



Take 5 for your health

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

The oh-so-sweet benefits of rhubarb

Although we tend to limit rhubarb to pie filling in North America, it actually has many culinary uses. Rhubarb can amp up the flavor and health of almost any dish—including the **Sweet Chicken Stir-Fry**, **Rhubarb Buttermilk Muffins** and **Roasted Rhubarb and Beet Salad** in this issue of *Take 5*.

Worried your kids won't enjoy rhubarb without a lot of added sugar? You may just need to expose them to it several times to win them over (see our *Take 5* health facts for more on this).

It's well worth it to experiment with rhubarb. Rhubarb contains the powerful antioxidants resveratrol, lutein and zeaxanthin, and it delivers good amounts of B-complex vitamins, vitamins K and C, calcium, potassium and manganese.

Rhubarb isn't just the sour king of spring vegetables. It's what's for dinner (or your mid-afternoon snack).

SWEET CHICKEN STIR-FRY

SERVES 3

- 1/2 cup (125 mL) orange juice
- 1/2 tsp (2 mL) ginger, grated
- 2 tsp (10 mL) raw-style sugar
- 8 oz (225 g) skinless chicken breast, diced
- 2 tsp (10 mL) apple cider vinegar
- 1 1/2 tsp (7 mL) cornstarch
- 1 1/2 Tbsp (22 mL) extra-virgin olive oil
- 1/2 head Napa cabbage, diced
- 1 small red pepper, seeded and diced
- 2 celery stalks, diced
- 3 rhubarb stalks, diced
- 1 large garlic clove, minced

In small bowl, combine orange juice, ginger and sugar. Add chicken. Toss lightly and let marinate in refrigerator for 1 hour.

Remove chicken from the mixture with slotted spoon and place on plate. Stir vinegar and cornstarch into orange juice mixture and set aside.

Heat oil in wok or large skillet over medium heat. Add chicken and stir-fry until nicely browned. Remove chicken and place on clean plate.

Add cabbage, red pepper, celery, rhubarb and garlic to wok and stir-fry 4 to 5 minutes. Add chicken and reserved orange mixture to pan and heat through. Season with salt and pepper to taste.

EACH SERVING CONTAINS: 270 calories; 27 g protein; 10 g total fat (1 g sat. fat, 0 g trans fat); 19 g carbohydrates (3 g fiber, 9 g sugars); 172 mg sodium





RHUBARB BUTTERMILK MUFFINS

MAKES 12 MUFFINS

1 1/4 cups (310 mL) whole wheat pastry flour
1 cup (250 mL) unbleached all-purpose flour
1 1/2 tsp (7 mL) baking powder
1/2 tsp (2 mL) baking soda
1/2 tsp (2 mL) salt
3/4 tsp (4 mL) cinnamon
2/3 cup (160 mL) raw-style sugar
1 cup (250 mL) rhubarb, diced
1/2 cup (125 mL) dried apricots, chopped
2 medium eggs
1/4 cup (60 mL) extra-virgin olive oil
3/4 cup (180 mL) buttermilk
1/2 cup (125 mL) pecans, chopped

Preheat oven to 400 F (200 C).

Lightly grease 12 muffin cups or line muffin tin with paper muffin cups.

In large bowl, sift together all dry ingredients. Stir in rhubarb and apricots.

In small bowl, whisk together eggs, oil and buttermilk. Make a well in dry mixture and add wet mixture, stirring till just blended. Fold in pecans.

Fill prepared muffin tin. Bake for 20 minutes, or until toothpick inserted into muffin comes out clean. Let cool for 10 minutes on rack and remove from tin.

EACH MUFFIN CONTAINS: 209 calories; 5 g protein; 9 g total fat (1 g sat. fat, 0 g trans fat); 29 g carbohydrates (3 g fiber, 11 g sugars); 179 mg sodium



ROASTED RHUBARB & BEET SALAD

SERVES 4 (AS MAIN COURSE)

- 4 medium beets, washed
- 1 1/2 cups (350 mL) rhubarb, cut into
1 1/2 in (3 cm) diagonal slices
- 1/4 cup (60 mL) honey
- 2 Tbsp (30 mL) extra-virgin olive oil
- 2 Tbsp (30 mL) balsamic vinegar
- Dash each of salt and pepper
- 4 cups (1 L) mixed greens
- 1/2 cup (125 mL) walnuts
- 3 1/2 oz (100 g) soft goat cheese

Preheat oven to 400 F (200 C).

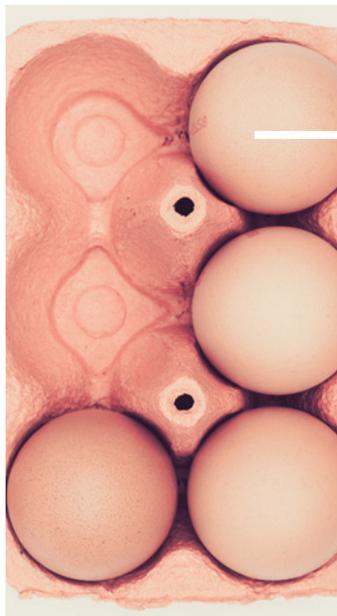
Place whole beets in oven and roast for about 1 hour, until knife pierces the skin easily. Set aside to cool, then chop.

Toss rhubarb with honey. Spread out onto parchment-lined baking sheet and roast for about 10 minutes. The rhubarb should be tender, but not mushy. Set it aside to cool.

In large bowl, whisk together oil and vinegar and season with salt and pepper. Add mixed greens, beets and walnuts; toss well.

Divide evenly on 4 salad plates, and top with rhubarb and crumbled goat cheese.

EACH SERVING CONTAINS: 352 calories; 10 g protein; 22 g total fat; (6 g sat. fat, 0 g trans fat); 34 g carbohydrates (5 g fiber, 26 g sugars); 197 mg sodium



4 EGGS

a week were found to lower blood sugar levels and reduce men's risk of type 2 diabetes by 37 percent, compared to men who ate one egg a week. This study followed the dietary habits of more than 2,000 Finnish men aged 42 to 60 for just over 19 years. For a fun way to get more eggs in your diet, try the Smashed Avocado and Eggy Toast recipe in [alive@work](#) online.

5 to 10

tries may be what it takes to encourage young children to eat their veggies. Researchers have found that even if kids are fussy eaters or simply don't like veggies, offering new fruits and vegetables to children early in life can help them become more adventurous eaters. Parents shouldn't wait too long—kids become more reluctant to try new foods after 24 months of age.



15 TO 30%

of makeup particles moved into the eye and its tear film within five minutes of eyeliner application to the inside of the lash line. Researchers recommend sharpening pencil eyeliners before each use, applying eyeliner only to the outer lash line and removing all eye makeup before you go to bed to reduce the chance of eye irritation or infection.

80 MINUTES

2 HOURS

a day sitting in front of a TV, computer or video game console increased the risk of high blood pressure in children by 30 percent. Kids who get no physical exercise, or less than an hour a day, increase their risk by 50 percent. Researchers recommend kids get more than 1 hour of exercise a day and spend less than 2 hours in front of a screen.

spent outdoors each day may prevent or minimize nearsightedness (myopia) in children. Researchers in Taiwan studied a group of 333 elementary school students who spent recess outdoors for a year. Eye exam results after that year confirmed that significantly fewer of these students developed nearsightedness, compared to students who spent recess indoors. Time outdoors is beneficial for many other reasons; read "Why Your Brain Needs Nature" in [alive@work](#) online to find out why.