



SPAGHETTI WITH ROASTED TOMATO SAUCE

SERVES 4

Give canned tomatoes a gourmet and budget-friendly makeover by roasting them. Not only does this increase their levels of lycopene (an important antioxidant), but it also brings out a richness that mimics the intensity of a fresh summer tomato—at any time of year. Top with Parmesan cheese and your favorite meat or vegetarian protein for a more substantial main.

2 - 28 oz (795 g) cans whole plum tomatoes
1 onion, roughly chopped
4 garlic cloves, peeled and left whole
3 Tbsp (45 mL) extra-virgin olive oil
1/2 tsp (2 mL) salt
1 lb (450 g) whole wheat spaghetti
1/2 cup (125 mL) sliced fresh basil

Preheat oven to 325 F (160 C). On large baking sheet, combine tomatoes, onion, garlic, oil and salt. Roast for 1 1/2 to 2 hours, mixing once, until mixture begins to dry out. Transfer to food processor and pulse once or twice, keeping sauce chunky.

Bring large pot of water to a boil. Cook pasta according to package directions, drain and add back to pot along with sauce. Toss over medium-low heat until heated through. Serve with a scattering of fresh basil.

EACH SERVING CONTAINS: 607 calories; 22 g protein; 12 g total fat (2 g sat. fat, 0 g trans fat); 113 g total carbohydrates (11 g sugars, 4 g fiber); 342 mg sodium



LIGHTENED-UP CHICKEN FRIED RICE

SERVES 4

Rice and nuts can often be purchased in bulk, so you skip the hefty price tag. Purple rice (sometimes called black or forbidden rice) is an eye-catching and healthy grain, but brown rice will work just as well here. Paired with chicken and a sweet-and-sour sauce, this better-for-you fried rice is good to both your body and wallet.

2 cups (500 mL) water
1 cup (250 mL) uncooked purple rice or short grain brown rice
2 Tbsp (30 mL) low-sodium soy sauce
1 Tbsp (15 mL) honey
1 tsp (5 mL) dried ground ginger
1/4 tsp (1 mL) chili flakes
2 garlic cloves, minced
2 Tbsp (30 mL) toasted sesame oil
2 boneless, skinless chicken breasts, cubed
1 long (Japanese) eggplant, halved and sliced into 1/2 in (1.25 cm) pieces
4 green onions (scallions), sliced (both white and green parts)
1/2 cup (125 mL) whole raw cashews or unsalted peanuts

In medium saucepan, bring water and rice to a boil, then reduce to a simmer. Cover and cook for 40 to 45 minutes. Remove from heat and steam, covered, for 5 minutes. Uncover, fluff with fork and set aside. (This recipe benefits from chilling the rice overnight but can be made immediately with warm rice, too.)

For sauce, in small bowl, combine soy sauce, honey, ginger, chili flakes and garlic. Set aside.

In large wok, heat sesame oil over medium. Add chicken, eggplant, green onions and cashews or peanuts. Stir-fry until chicken is cooked through and vegetables are softened, about 10 minutes. Increase heat to medium-high, add rice and stir-fry for 1 minute. Stir in sauce and cook until garlic is fragrant and mixture is heated through. Serve immediately.

EACH SERVING CONTAINS: 578 calories; 38 g protein; 22 g total fat (4 g sat. fat, 0 g trans fat); 60 g total carbohydrates (10 g sugars, 8 g fiber); 354 mg sodium



CHICKPEA AND RED LENTIL MASALA

SERVES 4

Beans and legumes make for some of the most delicious and economical dinner options for everyone, from vegans to meat eaters. A range of pantry spices generously imbue this protein-, fiber- and iron-loaded Indian stew with flavor. Brightened with fresh cilantro, this is a thrifty dinner that tastes like a million bucks.

- 1 Tbsp (15 mL) coconut oil
- 1 onion, diced
- 2 garlic cloves, minced
- 1 Tbsp (15 mL) curry powder (mild or hot)
- 2 tsp (10 mL) garam masala
- 1/2 tsp (2 mL) salt
- 1 - 14 oz (400 mL) can coconut milk
- 1 - 15 oz (425 g) can diced tomatoes
- 1 cup (250 mL) water
- 1 - 15 oz (425 g) can chickpeas, drained and rinsed,
or about 2 cups cooked
- 1/2 cup (125 mL) dried red lentils
- 1 Tbsp (15 mL) lemon juice or lime juice
- 1 cup (250 mL) chopped fresh cilantro

In large pot, heat oil over medium. Add onion, garlic, curry powder, garam masala and salt. Sauté for 8 minutes, until vegetables are softened. Stir in coconut milk, tomatoes, water, chickpeas and red lentils. Bring to a boil, then reduce to a simmer. Cover and cook, stirring occasionally, for 25 to 30 minutes, until lentils are soft.

Immediately before serving, stir in lemon or lime juice and cilantro. Serve hot.

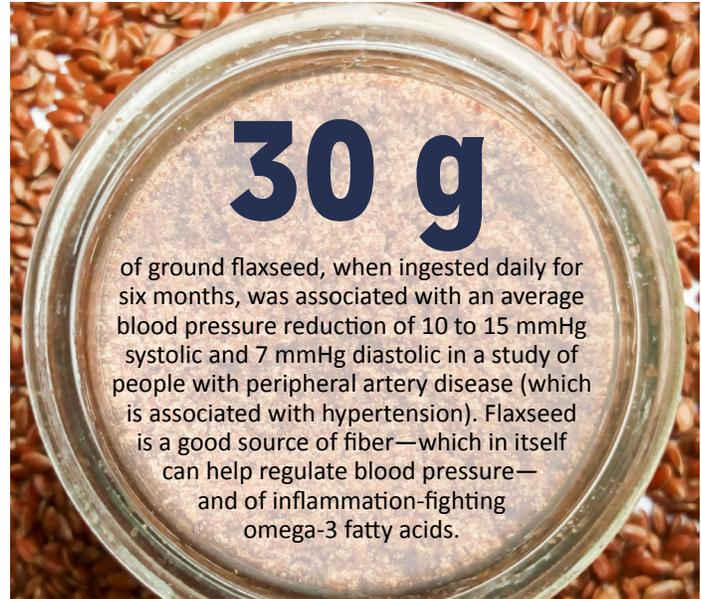
EACH SERVING CONTAINS: 485 calories; 17 g protein; 27 g total fat (22 g sat. fat, 0 g trans fat); 50 g total carbohydrates (9 g sugars, 16 g fiber); 326 mg sodium

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

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reduction in the sodium in canned foods may be achieved by simply rinsing them. Reducing sodium intake is one of the simplest ways to help reduce blood pressure. For other straightforward tactics, check out “Natural Ways to Lower Blood Pressure” in alive@work online.



30 g

of ground flaxseed, when ingested daily for six months, was associated with an average blood pressure reduction of 10 to 15 mmHg systolic and 7 mmHg diastolic in a study of people with peripheral artery disease (which is associated with hypertension). Flaxseed is a good source of fiber—which in itself can help regulate blood pressure—and of inflammation-fighting omega-3 fatty acids.



of couples in a recent study reported that “phubbing” created conflict in their relationship. What is phubbing? It’s short for “phone snubbing,” and it can be as simple as glancing at your phone while chatting with your partner. The solution? Keep your phone out of sight at least some of the time, especially during dinners and important conversations with your significant other.



of chia seeds or ground flaxseed combined with 3 Tbsp (45 mL) water and allowed to sit for 5 minutes to thicken will give you a vegan egg substitute for many recipes (especially baking). Alternatively, you can use 3 Tbsp (45 mL) of mashed banana, applesauce or fluid from a can of chickpeas (known as aquafaba). For tasty vegan dessert ideas, check out “Desserts That Are Better For Your Heart” in alive@work online.



1 to 2 months

is how long onions will keep for if stored at room temperature (out of direct sunlight). Onions not only add zest to recipes, but they also deliver potassium, vitamin C and fiber. Enjoy a healthy dose of onion in the Chickpea and Red Lentil Masala recipe in this issue of *Take 5*.