

QUINOA GRANOLA

SERVES 8

Mixed with yogurt and berries, this quinoa-infused granola makes for a knockout breakfast. It's also great served with warm milk to take a bite out of the fall chill. Make a big batch on the weekend for easy and delicious ready-to-go breakfasts on workday mornings.

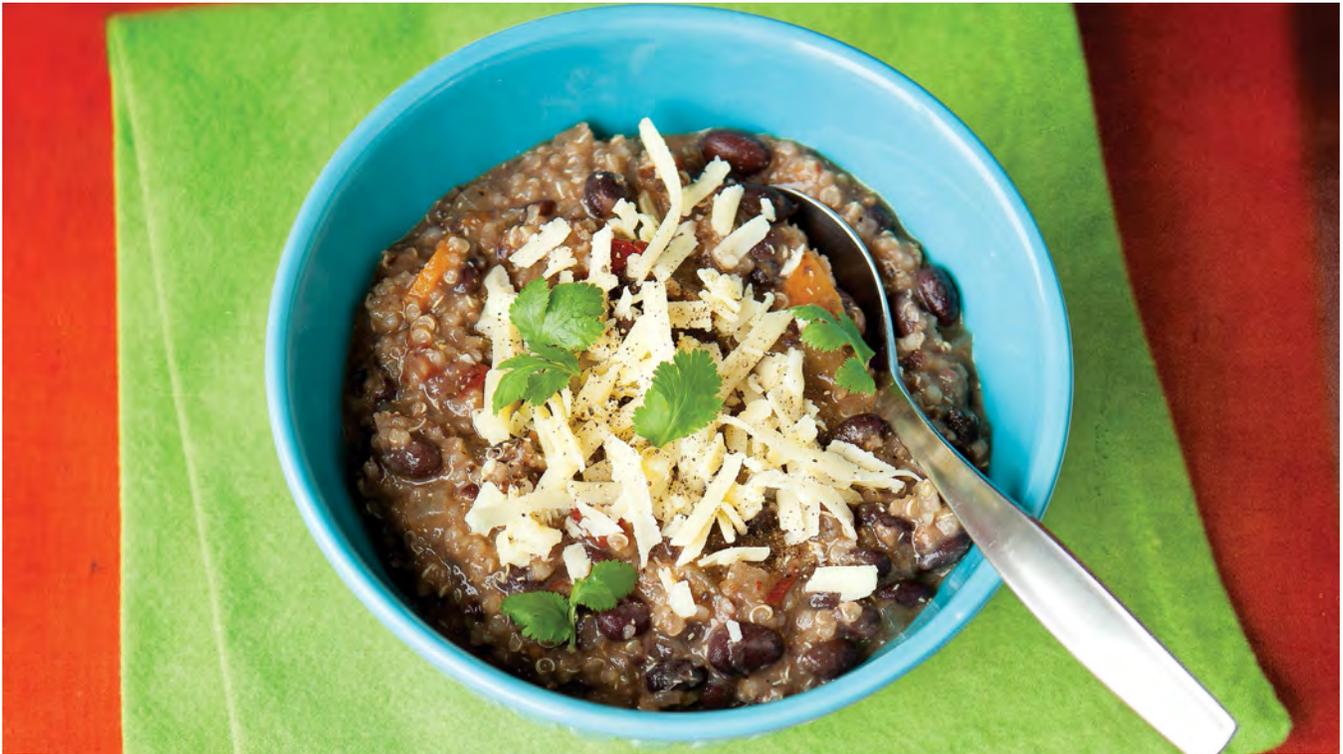
- 1 1/4 cups (310 mL) large-flake rolled oats
- 2/3 cup (160 mL) uncooked quinoa
- 3/4 cup (180 mL) roughly chopped pecans
- 1/2 cup (125 mL) shelled sunflower seeds
- 1/2 cup (125 mL) chopped dried mango
- 1/2 cup (125 mL) dried cranberries or cherries
- 1/2 cup (125 mL) flaked coconut
- 1 tsp (5 mL) cinnamon
- 1/2 tsp (2 mL) allspice
- 1/4 tsp (1 mL) salt
- 1/2 cup (125 mL) honey
- 2 tsp (10 mL) orange zest
- 1 tsp (5 mL) vanilla extract

Preheat oven to 275 F (135 C). In large bowl, combine oats, quinoa, pecans, sunflower seeds, mango, cranberries, coconut, cinnamon, allspice and salt. In small saucepan, combine honey, orange zest and vanilla. Heat over low heat until honey has liquefied. Add honey mixture to oat mixture and mix until everything is moist.

Spread out on silicone or parchment paper-lined baking sheet, and bake for 1 hour, or until golden brown, stirring every 15 to 20 minutes to prevent burning. Cool completely, and then store in an airtight container.

EACH SERVING CONTAINS: 370 calories; 7 g protein; 18 g total fat (5 g sat. fat, 0 g trans fat); 50 g total carbohydrates (26 g sugars, 6 g fiber); 80 mg sodium





QUINOA BLACK BEAN STEW

SERVES 6

Quinoa and black beans team up to make this dish a fiber powerhouse. Blending some of the cooked soup produces a thicker, heartier texture. You can find smoky-tasting canned chipotle peppers in adobo sauce in the Latin section of many grocers, but you could use dried ancho or chipotle chile powder if desired.

- 1 Tbsp (15 mL) olive oil
- 1 large onion, diced
- 1 large carrot, thinly sliced
- 2 garlic cloves, minced
- 2/3 cup (160 mL) uncooked quinoa
- 3 cups (750 mL) low-sodium vegetable broth
- 2 - 14 oz (396 mL) cans black beans, drained and rinsed
- 2 tsp (10 mL) minced chipotle pepper in adobo sauce
- 1 tsp (5 mL) cumin
- 1/4 tsp (1 mL) salt
- 1/4 tsp (1 mL) black pepper
- Juice of 1/2 lime
- 1/2 cup (125 mL) shredded white cheddar cheese
- 1/3 cup (80 mL) chopped fresh cilantro

Heat oil in large saucepan over medium heat. Add onion and carrot and cook until softened, about 5 minutes. Stir in garlic and quinoa and toast quinoa until slightly fragrant, about 4 minutes.

Add broth, black beans, chipotle pepper, cumin, salt and pepper. Bring to a boil, reduce heat and simmer until quinoa is tender, about 13 minutes. Stir in lime juice.

Remove half the soup and carefully puree in food processor or blender until smooth. Return to pan and heat 2 minutes. Divide among serving bowls and garnish with cheese and cilantro.

EACH SERVING CONTAINS: 327 calories; 17 g protein; 7.5 g total fat (2.5 g sat. fat, 0 g trans fat); 49 g total carbohydrates (2 g sugars, 14 g fiber); 251 mg sodium



CURRY QUINOA SWEET POTATO WRAPS

SERVES 4

The variety of textures used in these wraps won't disappoint. The quinoa and the sweet potato can be made up to three days in advance and reheated to make the wraps lunch friendly.

- 1 medium-sized sweet potato, cut into 1/2 in (1.25 cm) cubes
- 2 tsp (10 mL) oil
- 2/3 cup (160 mL) uncooked quinoa
- 2 tsp (10 mL) curry powder
- 1/4 cup (60 mL) chopped walnuts
- 1 Tbsp (15 mL) cider vinegar or rice vinegar
- 4 large whole grain wraps
- 1 avocado, thinly sliced
- 1/2 cup (125 mL) thinly sliced roasted red pepper
- 1 cup (250 mL) baby spinach or arugula

Preheat oven to 400 F (200 C). Toss sweet potato with oil and spread out on a baking sheet. Cook until tender, about 30 minutes, stirring once halfway through. You can also steam the sweet potato cubes until tender.

While sweet potato cooks, place quinoa, curry powder and 1 1/4 cups (310 mL) water in medium-sized saucepan. Bring to a boil, reduce heat and simmer until quinoa is tender, about 12 minutes. Stir in walnuts and rice vinegar.

Divide sweet potato and quinoa mixture among wraps. Top with avocado, roasted red pepper and spinach. To serve, fold bottom of tortillas toward center and then fold both sides toward the center.

EACH SERVING CONTAINS: 463 calories; 12 g protein; 21 g total fat (3 g sat. fat, 0 g trans fat); 60 g total carbohydrates (3 g sugars, 11 g fiber); 500 mg sodium

< 1

alcoholic drink per day is the maximum alcohol intake experts recommend for women, as even small amounts of alcohol increase breast cancer risk.

Many risk factors, like age or genetics, are unavoidable, but others can be controlled. For many people, there's no need to shy away from the occasional glass of wine, but be mindful of overindulging. Overconsumption of alcohol can increase the risk of many diseases for men *and* women.



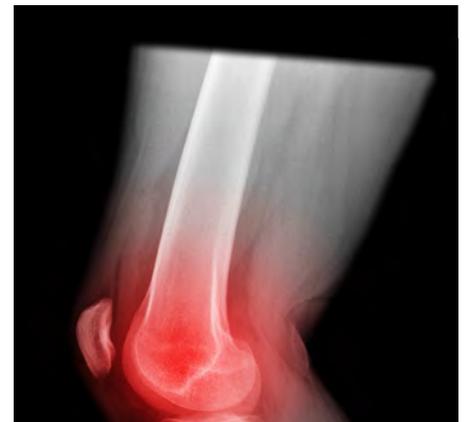
20 TO 30%

of your daily calories should come from healthy sources of fat for a healthier heart and possible longer life. These include sources like fatty fish, avocados and flaxseeds. Aim to limit saturated fat to no more than 7 percent of your daily calories, and avoid trans fats (hydrogenated oils, found in many processed and deep-fried foods) entirely.



45 SECONDS

a day of standing on one leg like a flamingo can help improve balance. While we often focus on cardio or weight training, it's easy to forget the importance of balance training. Good balance can mean a better reaction time to everyday slip-ups, leading to fewer falls and injuries as we age. Make sure to switch legs!



15,000

seniors were surveyed to determine dementia risk in a new Chinese study. Researchers found that those who challenged their brains regularly through reading and playing games had a 29 percent lower risk of developing dementia than those who didn't engage in such activities. Make it fun— join a book club or gather your friends for a board game night!



50%

of people who experience a traumatic injury to a joint will go on to develop osteoporosis in that area. Protect your joints as you age by wearing proper padding during sports, maintaining a healthy weight and using proper technique when you lift a heavy load. If you're injured, make sure to seek proper treatment.