



ABC Minestrone Soup

Tip: Add a flavour zip without increasing sodium by trying different spices such as cayenne pepper or chili pepper flakes. Add fibre to any soup by using a variety of vegetables and whole wheat pasta.

Recipe provided by the Manitoba Canola Growers Association/CanolaInfo and made possible with an educational grant from Cargill.

Nutrition Analysis-per serving (1 cup):

Calories: 140
Total fat: 3 g
Saturated fat: 0 g
Cholesterol: 0 mg

Sodium: 75 mg
Carbohydrates: 22 g
Fibre: 7 g
Protein: 7 g



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Weekend Waffles

Tip: Instead of syrup, try topping these waffles with healthier options such as your favourite fruit puree, yogurt, and toasted nuts or peanut butter. Freeze any leftover waffles for a quick breakfast on a busy morning.

Recipe provided by the Manitoba Canola Growers Association/CanolaInfo and made possible with an educational grant from Cargill.

Nutrition Analysis-per serving (2 squares)

Calories: 240
Total fat: 8 g
Saturated fat: 1 g
Cholesterol: 60 mg

Sodium: 280 mg
Carbohydrates: 32 g
Fibre: 2 g
Protein: 8 g



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Polka Dot Mac and Cheese

Tip: These vegetable polka dots add a healthier twist to a family favourite. Boost the nutrition in any comfort food by including lower fat dairy products, whole grains and vegetables.

Recipe provided by the Manitoba Canola Growers Association/CanolaInfo and made possible with an educational grant from Cargill.

Nutrition Analysis-per serving (1/6 of recipe):

Calories: 210
Total fat: 9 g
Saturated fat: 2 g
Cholesterol: 5 mg

Sodium: 220 mg
Carbohydrates: 20 g
Fibre: 2 g
Protein: 12 g



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Turkey Tacos Three Ways

Tip: Leftover turkey mixture can be refrigerated and used in turkey taco wraps or turkey taco salad. See www.canolarecipes.ca for more information.

Recipe provided by the Manitoba Canola Growers Association/CanolaInfo and made possible with an educational grant from Cargill.

Nutrition Analysis-per serving (2 tacos):

Calories: 300
Total fat: 10 g
Saturated fat: 2 g
Cholesterol: 40 mg

Sodium: 240 mg
Carbohydrates: 26 g
Fibre: 4 g
Protein: 26 g



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Turkey Tacos Three Ways

Ingredients

1 tbsp canola oil
1 onion, diced
1 clove garlic, minced
1 tsp chili powder
1 tsp cumin
1 tsp paprika
¼ tsp pepper
1 lb lean ground turkey
1 cup canned lentils, drained and rinsed
½ red pepper, diced
½ green pepper, diced
12 taco shells
1 cup chopped tomatoes
1 ½ cups chopped lettuce
¼ cup reduced-fat Monterey Jack cheese
¼ cup non fat sour cream, optional

Directions

In a large saucepan, warm canola oil over medium heat. Add onion and sauté until softened, about 4 minutes. Add garlic, chili powder, cumin, paprika, pepper and turkey and continue to cook for 8 – 10 minutes, until turkey is cooked through and there is no longer any pink colour remaining. Add rinsed lentils, red pepper and green pepper. Heat through, about 3 – 4 minutes. Place 2 tbsp of turkey mixture into taco shell. Top each taco with lettuce, tomatoes, and 1 tsp of cheese (1 tsp of sour cream optional). Makes 6 servings.

Polka Dot Mac and Cheese

Ingredients

1 ½ cups whole wheat elbow macaroni
2 tbsp canola oil
1 small onion, finely diced
1 clove garlic, minced
½ tsp pepper
3 tbsp whole wheat flour
1 ½ cups skim milk
1 ½ cups reduced-fat old Cheddar cheese
½ red pepper, finely diced
½ yellow pepper, finely diced
1 cup finely chopped broccoli
1 medium carrot, shredded
2 tbsp freshly chopped parsley

Directions

Preheat oven to 350°F (180°C). In a medium saucepan, bring water to a boil and cook macaroni to al dente, slightly firm to the bite. Drain noodles and reserve. In a large saucepan, warm canola oil over medium heat. Add onions and garlic and sauté until softened, about 4 minutes. Sprinkle with pepper. Add flour and stir to coat the onions. Gradually whisk in the milk and stir over medium heat until sauce thickens. Continue to cook for 1 minute. Remove from heat and stir in the cheese. Stir until the cheese melts into the sauce. Fold in the vegetables and the cooked macaroni. Transfer to a 3 litre casserole dish that has been sprayed with canola oil cooking spray. Bake for 25 to 30 minutes or until macaroni is bubbling. Garnish with parsley and let rest for 5 minutes before serving. Makes 6 servings.

Weekend Waffles

Ingredients

1 cup all purpose flour
1 cup whole wheat flour
2 tbsp granulated sugar
2 tsp baking powder
½ tsp baking soda
½ tsp ground nutmeg
½ tsp ground cinnamon
2 eggs
1 cup skim milk
1 cup buttermilk*
3 tbsp canola oil

Directions

Preheat waffle iron. In a large bowl, sift together flour, sugar, baking powder, baking soda, nutmeg and cinnamon. In a small bowl, whisk together eggs, milk, buttermilk and canola oil. Pour wet mixture over flour mixture and stir together. Do not over mix. For each waffle, lightly spray canola oil cooking spray on the waffle iron. Pour about ½ cup – ¾ cup of batter. Bake until golden brown. Makes 14 – 4 ½ x 4 ½ inch squares.

*In place of buttermilk, use an equivalent amount of sour milk, made by adding 1 tbsp of lemon juice or vinegar per 1 cup of milk.

ABC Minestrone Soup

Ingredients

2 tbsp canola oil
1 medium onion, diced
2 cloves garlic, minced
2 medium carrots, diced
2 medium stalks celery, diced
2 cups diced cabbage
2 tsp dried oregano
2 tsp dried basil
½ tsp pepper
1 can (19 oz/540 mL) navy beans, drained and rinsed
8 cups sodium-reduced chicken stock
1 can (156 mL) tomato paste
½ cup whole wheat mini alphabet pasta
2 tbsp freshly chopped parsley

Directions

In a large saucepan, warm canola oil over medium high heat. Add onion and garlic and sauté until softened, about 4 minutes. Add carrots, celery and cabbage and sauté for 10 minutes or until vegetables have softened. Stir in oregano, basil and pepper. Add rinsed beans and chicken stock. Bring to a boil. Reduce heat and add tomato paste. Stir to blend ingredients. Simmer for 20 minutes. Add pasta and continue to cook for 5 minutes or until pasta is cooked. Garnish with parsley and serve hot. Soup may be frozen for future use. Makes 12 servings.