

# A Taste of Sugar



A collection of recipes from the Canadian Sugar Institute

## Food Chemistry

Cooking, in a way, is similar to chemistry. Bread rising, sauces thickening and meat tenderizing are all complex chemical reactions.

Many important reactions that occur in food involve sugar. Because of its unique composition and physical structure, sugar helps to:

- form gels, as in apple jelly
- activate yeast in dough
- thicken low-fat salad dressing
- stabilize the foam in meringues
- soften the crumb in bread-making
- develop caramel flavour and colour, as in cookies

## Get your whole grains!

*Eating well with Canada's Food Guide* recommends making at least half of your grain products whole grain each day. Bulgur, barley, brown rice, whole wheat, oats, quinoa, and wild rice are some examples of whole grains. These foods contain fibre, vitamins and minerals (B vitamins, iron, zinc, magnesium) that provide an overall health benefit.



CANADIAN  
SUGAR  
INSTITUTE

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.

10 Bay Street, Suite 620 Toronto, ON M5J 2R8  
Tel: (416) 368-8091 Fax: (416) 368-6426  
Email: [info@sugar.ca](mailto:info@sugar.ca)  
[www.sugar.ca](http://www.sugar.ca)

## APPLE BULGUR SALAD



### Nutrition Facts

(per 1/2 cup):

Calories: 220  
Carbohydrate: 28 g  
Fat: 9 g  
Protein: 6 g

Adding small amounts of sugar to salad dressings mellows the acidity of the vinegar and other ingredients, like lemon juice, while blending and enhancing the flavours of the herbs and spices.

2 cups	chicken broth	500 mL
1 cup	bulgur	250 mL
2 tbsp	fresh lemon juice	25 mL
2 tbsp	olive oil	25 mL
2 tbsp	water	25 mL
2 tsp	sugar	10 mL
2 tbsp	apple cider vinegar	25 mL
¼ tsp	dried oregano	1 mL
1	red apple, finely chopped	1
½ cup	celery, finely chopped	125 mL
4 cups	parsley, finely chopped	1 L
¼ cup	toasted sunflower seeds	50 mL

Bring broth to boil. Put bulgur in a heatproof bowl; cover with broth. Set aside for 15 minutes. Drain and press out as much water as possible with the back of a spoon. For dressing: whisk together lemon juice, oil, water, sugar, vinegar and oregano. Stir in apple, celery, parsley and dressing into the bulgur. Garnish with sunflower seeds. Serve immediately or chill in the refrigerator. Makes 6 servings.

## CLASSIC BALSAMIC VINAIGRETTE

Drizzle this dressing over your favourite mixture of greens and salad ingredients such as cherry tomatoes, grated carrots, sliced red onion, chopped celery, diced cucumbers, and nuts and seeds. Try goat cheese, feta cheese or blue cheese as a garnish.

¼ cup	balsamic vinegar	50 mL
2 tsp	brown sugar	10 mL
1 tbsp	garlic, chopped	15 mL
½ tsp	salt	2 mL
½ tsp	freshly ground black pepper	2 mL
¾ cup	extra virgin olive oil	175 mL



### Nutrition Facts

(per 1 tbsp):

Calories: 95  
Carbohydrate: 1 g  
Fat: 10 g  
Protein: 0 g

Beat the vinegar in a bowl with the sugar, garlic, salt and pepper until sugar and salt dissolve. Then beat in the oil by droplets, whisking constantly (or combine all ingredients in a screw-top jar and shake well). Taste and adjust the seasonings. Toss a few tablespoons of dressing on the salad ingredients, sprinkle with a small amount of cheese and serve. Cover and refrigerate; shake again before use. Makes 1 cup of dressing.