



Take 5 for your health

3 RECIPES. 5 HEALTH FACTS.
1 QUICK READ FOR YOUR COFFEE BREAK.

Snowy white nutrition

We're often told to "eat the rainbow" and include a variety of colors—especially greens and oranges—on our plate. However, naturally white foods (we're not talking white bread) can deliver just as much nutrition as their pigmented peers. And they match the wintry wonderland outside!

Super-pale tofu and soy milk are multitasking vegetarian staples that can quickly and easily be made into satisfying protein- and calcium-rich meals and snacks. Quinoa contains an abundance of minerals and complete vegetarian protein. Coconut delivers fiber, potassium, magnesium and its trademark buttery taste.

You'll love the white food-based, comforting dishes in this issue of *Take 5*: **Feta and Dill Quinoa Cakes, Easy Dairy-Free Penne Alfredo and Toasted Coconut Rice Pudding with Bananas.**

Speaking of comfort food ... if you're planning on indulging in some high-fat meals over the holidays (and let's be honest: most of us are), try to de-stress the day before. To find out why, check out the *Take 5* health facts.



FETA AND DILL QUINOA CAKES

SERVES 12

Tasting like Greek spanakopita, these are a healthier appetizer option, salad topper or side to add to your holiday entertaining menu. In lieu of refined breadcrumbs in traditional savory cakes, white quinoa is used, lending plenty of iron and protein, as well as a pleasing chewy texture. A bonus? These cakes are baked, not fried.

1 3/4 cups (435 mL) water
1 cup (250 mL) uncooked quinoa
2 tsp (10 mL) extra-virgin olive oil
3 large eggs
4 oz (113 g) feta cheese, finely crumbled
1 Tbsp (15 mL) lemon juice
1/2 tsp (2 mL) ground black pepper
1/2 cup (125 mL) whole wheat flour
1 tsp (5 mL) dried dill

In medium saucepan, bring water and quinoa to a boil; reduce to a simmer. Cover and cook for 15 minutes. Remove lid and cool for 15 minutes.

Preheat oven to 425 F (220 C). Line large, rimmed baking sheet with parchment paper and grease with oil.

In large bowl, beat eggs. Mix in feta, lemon juice and pepper. Mix in cooled quinoa, flour and dill. Scoop 1/4 cup (60 mL) portions of mixture onto prepared baking sheet, 1/2 to 1 in (1.25 to 2.5 cm) apart, and with slightly wet hands, form 1/2 in (1.25 cm) high patties. Bake for 15 minutes. Flip and bake for an additional 5 to 10 minutes, or until firm and light brown.

Serve warm or chilled. Store in refrigerator for up to 5 days.

EACH SERVING CONTAINS: 119 calories; 6 g protein; 5 g total fat (2 g sat. fat, 0 g trans fat); 14 g total carbohydrates (1 g sugars, 2 g fiber); 123 mg sodium



EASY DAIRY-FREE PENNE ALFREDO

SERVES 4

Vegans and dairy-free diners rejoice! A quick whirl in the blender creates an Alfredo sauce that won't leave you needing a nap after dinner. Even tofu doubters will be asking for more (and the recipe). For a festive pop of green (and more nutrients), just before serving, stir in a few handfuls of baby spinach, sliced kale or blanched broccoli. Heat with cooked pasta and sauce until wilted and warmed through.

2 Tbsp (30 mL) extra-virgin olive oil
2 garlic cloves, minced
1 - 350 g package firm silken tofu
1/3 cup (80 mL) soy milk
Zest of 1 lemon
2 Tbsp (30 mL) lemon juice
1 tsp (5 mL) dried thyme
1/2 tsp (2 mL) salt
1/4 tsp (1 mL) ground black pepper
1/4 tsp (1 mL) ground nutmeg
3/4 lb (350 g) whole grain penne, or pasta shape of choice
1/2 cup (125 mL) reserved pasta cooking water

Bring large pot of water to a boil.

For Alfredo sauce, in medium skillet, heat oil over medium. Sauté garlic until fragrant, being careful not to burn (about 15 to 30 seconds). Transfer oil and cooked garlic to blender or food processor along with tofu, soy milk, lemon zest, lemon juice, thyme, salt, pepper and nutmeg. Puree until smooth.

In large pot of boiling water, cook pasta according to package directions (about 8 to 9 minutes), reserving 1/2 cup (125 mL) cooking water before draining. Drain penne. Add penne back to pot along with prepared Alfredo sauce. Heat over medium, stirring frequently, until sauce is hot and garlic is fragrant, thinning with reserved pasta cooking water as necessary. Serve immediately.

EACH SERVING CONTAINS: 470 calories; 22 g protein; 10 g total fat (1 g sat. fat, 0 g trans fat); 80 g total carbohydrates (2 g sugars, 1 g fiber); 401 mg sodium

TOASTED COCONUT RICE PUDDING WITH BANANAS

SERVES 6

Snowy white coconut gets a suntan, lending a floral, nutty aroma, along with potassium and fiber. This tropical, dairy-free twist on traditional rice pudding is sure to warm you up this winter. If you don't like coconut, replace coconut milk with almond milk, and swap the shredded coconut for slivered blanched almonds (skip the toasting).

3/4 cup (180 mL) unsweetened coconut chips or unsweetened shredded coconut
1/2 cup (125 mL) arborio rice
1/4 cup (60 mL) short-grain brown rice
4 cups (1 L) unsweetened plain coconut milk beverage (not thick canned), divided
2 Tbsp (30 mL) maple syrup
1 tsp (5 mL) vanilla extract
1/4 tsp (1 mL) salt
1/8 tsp (0.5 mL) ground allspice
2 bananas, sliced, or sliced tropical fruit of your choosing (mango, pineapple, etc.)

In large skillet, toast coconut over medium-low heat, stirring often, until lightly browned. Transfer immediately from skillet to plate. Reserve 1/4 cup (60 mL) for serving.

In large pot or large high-sided skillet, stirring constantly, bring arborio rice, brown rice and 3 cups (750 mL) coconut milk to a boil. Reduce to medium and cook, uncovered and stirring often, for 20 minutes. Reduce to medium-low and cook for 20 minutes longer. Stir in remaining 1 cup (250 mL) coconut milk, 1/2 cup (125 mL) toasted coconut, maple syrup, vanilla, salt and allspice. Continue to cook uncovered over medium-low heat, stirring often, for 10 to 20 minutes, until mixture has thickened and rice is tender.

Chill pudding for at least 6 hours. To serve, garnish pudding with sliced bananas or tropical fruit and remaining toasted coconut.

EACH SERVING CONTAINS: 377 calories; 4 g protein; 22 g total fat (19 g sat. fat, 0 g trans fat); 46 g total carbohydrates (16 g sugars, 7 g fiber); 18 mg sodium





1.4

fewer migraines per month were endured by study participants who learned how to do mindfulness-based stress reduction (MBSR) than a group that received standard medical care in a small preliminary study. After eight weekly classes followed by 45 minutes of meditation five days a week, the meditation group reported that their migraines were shorter and less disabling.



2

or more servings of fish per week was associated with a 20 percent lower risk of hearing loss in women in a long-term study. Researchers hypothesize that omega-3 fatty acids found in fish may be associated with a lower risk of hearing loss. Eating any type of fish appeared to be beneficial.



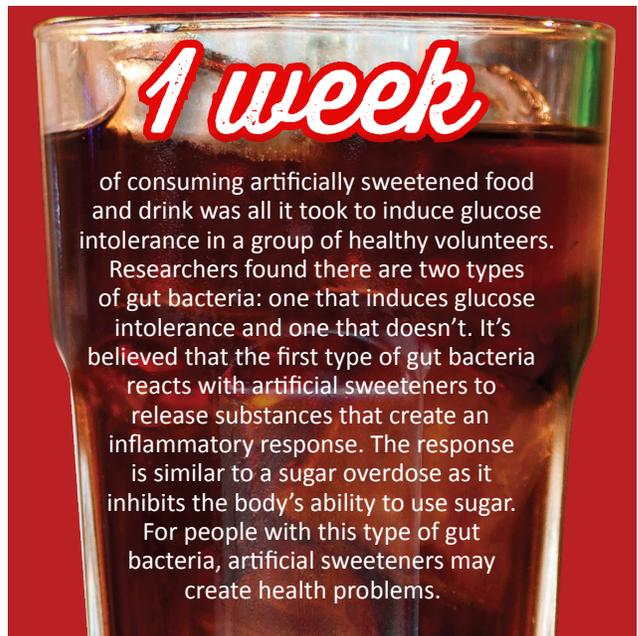
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or more stressful events experienced the day before eating a high-fat meal can slow down our metabolism and lead to weight gain. Women who reported one or more stressful events, like arguments with their spouse or work-related problems during the previous day, burned 104 fewer calories than women who weren't stressed, after both groups ate a high-fat meal. Stressed participants also had higher levels of insulin, which can contribute to fat storage.



80%

of the world's population lives in urban centers. British researchers studied the mental health of people who moved from gray urban settings to greener urban settings and vice versa. They found that people who moved to greener areas were significantly happier over the three years of the study than those who moved to grayer city areas. Increasing green space may provide long-term mental health benefits.



1 week

of consuming artificially sweetened food and drink was all it took to induce glucose intolerance in a group of healthy volunteers.

Researchers found there are two types of gut bacteria: one that induces glucose intolerance and one that doesn't. It's believed that the first type of gut bacteria reacts with artificial sweeteners to release substances that create an inflammatory response. The response is similar to a sugar overdose as it inhibits the body's ability to use sugar. For people with this type of gut bacteria, artificial sweeteners may create health problems.