

wild rice and mushroom pilaf



INGREDIENTS

- 1/2 cup uncooked wild rice 125 mL
- 1/2 cup chopped walnuts 125 mL
- 1 Tbsp canola oil, divided 15 mL
- 1 cup quartered mushrooms 250 mL
- 1/2 cup diced onion 125 mL
- 1 cup frozen corn, thawed 250 mL
- 1/2 of a medium red bell pepper,
thinly sliced (1/4 cup/60 mL)
- 1/4 tsp poultry seasoning 1 mL
- 1/2 tsp coarsely ground
black pepper 2 mL

INSTRUCTIONS

- 1 Cook rice according to package directions. Meanwhile, heat a large nonstick skillet over medium high heat until hot. Add walnuts and cook 2 to 3 minutes or until fragrant, stirring frequently. Set aside on separate plate.
- 2 Using the same skillet, add 2 tsp (10 mL) of the canola oil; swirling to coat bottom. Add mushrooms and onion and cook 2 minutes. Add corn, bell peppers and poultry seasoning and sauté for 5 minutes or until vegetables are just tender. Remove from heat, cover to keep warm.
- 3 Drain rice, shaking off excess liquid and add to mushroom mixture; stir in walnuts and black pepper. Drizzle the remaining 1 tsp (5 mL) canola oil over all and toss gently.

Health professionals recommend increasing the intake of omega 3 fatty acids from foods such as salmon, trout, walnuts and canola oil.

YIELD: 4 cups (1 L) **SERVING SIZE:** 1/2 cup (125 mL)

NUTRITIONAL ANALYSIS Per Serving: Calories 110, Total Fat 5 g, Saturated Fat 0 g, Cholesterol 0 mg, Carbohydrates 14 g, Fiber 2 g, Sugars 2 g, Protein 3 g, Sodium 0 mg, Potassium 115 mg

roasted winter veggies and tri-colored potatoes



INGREDIENTS

- 1 1/2 lbs tri-color potatoes, quartered 750 g (about 5 cups/1.25 L)
- 1 lb Brussels sprouts, cut in half 500 g (about 4 cups/1L)
- 1 large red bell pepper, coarsely chopped (about 3/4 cup/175 mL)
- 1 medium red onion, coarsely chopped (about 1 cup/250 mL)
- 2 medium zucchini, cut lengthwise and sliced (3/4 cup/175 mL)
- 2 medium carrots, sliced (about 3/4 cup/175 mL)
- 1/4 cup chopped rosemary 60 mL
- 1/3 cup canola oil 75 mL
- 1 tsp garlic powder 5 mL

INSTRUCTIONS

- 1 Preheat oven to 400 °F (200 °C).
- 2 In large roasting pan, place vegetables. Add rosemary, canola oil, garlic powder and stir to combine.
- 3 Cook about 40 minutes or until vegetables are tender.

Sometimes the simplest dishes are the best and roasted vegetables provide pure comfort that is hard to beat. Canola oil's high heat tolerance is a great match for oven roasting.

YIELD: 10 cups (2.5 L) **SERVING SIZE:** 1 cup (250 mL)

NUTRITIONAL ANALYSIS Per Serving: Calories 160, Total Fat 8 g, Saturated Fat 0.5 g, Cholesterol 0 mg, Carbohydrates 20 g, Fiber 4 g, Sugars 4 g, Protein 4 g, Sodium 35 mg, Potassium 687 mg