saturated Fat	1g
Cholesterol	0mg
Sodium	210mg
Carbohydrates	19g
Fibre	6g
Protein	7g

## Grilled Mexican Chicken Pizza



A quick and delicious alternative to regular pizza.

1 Tbsp	lime juice	15 mL
1 Tbsp	canola oil	15 mL
1 clove	garlic, minced	1
1 tsp	chili powder	5 mL
1/8 tsp	salt	.5 mL
1/8 tsp	pepper	.5 mL
1	chicken breasts	1
4	whole wheat tortillas (10in/25cm)	4
1/2 cup	shredded low fat Monterey Jack cheese	125 mL
1/2 cup	salsa	125 mL
1/2 cup	finely diced green pepper	125 mL
1/4 cup	finely diced red onion	60 mL
1/4 cup	finely chopped flat leaf parsley	60 mL
1 cup	shredded lettuce	250 mL
3	Roma tomatoes, finely chopped	3
1/4 cup	fat free sour cream	60 mL

### Per Serving

Calories	230
Total Fat	8g
Saturated Fat	3g
Cholesterol	30mg
Sodium	600mg
Carbohydrates	30g
Fibre	5g
Protein	17g

- Combine lime juice, canola oil, garlic, chili powder and salt and pepper in large bowl. Whisk ingredients together. Cut chicken breasts into 1/2 inch (2 cm) pieces. Toss with oil mixture. Marinate mixture, refrigerated, for 2 to 4 hours.
- Stir fry chicken mixture in large wok over medium high heat until chicken pieces are cooked and juices run clear. Set aside.
- Preheat oven to 400°F (200°C). Arrange tortillas on rimmed, foil lined baking sheets. Divide cheese and sprinkle over tortillas. Bake until golden brown, about 6 minutes.
- Meanwhile, combine chicken, salsa, green pepper, red onion and parsley. Mix well. Spoon mixture onto warm tortillas. Spread mixture as evenly as possible. Bake again until heated through, about 5 minutes. Top with lettuce, tomatoes and a dollop of sour cream. Serve immediately.

**Yield: 4 pizzas.**

## Meatballs With Orange Cranberry Glaze



Serve these meatballs with dipping sauce for your next special occasion.

2 lbs	ground pork or chicken	1 kg
1 cup	fresh bread crumbs	250 mL
1/2 cup	mayonnaise	125 mL
1/2 cup	finely chopped green onion	125 mL
2 cloves	garlic, minced	2
2 Tbsp	finely chopped fresh parsley	30 mL
	salt and pepper to taste	
3 Tbsp	canola oil	45 mL

Dipping sauce:

1 can	whole cranberry sauce (14oz/398 mL)	1
2 Tbsp	honey	30 mL
2 Tbsp	soy sauce	30 mL
2 Tbsp	sesame seeds, toasted	30 mL
1 Tbsp	canola oil	15 mL
1 Tbsp	grated orange zest	15 mL
25	wooden skewers (6 inch/15 cm)	25

### Per Serving

Calories	140
Total Fat	8g
Saturated Fat	1.5g
Cholesterol	25mg
Sodium	120mg
Carbohydrates	12g
Fibre	<1g
Protein	6g

- Combine ground pork or chicken, bread crumbs, mayonnaise, green onions, garlic, parsley, salt and pepper in a large bowl. Mix well. Form mixture into 1 inch (2.5 cm) balls.
- Heat canola oil in large frying pan, over medium heat. Cook chicken balls until lightly browned and cooked through, and juices run clear. Set aside.
- Meanwhile, in medium saucepan, combine cranberry sauce, honey, soy sauce, sesame seeds, canola oil and orange zest. Cook over low heat, whisking occasionally, until hot and thickened slightly about 20 minutes.
- Thread 2 meatballs onto each skewer and place on serving dish. Pour cranberry dipping sauce into small bowl. Serve with meatballs.

**Yield: 25 appetizers.**

## Zesty Chicken Wraps



A tasty mixture of chicken and fresh ingredients, serve with a dollop of sour cream.

¼ cup	canola oil	60 mL
2 Tbsp	lime juice	30 mL
2 cloves	garlic, minced	2
½ 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	30 mL
4 large	skinless, boneless chicken breasts, cut into ½ inch (1 cm) strips	4
6 small	tomatoes, seeded and chopped	6
4	green onions, chopped	4
½	English cucumber, diced	½
6	whole wheat tortilla wraps	6
	low or no-fat sour cream	

### Per Serving

Calories	270
Fat	13g
Saturated Fat	1.5g
Cholesterol	45mg
Sodium	560mg
Carbohydrates	26g
Fibre	4g
Protein	20g

1. In large bowl, combine canola oil, lime juice, garlic, cumin, fennel, lime zest, mint and cilantro. Add chicken to bowl and toss and coat chicken pieces with mixture. Let stand 15 minutes.
2. In large non-stick frying pan cook chicken mixture over medium high heat for 6 to 8 minutes or until chicken juices run clear.
3. Place chicken on wraps. Add tomato, green onion, cucumber and a dollop of sour cream. Fold and serve immediately.

**Yield: 6 servings**

## Fruit Salad with Mojito Dressing



A festive and light fruit salad... enjoy!

### Fruit Salad:

1	mango, peeled and cut into bite-size pieces (about 1 cup)	1
½	fresh pineapple, cut into bite-size pieces (about 2 cups)	½
1½ cups	freshly sliced strawberries	375 mL
½ small	cantaloupe, cut into balls or bite-size pieces (about 1½ cups)	½
1 small	papaya, cut into bite-size pieces (about 1½ cups)	1
2	medium bananas, peeled & sliced	2

### Dressing:

¼ cup	canola oil	60 mL
2 Tbsp	lime juice	30 mL
1 tsp	lime zest	5 mL
½ cup	club soda	125 mL
2 Tbsp	white rum	30 mL
2 Tbsp	fresh mint leaves	30 mL
1 tsp	granulated sugar	5 mL

1. Prepare all fruits and place in serving bowl. Toss lightly.
2. In container, combine canola oil, lime juice, zest, club soda, rum, mint leaves and sugar. Drizzle dressing over fruit salad. Serve immediately.

*Cook's notes: Salad can be prepared in advance. Add bananas just before serving.*

**Yield: 10 servings.** Each serving is about 1 cup (250 mL).

### Per Serving

Calories	120
Total Fat	6g
Saturated Fat	0mg
Cholesterol	0mg
Sodium	10mg
Carbohydrates	18g
Fiber	2g
Protein	1g