

Eat Well
WITH MORE
VEGGIES

2016

#MAKEITCANOLA

VEGGIE-LICIOUS RECIPES

Roast
EAT, GROW, PLANT

10 VERY

Sauté, Fry, Bake

Savour, Enjoy!

Boil
Eat all your

VEGGIES

Sulchure, Dice,

Grill

Chiffonade

Braise, Glaze, Toss

Chop

Get Cooking!

Stew

Canola!

EAT WELL FOR LIFE

www.CanolaEatWell.com



DEAR VEGGIE EATER

FILL YOUR DAY WITH VEGGIES USING THESE 7 TIPS:

1. **START AT BREAKFAST:** add fresh or frozen fruits and veggies to cereal, hot oat meal, smoothies, yogurt and egg dishes.
2. **UP THE VEGGIE CONTENT:** add grated or puréed veggies to pasta sauce, meatloaf, hamburgers, soups, stews and casseroles for added texture, colour, moisture and nutrients.
3. **PRE-CUT VEGGIES:** chop and make veggies easy and convenient for snacking.
4. **CHOP ONCE, USE TWICE:** chop onions, garlic, carrots, peppers and celery in big batches for use throughout an entire week.
5. **MAKE SIGNATURE SALADS:** toss together your favourite veggies with quick and easy homemade vinaigrettes for endless salad combinations.
6. **EXPERIMENT:** try a new vegetable or prepare an old favourite in a new way.
7. **FILL HALF YOUR PLATE:** load up on fruits and veggies at every meal and snack.

Canola Eat Well is proud to partner with Half Your Plate. Look for their veggie and health tips throughout this booklet. To learn more about veggies and their amazing benefits, visit www.halfyourplate.ca



All the best,

Getty Stewart, PHEc

🐦 @GetGetty www.gettystewart.com

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Getty Stewart is a freelance Professional Home Economist providing tasty recipes, food preserving tips, kitchen time-savers and general food skills through workshops, recipe development, TV appearances and a popular food blog. She is the author of Manitoba's best-selling Prairie Fruit Cookbook, Founder of Fruit Share, a mom and veggie gardener.

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everyday
I **Love** Farmers

local
HEALTHY
Versatile

Savour

ENJOY

EAT
WELL
FOR LIFE

Eat More
VEGGIES
AND INSPIRE OTHERS

Canola farmers
thank you for
choosing **CANOLA OIL!**

Made
In
Canada

Canola!
EAT WELL FOR LIFE

@CanolaEatWell
#CanolaConnect

SUMMER
ROLLS

ROLLS

- 1 medium kohlrabi
- 1 medium carrot
- 1 sweet red pepper
- 1/4 head small red cabbage, chopped
- 6 lettuce leaves, torn in thirds
- 5 green onions, chopped
- 1/2 cup fresh cilantro leaves
- 2 Tbsp cashews, chopped
- 4 oz vermicelli rice noodles
- 16 rice wrappers

DIRECTIONS:

1. **Cut kohlrabi, carrots and red peppers** into equal sized matchsticks.
2. **Cook vermicelli noodles** by dropping into boiling water for 3 to 4 minutes until al dente. Remove and rinse well in cold water, drain thoroughly and set aside.
3. **Fill a shallow bowl** big enough to fit rice wrappers with lukewarm water.
4. **Dip one wrapper into water until it's pliable** but not too soft or flimsy, 8 to 10 seconds only. It will be easier to handle when it is slightly al dente and will continue to soften as you work it. Remove from water, shaking excess water from wrapper. Place on dry cutting board or large plate.
5. **Center lettuce strip on top of wrapper** about 1 inch from the top leaving 1 inch on each side. The lettuce helps protect the wrapper from being pierced by the other vegetables. Top with a small layer of vermicelli, 2-4 kohlrabi sticks, 2-4 carrot sticks, 2-4 red pepper sticks, a bit of red cabbage, several cashews and a sprinkle of green onions and cilantro. Avoid overfilling the wrapper as it will be more difficult to roll.



SUMMER ROLLS MAKE A HEALTHY, COLOURFUL AND FUN LUNCH OR APPETIZER, ESPECIALLY WHEN YOU MAKE IT A DIY FEAST. PREPARE A VARIETY OF FILLINGS AND DIPS AND LET EACH GUEST ROLL THEIR OWN SUMMER ROLL. YOU'LL SOON DISCOVER HOW MANY DIFFERENT WAYS THERE ARE TO ROLL A RICE WRAPPER!

Yield:
6
Rolls
Serving
= 1
Roll

6. Bring top edge of wrapper tightly up and over the filling, pushing in filling with fingers. Roll slightly forward to completely cover filling. Fold sides to the middle of the roll. Continue to roll tightly until finished. Place on plate and cover with damp cloth while rolling others.

7. Serve with your favourite dipping sauce.

(See recipes on the right.)

Note: *If making ahead, lay rolls in a single layer leaving space between each roll to prevent them from sticking to each other. Cover with plastic wrap or damp towel and store in refrigerator. For best results use the same day.*

ADDITIONAL FILLING IDEAS:

Here are some other items to consider for your summer rolls:

Avocado	Pork
Mango	Mint
Cucumber	Thai basil
Chicken strips	Hot chili peppers
Shrimp	

Here are two great dipping sauces to go with your veggie summer rolls.

SPICY SRIRACHA DIPPING SAUCE

2 Tbsp Sriracha
1 Tbsp brown sugar
1 Tbsp canola oil
1 Tbsp rice vinegar
1 clove garlic
1 tsp grated fresh ginger

Yield:
1/3
Cup

SESAME SOY DIPPING SAUCE

3 Tbsp reduced-sodium soy sauce
2 Tbsp honey 
1 Tbsp canola oil
1 Tbsp rice vinegar
1 tsp sesame oil
1 Tbsp grated fresh ginger
1 green onion chopped
1 tsp sesame seeds
1/8 tsp hot pepper flakes

Yield:
1/2
Cup

DIRECTIONS FOR BOTH SAUCES:

In small bowl, combine all ingredients to blend thoroughly. Serve and enjoy. Store leftovers in refrigerator for up to five days.

SUMMER ROLLS

Made with Canola Oil and love

BRIGHT,
SUMMER
FLAVOURS

Sesame Soy
dipping sauce

It's all about the sauce!

Refreshing, light
Crispy

Green onion
for bite

Cilantro for
a fresh kick*

* Not a fan of cilantro?
SUBSTITUTE WITH PARSLEY
OR BASIL, IF PREFERRED

For the Taste of it

Canola oil's neutral flavour and light taste make it great for baking and cooking. When you add herbs and spices, canola oil absorbs the flavours making it very versatile.



KOHLRABI FRIES

Crispy!

3 medium kohlrabi
1/2 tsp salt
1/2 tsp pepper
1/4 tsp paprika
2 Tbsp all-purpose flour
1 egg, lightly beaten
1/4 cup bread crumbs
1/4 cup canola oil

Experiment with different flavours by switching out paprika for chili powder, cumin or your family favourite seasoning blend.

DIRECTIONS:

- 1. Wash and peel kohlrabi.** Slice each kohlrabi into 1/4 inch thick slices horizontally, about 4-6 slices per kohlrabi.
- 2. Bring large pot of water to boiling.** Add kohlrabi slices and bring water back to boil. Boil kohlrabi for 3 to 4 minutes until fork tender but not too soft. Remove from boiling water with slotted spoon and cool in ice cold water for 2 minutes to stop kohlrabi from cooking further. Using a paper towel, remove excess water from slices. Cut into fries.
- 3. Combine spices in small bowl** then sprinkle on both sides of kohlrabi slices.
- 4. Set up breading station** - flour, egg, bread crumbs. Using all three stations, in this order, will ensure the coating sticks to the kohlrabi.
- 5. Dredge kohlrabi fries in flour;** shake off excess. Dip in egg then coat with bread crumbs. Set aside until all slices have been breaded.
- 6. In large fry pan, heat 2-3 Tbsp oil over medium high heat.** Add fries to pan; avoid overcrowding. Fry each side until golden brown, about 3 minutes per side.
- 7. Repeat with remaining fries,** adding more oil as needed. Keep slices warm in a 200° F oven.
- 8. Serve and enjoy.**

KOHLRABI FRIES PAIR WELL WITH EGGS OR A CRISP GREEN SALAD. THE CRISPY CRUNCH ALSO MAKES FOR A GREAT SNACK FOR DIPPING! SO GO AHEAD, INCLUDE KOHLRABI IN YOUR #MOREVEGGIESMONDAY AND GET YOUR CRUNCH ON!

Half Your Plate tip

Kohlrabi has a mild turnip flavour with crunchy texture and colour of cabbage. You can also serve it raw in salads. Its leaves are edible and taste like spinach!

Broccoli, Brussels sprouts, cabbage, cauliflower, collards, kale and kohlrabi are all cruciferous vegetables and belong to the Brassica family, just like canola.



Potato... who?

Crispy, crunchy goodness

#halfyourplate ...

A fun way to eat your fries!

Yield: 8
Servings

Serving =
12-18
Fries

..... The Best

French Onion

Soup

*Loaded with melty Gruyère cheese.
Savour every bite!*

Classic dining at home!

Is there anything more comforting on a chilly day than a hot bowl of French Onion Soup?

Rich, delicate, and tasty!

 @GetGetty

Yield:

6

servings

Serving =

1 1/2 cups

RICH, TENDER CARAMELIZED ONIONS COMBINED WITH YOUR FAVOURITE SOUP STOCK AND TOPPED WITH A THICK SLICE OF TOASTED BREAD COVERED WITH GOLDEN GRUYÈRE CHEESE WILL MAKE THIS ONE OF YOUR FAVOURITE ALL-TIME SOUPS!

2 Tbsp canola oil
6 medium onions, sliced thinly
2 cloves garlic, minced
1/2 tsp salt
1/8 tsp black pepper
2 Tbsp all-purpose flour
1/2 cup red wine
6 cups low-sodium beef
or vegetable stock
1 tsp Worcestershire sauce
2 bay leaves
3 sprigs fresh thyme
125 g Gruyère cheese, shredded
6 slices French bread

Optional: Vinegar is a popular addition to onion soups, adding a sweet and sour taste. Try sherry or balsamic vinegar.

Half Your Plate tip

Store your onions in the mesh or netted bags they are sold in. Keep in a dark, cool, well ventilated spot. If stored properly, onions will last about a month or more.

DIRECTIONS:

1. **In large pot, heat canola oil** over medium-high heat.
2. **Add onions and garlic.** Reduce heat to medium-low. Sauté, stirring frequently until onions are soft (approximately 15 minutes).
3. **Remove lid, season with salt and pepper;** stir occasionally until onions turn a caramelized golden brown colour (about 30-35 minutes). Add a touch of water if the onions begin to stick to the pan.
4. **Sprinkle onions with flour;** stir well and continue to sauté for 1 minute.
5. **Deglaze pan with red wine,** scraping up any browned bits. Add broth, Worcestershire sauce, bay leaves and thyme. Simmer for 20 minutes on low heat.
6. **Taste and adjust seasoning** as desired with additional salt and pepper.
7. **Preheat broiler for 5 minutes.** Toast bread slices under broiler until golden brown; set aside.
8. **Place six ovenproof soup bowls on baking sheet.** Ladle soup into bowls. Top with toast slices. Sprinkle cheese evenly over top.
9. **Place tray of bowls under broiler.** Broil on low for about 3-4 minutes or until cheese is bubbly and golden.
10. **Carefully remove hot tray from oven,** serve and enjoy.

Jummy

SPAGHETTI SQUASH PANCAKES

1 small to medium
sized spaghetti
squash (3 cups
cooked squash)

2 Tbsp canola oil
(divided)

1½ cups panko
crumbs

1/2 Tbsp jalapeño
pepper, finely
chopped

1/4 cup onion,
diced

1 clove garlic,
minced

2 Tbsp chopped
parsley or cilantro

1/2 tsp salt

1/4 tsp black pepper

1 egg, lightly beaten

To Bake Spaghetti Squash

1. **Preheat oven to 375°F.**
2. **Wash and dry squash.** Cut in half lengthwise and remove seeds.
3. **Place cut-side down on baking sheet** and bake for 40 to 50 minutes until fork tender.
4. **Once cool to the touch,** use a fork to scrape the strings out of the squash halves.

A small to medium spaghetti squash makes about 3 cups cooked squash.

The Batter

1. **Place squash in sieve,** hold over sink and using back of spoon or your hand, squeeze out as much liquid as possible. Discard liquid. Set squash aside.
2. **In small fry pan,** heat 1 Tbsp canola oil over medium-high heat.
3. **Add panko crumbs and stir** to coat evenly. Continue to stir until crumbs are an even golden brown. Remove from heat.
4. **In large bowl,** mix drained squash, jalapeño, onion, garlic, parsley, salt, pepper, 1/2 cup panko crumbs and egg.
5. **Pour remaining panko crumbs** on large plate.
6. **Form a heaping tablespoon** of batter into a ball and place on top of crumbs. Roll in crumbs to evenly coat batter.

WHAT ELSE CAN YOU MAKE BESIDE SPAGHETTI WITH SPAGHETTI SQUASH? WHY NOT TRY THESE PANCAKES. YOU CAN MAKE THEM LARGE OR APPETIZER SIZE. GARNISH THEM WITH TZATZIKI, APPLESAUCE, SOUR CREAM OR HOT SAUCE TO KICK THEM UP A NOTCH. PERFECT FOR USING LEFTOVER SPAGHETTI SQUASH.

DIRECTIONS FOR COOKING:

To Pan Fry

1. **Heat 1 Tbsp canola oil** in large fry pan over medium-high heat (add additional oil to re-coat pan as needed throughout cooking).
2. **Place panko covered squash into hot pan.** (Fry only two or three pancakes at a time to avoid crowding.)
3. **Flatten squash and fry** until brown and crispy, about 2 to 3 minutes per side.
4. **To keep pancakes hot,** place finished pancakes on a wire rack in a 250°F oven. Do not stack.

To Oven Bake

1. **Preheat oven to 425°F.**
2. **Use 1 Tbsp canola oil** to generously coat baking sheet to ensure crispy coating.
3. **Place panko covered squash** onto baking sheet and flatten.
4. **Place baking sheet** on middle rack of oven and bake 10-12 minutes.
5. **Flip and bake** another 8 minutes.
6. **Serve and enjoy** with tzatziki, applesauce, sour cream or your favourite hot sauce.



Yield:
24
Small
Pancakes



Light, crispy and crunchy

Go on, take a big bite!

Nutritious, scrumptious and flavourful.

Perfect way to use up leftover veggies!

**SPAGHETTI
SQUASH
PANCAKES**

Low in calories, spaghetti squash also contains many nutrients, including folic acid, potassium, vitamin A, and beta carotene.

Half Your Plate tip

Add even more veggies to this recipe by serving it with a quick tomato salad! Just mix together diced tomatoes, red onion, jalapeño, cilantro, canola oil, lime juice, salt, and pepper!

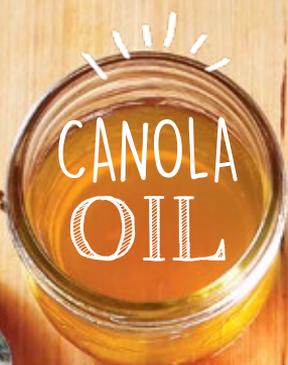
Serve warm and dress them up with your favourite condiment!

CILANTRO
*distinctive
and bright.*

Hot
Sauce

Emulsifier

Vinegar and oil don't mix, that's why you need something to keep them together. Mustard and honey work perfectly. 



Red Wine Vinegar



Try it with lemons!

Did you Know? Lemon juice can be used in salad dressing instead of vinegar!



SQUEEZE!



Acid

Get creative. Any type of vinegar or citrus can be used for salad dressings. Try balsamic, red wine, white wine or apple cider. You can also use citrus juice such as lemon, lime or orange.



Mix n' Match to MAKE THE PERFECT DRESSING!

Canola Oil

Canola oil is perfect for making salad dressing. Its neutral flavour means it can be mixed with all ingredients. It's low in saturated fat and contains omega-3 making it a healthy choice!

Canola Oil

Whole Grain Mustard

Dijon Mustard

Ground Mustard

Salt

Pepper

Shallot

Tarragon

Basil

Mmmm garlic!

HONEY

HOW MUCH DO I NEED?

Salad dressings need a

2:1 Canola oil to acid ratio.

This means about
2 Tbsp canola oil
1 Tbsp acid and
1 Tbsp of an emulsifier

Use herbs and spices to add even more flavour to your salad dressing.

Colourful

KOHLRABI AND KALE SLAW

SALAD

2 medium kohlrabi
2 medium carrots
1/4 head red cabbage
2-3 stems green kale
2 tsp fresh chopped dill

DRESSING

1/3 cup canola oil
2 Tbsp white wine vinegar
1 Tbsp dijon mustard
1 Tbsp honey 
1/4 tsp salt
1/8 tsp black pepper

DIRECTIONS:

1. **Remove leaves and stem end of kohlrabi.** Save fresh leaves to add to smoothies, a stir-fry or sautéed greens.
2. **Wash kohlrabi** and peel using a vegetable peeler or knife.
3. **Grate kohlrabi and carrots** into large shreds.
4. **Chop red cabbage and kale leaves** into thin strips or shreds.
5. **In large salad bowl,** toss together shredded vegetables and dill.
6. **In small jar with tight fitting lid,** combine dressing ingredients, secure lid and shake well to blend thoroughly.
7. **Pour dressing over slaw mix** and toss well. Allow to rest for 10 to 15 minutes before serving.
8. **Refrigerate** any leftovers for up to four days.

Yield:

8

servings

Serving =

3/4
cup

Half Your Plate tip

When buying kohlrabi select medium sized kohlrabi, no bigger than 2 ½ to 3 inches in diameter. As kohlrabi gets older and bigger, the stem end turns hard and woody.

THIS COLOURFUL AND TASTY SLAW IS A GREAT WAY TO ENJOY THE MILD, CRISP FLAVOUR OF KOHLRABI. MAKE A DOUBLE BATCH AS THIS SLAW WILL TAKE YOU THROUGH THE ENTIRE WEEK.



Bees + Canola = Honey

See page 30 to learn more.



CARROTS

KALE

KOHLRABI

CABBAGE

Pick your favourite veggies and dress them with a little canola oil, honey and love!

Dill adds a freshness to this dish

Glistening dressing

*Add a touch of summer to your dish!
Substitute vinegar for lemon juice in your dressing*

HULLED BARLEY & PARSLEY SALAD

Refreshing

SALAD

- 1/2 cup raw hulled barley
- 1 bunch parsley
(1 cup, chopped packed)
- 2 medium tomatoes,
chopped
- 2 green onions,
chopped
- 2 Tbsp fresh mint,
chopped

DRESSING

- 1/4 cup canola oil
- 2 Tbsp fresh squeezed
lemon juice
- 1/2 tsp salt
- 1/8 tsp ground pepper

DIRECTIONS:

- 1. In large pot with tight fitting lid,** add barley and cover with 1 ½ inches of water. Bring to boil and simmer until liquid is absorbed and grains are tender, about 50 to 60 minutes. Rinse with cold water, drain and cool.
- 2. In large salad bowl,** toss together cooled barley, parsley, tomatoes, green onions and mint.
- 3. In small jar with tight fitting lid,** combine dressing ingredients, secure lid and shake well to blend thoroughly.
- 4. Pour dressing over salad and mix well.** For best flavour, rest for one hour before serving to allow flavours to blend and parsley to soften.

Yield:

8

servings

Serving =

1/2
cup

For the health of it

Canola oil is a good source of vitamins E and K and is packed with omega 3 fats. Omega 3 fats are an anti-inflammatory that can help protect against heart attacks and strokes. Our bodies don't produce omega 3 fats, so we need to get them from food.

OFTEN USED AS A GARNISH, PARSLEY IS THE MAIN ATTRACTION OF THIS REFRESHING SALAD. EQUALLY PERFECT FOR A SUMMER BARBECUE OR MID-WINTER PICK-ME UP. BY USING HULLED BARLEY IN THIS RECIPE YOU'RE ALSO GETTING A WHOLE GRAIN SINCE HULLED BARLEY HAS ALL OF THE BRAN AND GERM IN TACT UNLIKE THE MORE REFINED POT OR PEARL BARLEY. THIS SALAD IS PERFECT FOR PREPPING A DAY AHEAD OR MAKING EXTRAS TO LAST THROUGHOUT THE WEEK.

Half Your Plate tip

Never refrigerate tomatoes! The cold kills their flavour.

Delight in every
BITE

Barley provides a healthy dose of protein, iron and calcium.

Tomato

Parsley

Green onion

Refreshing mint

#MAKEITCANOLA IN YOUR KITCHEN!
Versatile. Healthy. Canadian.

..... Indian-Spiced

Potatoes and Cauliflower

Garnish
and serve
while
warm!

The spices add warmth, aroma and flavour

Mustard
seeds

BUILD LAYERS OF FLAVOUR WITH SPICES.
Earthy, bright, spicy, sweet, savoury...

Yield:

8

Servings

Serving =

1 cup

LIGHT UP YOUR SENSES WITH THE VIVID COLOUR AND FLAVOUR OF THIS DISH. MAKE IT AS HOT AS YOU LIKE IT WITH MORE OR LESS THAI CHILIES AND FINISH IT OFF WITH A TOUCH OF CILANTRO OR GREEN ONIONS JUST BEFORE SERVING.

4 medium red potatoes
1 head small cauliflower
2 Tbsp canola oil
1 tsp black mustard seed
1 tsp cumin seed
1 small onion, chopped
1-2 green Thai chilies, finely chopped
1 tsp coriander powder
1 tsp turmeric powder
1 tsp cumin powder
1/2 tsp garam masala
2 Tbsp grated fresh ginger
1 tsp salt
1 cup chopped tomatoes, fresh or canned
1/2 cup yogurt
2 Tbsp chopped, fresh cilantro or green onions

Half Your Plate tip

Go for cauliflower heads that are white, firm, and heavy with no marks.

DIRECTIONS:

1. **Wash, peel and cut potatoes** into 1/2 inch cubes. Place in pot, cover with water and bring to boil over medium-high heat. Cook uncovered, until just tender 8 to 10 minutes. Drain and set aside.
2. **Trim, wash and cut cauliflower** into small florets. In a pot with a steam basket and 3 inches of water, steam cauliflower for 5 to 7 minutes. Remove cauliflower and set aside.
3. **In a large, heavy pot, heat canola oil** over medium-high heat.
4. **Add mustard seeds and cumin** and sauté until fragrant and starting to pop, about 30 seconds.
5. **Add onion and green chilies** and sauté until onions are translucent, about 2 minutes.
6. **Add coriander, turmeric, cumin, garam masala, ginger and salt;** sauté for 1 minute.
7. **Add tomatoes** (add 1/2 cup water if using fresh tomatoes), loosen any browned bits and cook for 5 minutes. Stir in yogurt.
8. **Mix in potatoes and cauliflower.** Cook for 5 minutes over low heat.
9. **Taste and adjust seasoning.** For a thinner curry, add water to reach desired consistency.
10. **Remove from heat,** garnish with chopped cilantro (or green onions) and enjoy.

Fat Fact: Fats and oils like canola oil aid in the absorption of fat soluble vitamins A, D, E, and K. Canola oil also contains vitamin E an antioxidant and vitamin K which is needed for normal blood clotting.



Butternut PASTA SAUCE

with Bacon
and Chives

1 medium butternut squash
1 onion
1 Tbsp canola oil
3/4 cup light sour cream
1/2 tsp salt
1/4 tsp pepper
1 cup water
16 oz short pasta like penne, farfalle or fusilli
6 slices bacon, cooked & crumbled
1/2 cup chopped chives or green onions
1/2 cup freshly shaved Parmesan cheese

DIRECTIONS:

1. **Preheat oven to 400°F.**
2. **Peel and cube** butternut squash into 1 inch cubes.
3. **Cut onion into eight pieces.**
4. **Place butternut squash and onion pieces** on large baking sheet. Drizzle evenly with canola oil. Toss gently to coat evenly. Arrange vegetables in single layer and bake 30 to 40 minutes until tender.
5. **Remove from heat** and let stand to cool slightly, about 10 minutes.
6. **Meanwhile, cook pasta in large pot** of boiling water until just tender by following package directions. Drain, reserving 1 cup of pasta water. Return drained pasta to pot.
7. **In a food processor**, add cooled butternut squash, sour cream, salt, pepper and water. Purée until smooth.
8. **Pour butternut sauce** into pot with pasta. Add bacon and chives (reserve a few as garnish). Mix gently, add reserved pasta water as needed. Taste and adjust seasoning.
9. **Serve immediately** with freshly shaved Parmesan cheese and a sprinkling of chives and bacon as garnish.

Yield:

4 - 6

servings

Serving =

1 1/2

cups

LOOKING TO ADD MORE VEGGIES? THIS BUTTERNUT PASTA SAUCE ADDS FLAVOUR, DEPTH AND COLOUR AND DON'T FORGET ABOUT HEALTH TO YOUR PASTA DISH! ROASTING THE SQUASH GIVES IT A RICHNESS THAT TAKES THIS DISH FROM GOOD TO GREAT. TRY IT FOR YOUR NEXT PASTA NIGHT.

Serve with a tossed green salad for a tasty, satisfying meal.

Canola oil can take the heat as it has a high heat tolerance (as high as 468°F)

CHOOSE A PASTA SHAPE TO SUIT THE NATURE OF YOUR SAUCE

Fusilli holds up well to a chunky pasta sauce

Chives

Tender Bacon

IT'S ALL ABOUT THE SAUCE! SAVE A CUP OF THE PASTA WATER WHEN DRAINING THE PASTA. ADD A LITTLE PASTA WATER TO THE SAUCE WHEN YOU ADD THE PASTA TO IT. THE STARCH IN THE WATER WILL HELP THE SAUCE CLING TO THE PASTA.

Half Your Plate tip

Is your butternut squash too tough to peel? Try popping it in the microwave for 3-5 minutes. It'll soften and become easier to peel and cut!

CHEDDAR CHEESE & ONION

Pierogies

THIS CLASSIC POTATO AND CHEESE FILLING IS DEFINITELY A FAN FAVOURITE. TOP WITH GOLDEN FRIED ONIONS, CRISPY BACON, AND ADD A DOLLOP OF SOUR CREAM TO BE THE WINNER OF DINNER. AND DON'T BE SURPRISED WHEN THEY ASK FOR SECONDS!

PIEROGI DOUGH

- 2 ½ cups all-purpose flour
- 1/4 tsp salt
- 1 egg, beaten
- 1 cup low fat sour cream
- 3 Tbsp canola oil

CLASSIC CHEDDAR CHEESE AND ONION FILLING

- 2 medium yellow potatoes, peeled, cooked and mashed
- 2 Tbsp canola oil
- 1 small onion, finely chopped
- 1 ½ cups shredded old cheddar cheese
- 1/4 tsp salt
- 1/4 tsp pepper

DIRECTIONS: DOUGH

1. **In large bowl**, whisk together flour and salt.
2. **In separate bowl**, whisk together egg, sour cream and canola oil until well mixed.
3. **Add liquid ingredients** to dry ingredients. Gently mix ingredients together.
4. **Before ingredients are completely mixed**, transfer to a lightly floured work surface. Knead ingredients 7 or 8 times to form a soft ball.
5. **Do not over-work the dough** or it will be tough.

DIRECTIONS: FILLING

1. **Cook potatoes** and set aside.
2. **In small frying pan**, heat canola oil over medium heat. Add onion to the pan and cook onion for about 5 minutes, or until onions have softened.
3. **Add to potato**, along with shredded cheese and salt and pepper.
4. **Set aside to cool.**

Half Your Plate tip

To prevent colour loss, don't slice or cut your beets before cooking.

Yield:

40

Pieces

DIRECTIONS: ASSEMBLY

- 1. Divide the dough in half.**
- 2. Roll out each half of the dough** to 1/8 inch thickness. Cut the dough with a 3 inch round cutter. Line baking sheet with parchment paper.
- 3. Place about 1 Tbsp filling** on each round. Lightly moisten edge of half of the round with water and fold over filling.
- 4. Pinch edges together** to seal. Repeat with remaining dough and filling.
- 5. Place pierogies on parchment paper**, while preparing them, and keep covered with a slightly moist towel, until ready to cook.
- 6. Cook pierogies in boiling salted water**, in batches. Stir gently, until pierogies float, about 2-3 minutes. Do not over-cook or dough will be tough.

WANT A TRY SOMETHING NEW?
TRY ADDING BEETS! COMBINE WITH ASIAGO CHEESE FOR A MEAL FIT FOR THE MOST DISCERNING OF PALETTES.

Use the pierogi dough recipe but try a different filling. Assembly instructions are the same.

BET AND ASIAGO CHEESE FILLING

- 2 medium beets, cooked and finely chopped in food processor
- 1 medium yellow potato, peeled, cooked and mashed
- 2 Tbsp canola oil
- 1 small shallot, finely chopped
- 1 clove garlic, minced
- 1 cup shredded Asiago cheese
- 1/4 tsp salt
- 1/4 tsp pepper

DIRECTIONS: FILLING

- 1. Prepare beets and potato** separately and set aside to cool
- 2. In small frying pan**, heat canola oil over medium heat. Add shallots and garlic to the pan and cook for about 2 minutes or until shallots have softened
- 3. Add mixture to beets and potato**, along with Asiago cheese and salt and pepper. Mix to combine ingredients.
- 4. Set aside to cool.**

..... Classic

CHEDDAR CHEESE & ONION

Pierogies

Par-fry boiled pierogies, with canola oil, and serve with golden fried onions, crispy bacon bits and a sprinkle of aromatic chives

Tangy Sour Cream

Caramelized Onions add sweetness

Delicate Chives

Crispy Bacon

Perfect comfort food for a cold day... or just for no reason at all.



*Canola is CANADIAN
- grown for you by over
43,000 farmers on the
Canadian Prairies.
It's your local
Canadian choice.*

It's affordable.
CANOLA OIL TAKES PRESSURE OFF
YOUR WALLET WITH GUARANTEED
PERFORMANCE AND SUPERIOR
NUTRITIONAL BENEFITS

.....

CANOLA OIL
HAS THE LOWEST AMOUNT
OF SATURATED FATS —
HALF THAT OF OLIVE OIL.

**Half Your
Plate tip**

Keep potatoes
in a cool dark
place (7-10°C)
in a paper bag.
Stored correctly
they can last
for months!



*Pan-fry
for extra
flavour!*

Canada
PRODUCES
ABOUT

80
million
pounds

of honey
EVERY
YEAR

Canola

bees

+

Bees + Canola = Honey

Simply put, canola is good for bees, and bees are good for canola. Together, they are good for the health of our ecosystem and our economy.

The Canola Industry and the Canadian Honey Council are working together to maintain this mutually beneficial relationship. As we foster communication and co-operation, both the canola and honey industries will continue to grow and thrive in Western Canada.

3 Great Reasons Why Bees ♥ Canola

1. Canola flowers provide an abundant supply of pollen.
2. Canola flowers longer than most crops and one field can nourish bees for months.
3. The cruciferous canola flower has an ideal size and shape for a feeding honeybee. The petals are a convenient landing platform, and the reservoirs of nectar are just the right length for a honeybee proboscis.



=

Honey



Canola!
EAT WELL FOR LIFE

www.CanolaEatWell.com

Watch the videos at:
canolaeatwell.com/so-youve-heard-about-bees
to learn more.





Canola!
EAT WELL FOR LIFE

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