



Take 5 for your health

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

Get creative with rice bowls

From sandwiches to salads, dishes with layered components are a regular fixture in most households. Why not embrace rice bowls as a new way to layer? Start with a pile of nutty-tasting whole grain rice as your meal anchor, and then start dreaming up toppings—or, just follow the **Chicken Fajita Rice Bowl**, **Egg Rice Bowl with Basil Oil** and **Teriyaki Tofu Rice Bowl** recipes in this issue of *Take 5*.

Whole grain brown rice has a significant leg up on its refined white counterpart. A recent study found an inverse relationship between the intake of whole grains—including brown rice—and the risk for type 2 diabetes. On the flip side, the researchers reported that higher intakes of white rice, which is stripped of most of its nutritional soul, can raise the risk for the disease.

Whole grains are also part of a cancer-preventive diet. This includes brown rice, which contains a powerful bundle of fibre, vitamins, minerals and antioxidants.



CHICKEN FAJITA RICE BOWL

SERVES 4

What happens when a pile of rice and beans takes the place of tortillas as a base for chicken fajitas? Yum! The mango adds the perfect touch of sweetness.

1 cup (250 mL) long-grain brown rice
1/8 tsp (0.5 mL) + 1/4 tsp (1 mL) salt
1 tsp (5 mL) paprika
1/2 tsp (2 mL) garlic powder
1/2 tsp (2 mL) onion powder
1/2 tsp (2 mL) ground cumin
1/4 tsp (1 mL) black pepper
1 small avocado
1/2 cup (125 mL) sour cream or plain Greek yogurt
Juice of 1 lime, divided
1 Tbsp (15 mL) extra-virgin olive oil
3/4 lb (375 g) boneless, skinless chicken thighs, sliced
1 red bell pepper, thinly sliced
1 yellow bell pepper, thinly sliced
1 orange bell pepper, thinly sliced
1 mango, thinly sliced
1 cup (250 mL) cooked or canned pinto beans

Place rice and 1 1/2 cups (350 mL) water in medium saucepan. Bring to a boil, add 1/8 tsp (0.5 mL) salt, reduce heat to low and simmer, covered, until rice is tender, about 30 minutes. Remove from heat and let stand, covered, for 10 minutes. Fluff rice with fork.

In small bowl, combine paprika, garlic powder, onion powder, cumin, 1/4 tsp (1 mL) salt and black pepper. Set aside. Using blender or food processor, blend together avocado, sour cream or yogurt and juice of 1/2 lime until smooth.

Heat oil in large skillet or wok over medium-high heat. Add chicken thighs and cook just until no longer pink, about 5 minutes. Remove chicken from pan and place peppers in pan. Cook until peppers are crisp-tender, stirring often, about 3 minutes. Return chicken to pan along with spice mixture; heat for 1 minute. Stir in mango and remaining lime juice.

Divide rice among bowls and top with pinto beans, chicken mixture and avocado cream.

EACH SERVING CONTAINS: 527 calories; 29 g protein; 19 g total fat (5 g sat. fat, 0 g trans fat); 63 g total carbohydrates (10 g sugars, 8 g fibre); 448 mg sodium

EGG RICE BOWL WITH BASIL OIL

SERVES 5

Undeniably, this is comfort food in a bowl. This method of scrambling eggs will keep them moist and light—nothing like those uninspiring dry, rubbery eggs. Taking the time to roast the tomatoes amplifies their sweetness, while a touch of basil-infused oil adds bright, fresh flavour.

- 1 cup (250 mL) long-grain brown rice
- 1/4 tsp (1 mL) salt, divided
- 1/2 cup (125 mL) packed fresh basil
- 1/4 cup (60 mL) + 1 tsp (5 mL) extra-virgin olive oil
- 2 cups (500 mL) cherry tomatoes
- 2 garlic cloves, chopped
- 6 large eggs
- 1 Tbsp (15 mL) unsalted butter
- Black pepper, to taste
- 3/4 cup (180 mL) shredded mozzarella
- 2 Tbsp (30 mL) finely chopped chives
- 1 cup (250 mL) cooked or canned black beans, drained and rinsed if canned
- 2 cups (500 mL) baby spinach

Place rice and 1 1/2 cups (350 mL) water in medium saucepan. Bring to a boil, add 1/8 tsp (0.5 mL) salt, reduce heat to low and simmer, covered, until rice is tender, about 30 minutes. Remove from heat and let stand, covered, for 10 minutes. Fluff rice with fork.

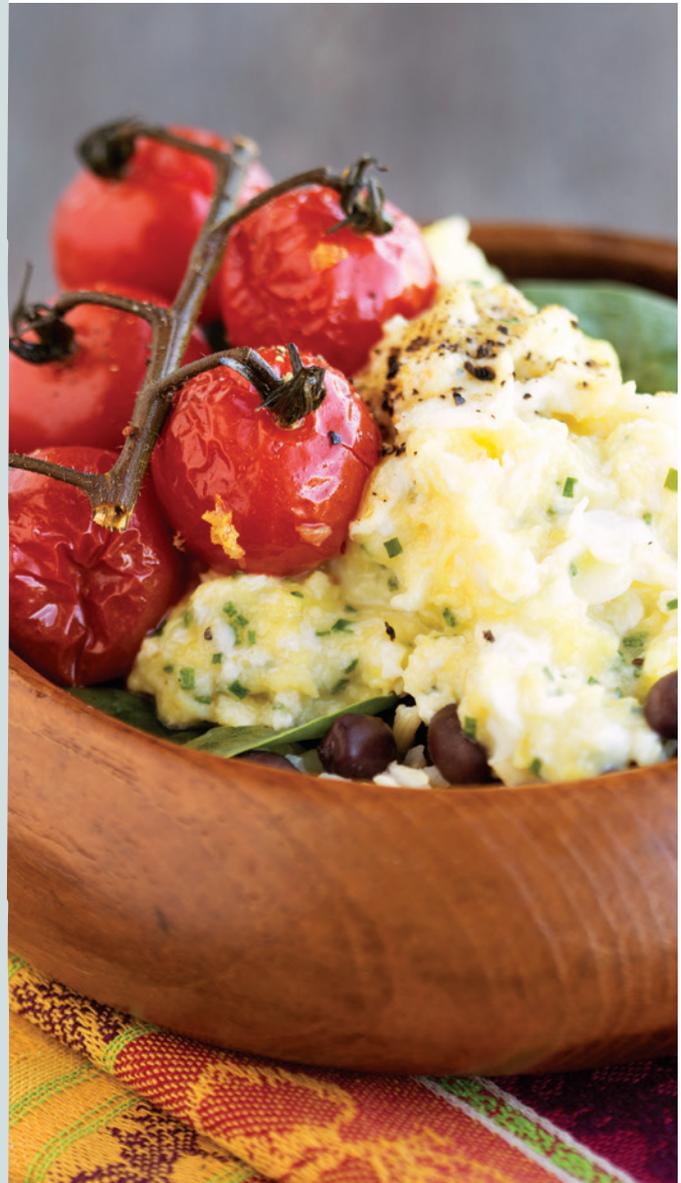
Place basil, 1/4 cup (60 mL) oil, 2 Tbsp (30 mL) water and a pinch of salt in blender. Blend until smooth, wiping down the sides of container as needed. Pour into fine-mesh sieve set over bowl and press down with spatula to extract as much oil as possible. Discard solids.

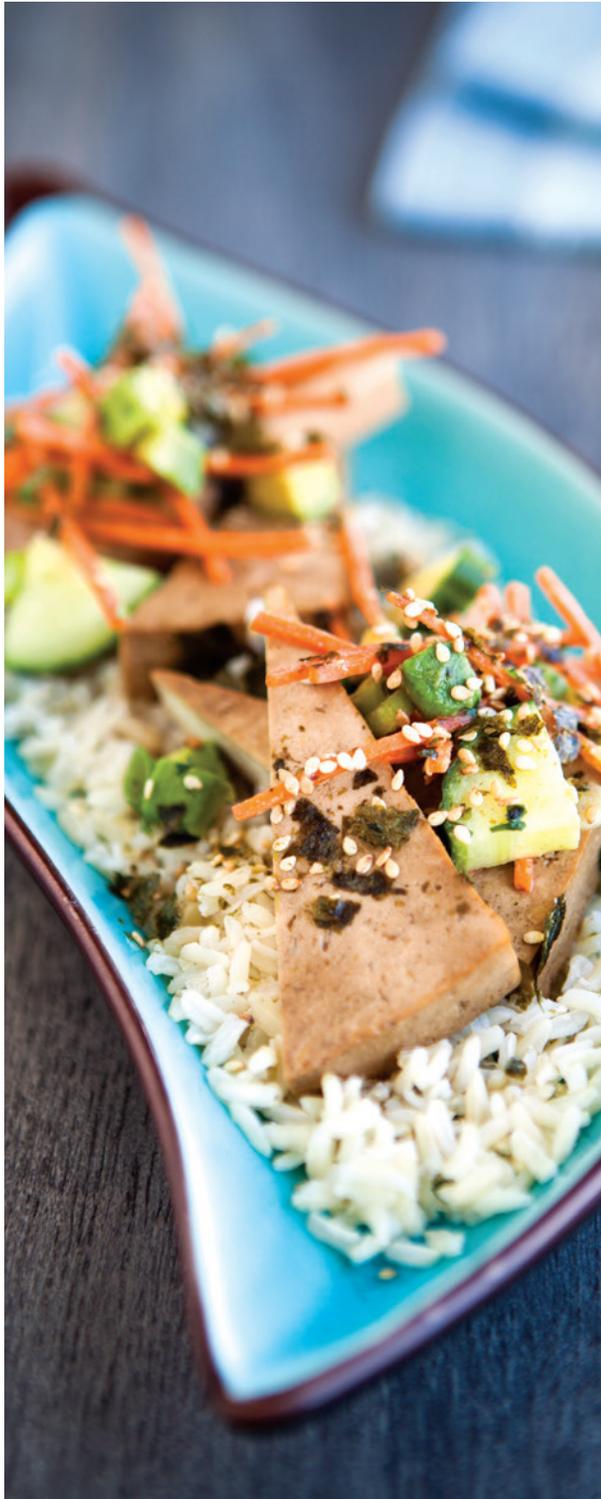
Preheat oven to 400 F (200 C). In large bowl, toss together tomatoes, garlic, 1 tsp (5 mL) oil and 1/8 tsp (0.5 mL) salt. Place on baking sheet and cook until tomatoes have softened and are beginning to shrivel, about 12 minutes.

Break eggs into bowl. Melt butter in frying pan over medium heat. When butter foams, add unbeaten eggs to pan. Season with black pepper, then beat eggs continuously with wooden spoon, gently scraping cooked egg from the bottom of the pan as you go. Just before eggs are done, stir in cheese and chives.

Divide rice among bowls and top with an equal amount of beans, spinach, eggs and tomatoes. Drizzle basil oil over top.

EACH SERVING CONTAINS: 450 calories; 19 g protein; 24 g total fat (7 g sat. fat, 0 g trans fat); 41 g total carbohydrates (3 g sugars, 5 g fibre); 313 mg sodium





TERIYAKI TOFU RICE BOWL

SERVES 4

The nori garnish adds umami flavour to this Japanese-inspired rice bowl. If wasabi powder is unavailable, you can use a small minced chili pepper to bring some fiery punch to the avocado mixture. Consider serving with a side of pickled ginger.

- 1 lb (450 g) firm tofu, drained**
- 3 Tbsp (45 mL) reduced-sodium soy sauce**
- 2 Tbsp (30 mL) mirin or rice vinegar**
- 1 Tbsp (15 mL) honey or maple syrup**
- 2 tsp (10 mL) sesame oil**
- 1 1/2 cups (350 mL) brown jasmine rice**
- 1 in (2.5 cm) piece fresh ginger, grated**
- 1/2 Tbsp (7 mL) wasabi powder**
- 2 sheets nori**
- 2 Tbsp (30 mL) sesame seeds**
- 1 avocado, diced**
- 1/2 cucumber, chopped**
- 1 carrot, cut into matchsticks**
- 2 green onions, sliced**
- 1/4 cup (60 mL) chopped cilantro**
- Juice of 1 lime**

Cut tofu crosswise into 8 slices. Place slices in shallow container. In small bowl, whisk together soy sauce, mirin or rice vinegar, honey or maple syrup and sesame oil. Pour soy sauce mixture over tofu and let soak, turning once, for at least 2 hours, but preferably several hours. When ready to

serve, cut marinated tofu pieces in half crosswise and reserve marinade.

Place rice, ginger and 2 cups (500 mL) water in medium saucepan. Bring to a boil, reduce heat to low and simmer, covered, until rice is tender, about 30 minutes. Remove from heat and let stand, covered, for 10 minutes. Fluff rice with fork.

Meanwhile, in small bowl, stir together wasabi powder with 1/2 Tbsp (7 mL) cold water until paste forms. Cover bowl and chill for at least 15 minutes. The longer the paste sits, the hotter the wasabi becomes.

Preheat oven to 250 F (120 C). Very lightly brush nori with water and toast in oven for 15 minutes, or until crisp and darkened. Crumble nori into 1 in (2.5 cm) pieces. Heat dry, heavy-bottomed skillet over medium heat. Add sesame seeds and toast, shaking pan occasionally, until seeds are fragrant and begin making popping sounds. Toss sesame seeds with nori pieces.

In bowl, toss together avocado, cucumber, carrot, green onions and cilantro. Whisk lime juice into wasabi paste and toss with avocado mixture.

Divide rice among serving bowls and top with tofu pieces and avocado mixture. Drizzle on any reserved marinade. Sprinkle nori mixture over top.

EACH SERVING CONTAINS:

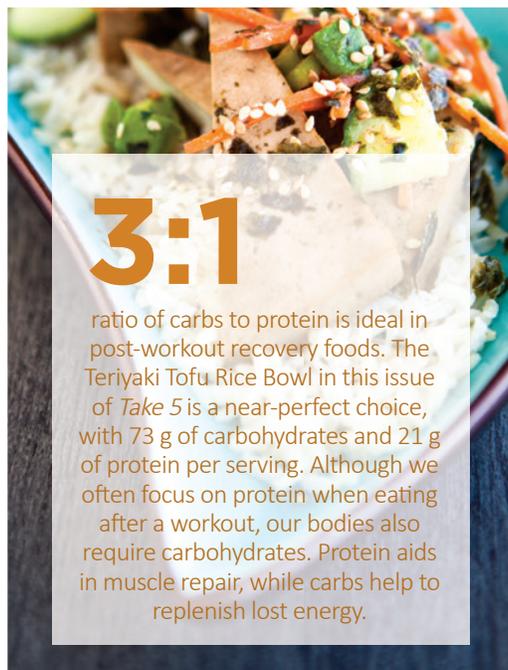
507 calories; 21 g protein; 19 g total fat (3 g sat. fat, 0 g trans fat); 73 g total carbohydrates (7 g sugars, 10 g fibre); 482 mg sodium



5°C (41 F), or colder, is the temperature that raw meat should be stored at to reduce the growth of dangerous bacteria. New UK guidelines recommend not washing raw chicken before cooking to reduce the spread of bacterial contamination. Remember to thoroughly wash all utensils, chopping boards and your hands with soap and warm water after handling raw chicken.

57%

less fatigue was reported by a group of breast cancer survivors three months after they completed a 12-week hatha yoga practice, compared to a non-yoga group. The women attended two 90-minute hatha yoga classes each week and practised at home. Yoga was credited with improving their sleep and reducing inflammation. Art and music therapy can also be helpful for cancer patients; check out “Creativity During Cancer” in [alive@work](#) online to learn more.

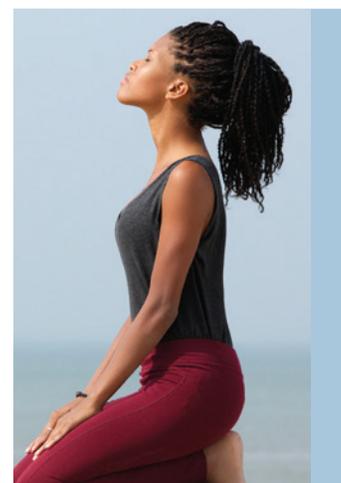
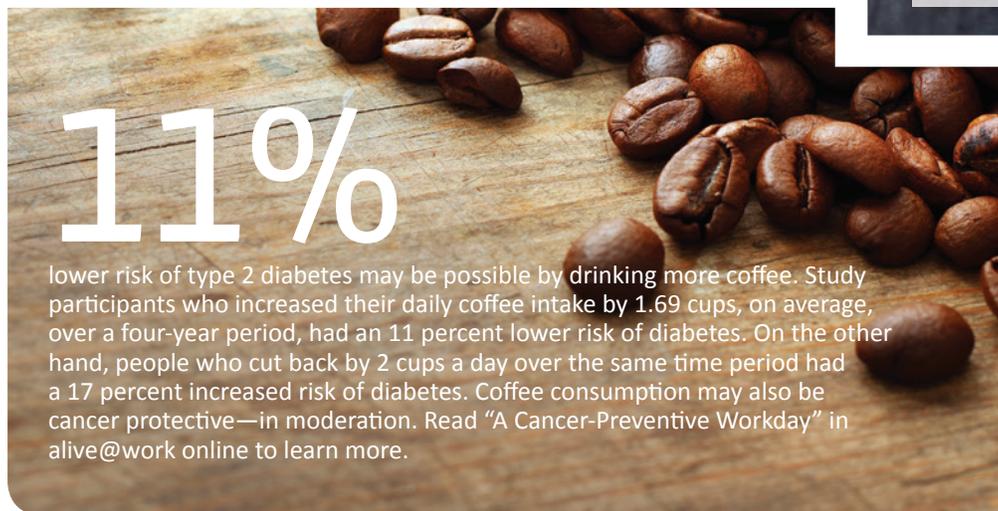


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ratio of carbs to protein is ideal in post-workout recovery foods. The Teriyaki Tofu Rice Bowl in this issue of *Take 5* is a near-perfect choice, with 73 g of carbohydrates and 21 g of protein per serving. Although we often focus on protein when eating after a workout, our bodies also require carbohydrates. Protein aids in muscle repair, while carbs help to replenish lost energy.

11%

lower risk of type 2 diabetes may be possible by drinking more coffee. Study participants who increased their daily coffee intake by 1.69 cups, on average, over a four-year period, had an 11 percent lower risk of diabetes. On the other hand, people who cut back by 2 cups a day over the same time period had a 17 percent increased risk of diabetes. Coffee consumption may also be cancer protective—in moderation. Read “A Cancer-Preventive Workday” in [alive@work](#) online to learn more.



TWENTY-FIVE MINUTES

of mindfulness meditation reduced stress levels in a group of 18- to 30-year-olds who practised for just three days in a row. After taking stress-inducing speech and math tests, the meditation group was less stressed than a group who worked on problem-solving skills. US researchers say that mindfulness meditation helps people to be more resilient under stress.