

A Taste of Sugar



A collection of recipes from the Canadian Sugar Institute

Plan Ahead!

Before you go to the grocery store, make a list of all the meals you plan to make for the next week, and the ingredients you will require. Creating a meal plan and having ready-to-use ingredients at home can help you to prepare balanced meals and save time. Try to include foods from at least 3 of the 4 food groups in each meal. For a quick and healthy meal, serve the Dijon Chicken with a medium baked potato and steamed vegetables or pair the Tomato Zucchini Penne with a salad and a glass of milk.

For more ideas, go to EATracker.ca, an interactive website from Dietitians of Canada that can help you create healthy menu plans.



Nutrition Information Service

The Canadian Sugar Institute (CSI) *Nutrition Information Service* provides science-based information and resources on carbohydrates, sugars, and health to health professionals, educators and consumers.

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Nutrition Facts (per serving):

Calories: 160
Carbohydrate: 24 g
Fat: 4.5 g
Protein: 6 g

TOMATO ZUCCHINI PENNE WITH PESTO

Sugar enhances and balances the strong flavours of basil, garlic, and Parmesan cheese, and reduces the acidity of the tomatoes in this delicious pesto sauce.

2 cups	whole wheat penne pasta	500 mL
1 cup	fresh basil leaves,	250 mL
1 tbsp	olive oil	15 mL
2 cloves	garlic, minced	2
1 tsp	sugar	5 mL
1 tbsp	Parmesan cheese, grated	15 mL
¼ cup	ricotta cheese	50 mL
1	medium zucchini, sliced	1
1 tbsp	water	15 mL
½ tsp	salt	2 mL
1 cup	cherry tomatoes, quartered	250 mL

In a large pot of boiling salted water, cook pasta according to the package directions until "al dente" (tender but firm). Drain well; transfer to larger serving dish. In a food processor or blender, combine basil, oil, garlic, and sugar. Blend in Parmesan and ricotta. Set aside. Place zucchini in large casserole dish with 1 tbsp of water and microwave for 3 minutes on high, drain. Add zucchini, pesto and salt to pasta, toss well. Garnish with cherry tomatoes. Makes 6 servings.

DIJON CHICKEN

Healthy eating does not have to mean compromising taste! Removing the skin from chicken reduces fat, while the sugar caramelizes the coating and contributes to a delicious flavour and aroma.

½ cup	Dijon mustard	125 mL
2 tbsp	brown sugar	25 mL
1 clove	garlic, minced	1 clove
1 ½ tsp	dry mustard	7 mL
8	chicken thighs*, skin removed	8
¾ cup	dry breadcrumbs	175 mL

Preheat oven to 400°F (200°C). Combine Dijon and dry mustards, sugar, and garlic and blend well. Brush both sides of the chicken thighs with the mixture. Dip into breadcrumbs, coating lightly. Place chicken pieces on a rack and bake for 30-45 minutes or until the chicken is tender and juices run clear. Makes 4 servings.

*can substitute 4 chicken breasts or legs



Nutrition Facts (per serving):

Calories: 230
Carbohydrate: 12 g
Fat: 7 g
Protein: 29 g