



## TOFU KIMCHI STIR-FRY

SERVES 4

This fusion of Korean and Japanese flavors is delicious: fiery kimchi, nutty soba and crispy veggies.

- 12 oz (350 g) extra-firm tofu
- 2 Tbsp (30 mL) low-sodium soy sauce
- 1 Tbsp (15 mL) rice vinegar (or cider vinegar)
- 1 Tbsp (15 mL) kimchi liquid
- 2 tsp (10 mL) honey
- 2 tsp (10 mL) toasted sesame oil
- 1 Tbsp (15 mL) peanut or grapeseed oil
- 1 cup (250 mL) sliced red onion
- 2 medium carrots, sliced
- 1 medium zucchini, sliced
- 1 1/2 cups (350 mL) kimchi
- 1 cup (250 mL) frozen shelled edamame
- 1/2 lb (225 g) soba noodles
- 2 Tbsp (30 mL) sesame seeds

Line cutting board with a couple sheets of paper towel. Top with tofu and a couple more sheets of towel and another cutting board or plate. Press firmly to extract excess liquid. Slice tofu into 3/4 in (19 mm) cubes.

In small bowl, mix together soy sauce, vinegar, kimchi liquid, honey and sesame oil.

Heat wok or large skillet over medium-high heat. Add oil and swirl to coat pan. Place tofu in pan and stir-fry until browned, about 4 minutes. Remove tofu from pan and set aside. Add onion to pan and heat 1 minute, stirring often. Add carrot and heat 1 minute, stirring often. Add zucchini and heat 1 minute, stirring often. Add kimchi and heat 30 seconds. Add tofu and soy sauce mixture and heat 30 seconds. Cover pan to keep warm.

Bring large pot of salted water to a boil. Add edamame and heat until tender but with some bite, about 3 minutes. Remove edamame from water using slotted spoon and add to tofu mixture. Add soba noodles to the pot of boiling water and prepare according to package directions. Drain noodles in colander and rinse well.

Divide soba noodles among serving plates and top with tofu mixture and sesame seeds.

**EACH SERVING CONTAINS:** 33 calories; 33 g protein; 21 g total fat (3 g sat. fat, 0 g trans fat); 56 g total carbohydrates (7 g sugars, 7 g fiber); 443 mg sodium

## INDIAN CHICKPEA STIR-FRY WITH GOLDEN CAULIFLOWER RICE

SERVES 4

The riced version of cauliflower can anchor a wide range of lightened-up meals, including this chickpea stir-fry.

- 1 head cauliflower, florets roughly chopped
- 2 Tbsp (30 mL) grapeseed or coconut oil, divided
- 1 tsp (5 mL) turmeric
- 1/4 tsp (1 mL) black pepper
- 3/4 tsp (4 mL) salt, divided
- 4 garlic cloves, sliced
- 1 Tbsp (15 mL) finely chopped ginger
- 1 Tbsp (15 mL) garam masala
- 1 tsp (5 mL) mustard seeds
- 1/4 tsp (1 mL) cayenne
- 2 cups (500 mL) cooked or canned (drained and rinsed) chickpeas
- 3 plum tomatoes, seeded and chopped
- 6 cups (1 1/2 L) spinach, any tough ends trimmed
- Juice of 1/2 lemon
- 3/4 cup (180 mL) plain yogurt
- 1/3 cup (80 mL) sliced almonds

In food processor, pulse cauliflower florets until they resemble the size of rice grains.

Heat wok or large skillet over medium-high heat. Add 1 Tbsp (15 mL) oil, swirl to coat and place cauliflower, turmeric, black pepper and 1/2 tsp (2 mL) salt in pan. Cook 4 minutes, stirring often. Remove cauliflower from pan and set aside, covered, to keep warm.

Lower heat to medium and heat remaining 1 Tbsp (15 mL) oil in pan. Add garlic and ginger to pan and heat just until garlic begins to turn golden. Add garam masala, mustard seeds, cayenne and remaining 1/4 tsp (1 mL) salt to pan and heat 20 seconds. Place chickpeas in pan and heat 2 minutes, stirring often. Add tomatoes to pan and heat 1 minute. Place spinach in pan and heat, stirring often, just until greens have lightly wilted. Stir in lemon juice.

To serve, place cauliflower rice on serving plates and top with chickpea mixture, dollops of yogurt and almonds.

**EACH SERVING CONTAINS:** 342 calories; 16 g protein; 14 g total fat (2 g sat. fat, 0 g trans fat); 42 g total carbohydrates (13 g sugars, 13 g fiber); 584 mg sodium





## NORDIC CHAR AND RYE STIR-FRY

SERVES 4

Gleaning inspiration from Scandinavian cuisine, this unconventional stir-fry incorporates some of the most important elements of the New Nordic diet— fish, root vegetables and whole grains.

- 1 cup (250 mL) whole rye kernels
- 1/4 tsp (1 mL) salt, divided
- 1 Tbsp (15 mL) grapeseed oil
- 1 1/2 lb (750 g) Arctic char,  
skinned and cut into 1 in (2.5 cm) chunks
- 2 medium carrots, sliced into matchsticks
- 2 medium beets, grated
- 1 Golden Delicious or Granny Smith apple,  
sliced into matchsticks
- 1 cup (250 mL) sauerkraut
- 2 green onions, sliced
- 1/3 cup (80 mL) chopped dill
- 2 Tbsp (30 mL) cider vinegar
- 2 cups (500 mL) arugula
- 1/4 cup (60 mL) chopped walnuts

Cover rye kernels with water and let soak overnight or for several hours.

Drain rye, place in medium-sized saucepan along with a couple pinches salt and cover with 4 cups (1 L) water. Bring to a boil, reduce heat to medium-low and simmer, covered, until tender but still somewhat firm to the bite, about 45 minutes. Drain.

Heat wok or large skillet over medium-high heat. Add oil and swirl to coat pan. Season char with salt and pepper and add to pan. Cook 3 minutes, or until just barely cooked through. Remove char from pan and reserve.

Place carrots, beets and a couple pinches salt in pan and heat 2 minutes, stirring often. Add apples and heat 1 minute, stirring often. Add sauerkraut, green onions, dill and cider vinegar to pan and heat through. Gently stir in char.

To serve, divide rye among serving plates and top with arugula, char mixture and walnuts.

**EACH SERVING CONTAINS:** 593 calories; 45 g protein; 22 g total fat (7 g sat. fat, 0 g trans fat); 46 g total carbohydrates (11 g sugars, 11 g fiber); 447 mg sodium



# 10

minutes of interacting with cats or dogs can have a beneficial effect on stress levels, according to recent research on university students. The students who visited with the animals had reduced levels of the stress hormone cortisol. Feeling stressed? Cuddle your own pet, consider volunteering at an animal shelter or do some other stress-relieving activity you enjoy, like meditation.

# 710

school employees were included in a recent study about food

availability on the way to and from work. The researchers found that having fast food restaurants on route to one's workplace was associated with higher body mass index (BMI), but full-service restaurants were associated with a lower BMI. When possible, meal prep at home and pack healthy snacks to avoid the temptation of takeout.

# 25%

lower risk of dying from any cause was found in those who ate the most plant-based foods,

compared to those who ate the least amount of plant-based foods, in a new study. Big benefits were also seen in terms of heart attacks, stroke and heart failure risk. Don't be intimidated: going 100% vegan isn't needed to prioritize healthy plant foods like fruits and vegetables, beans, lentils, nuts and whole grains.



# 17%

lower risk of death from cardiovascular disease was found in those who ate

nuts twice a week, according to recent European research. Nope, that doesn't mean roasted and salted nuts or sugary trail mixes: the healthiest nuts are fresh, raw and unsalted. Consider putting out a bowl on your desk or in the office kitchen to encourage healthy snacking.



# 36,383 ADULTS

aged 40 or older participated in a new study about exercise. The researchers determined that exercise at *any* intensity is linked to a lower risk of early death, and those who exercise more have even bigger benefits. Light physical activity typically includes walking, mowing the lawn, cooking and doing housework. For greater health benefits, consider taking up a sport or activity you enjoy.