



# Omega-3 Meals

*Three tasty ways to  
work more of these  
heart-healthy fatty acids  
into your home cooking*

RECIPES CREATED  
FOR CANADIAN HEALTH  
BY STEVE PITT

NUTRITIONAL ANALYSIS  
BY SUSIE LANGLEY, RD

PHOTOGRAPHY  
BY BERNARD CLARK

# Frittata With Shrimp, Asparagus + Spring Leeks

8 spears fresh asparagus, bottom ends snapped off and stems lightly peeled  
 1 tsp (5 mL) canola oil  
 2 tbsp (30 mL) finely chopped spring leeks, white ends only  
 1 cup (250 mL) finely chopped red bell pepper  
 1 cup (250 mL) finely chopped mushrooms  
 ½ cup (125 mL) small shrimp, deveined and cooked  
 1 tsp (5 mL) fresh thyme leaves or ½ tsp (2.5 mL) dried thyme  
 ⅛ tsp (0.5 mL) fine-grain sea salt  
 ⅛ tsp (0.5 mL) freshly ground black pepper  
 8 large omega-3 eggs, lightly beaten  
 2 tsp (10 mL) Parmesan cheese

**1** Preheat oven to 350°F (180°C).

**2** Steam asparagus or microwave on high 3 minutes or until tender. Set aside. **3** Place a medium nonstick ovenproof skillet over medium-high heat. When pan is hot, add oil and swirl to coat bottom of pan.

**4** Add leeks and cook 1 minute. Add red pepper, mushrooms, shrimp, thyme, salt and pepper and cook until mushrooms have released their water and are just soft.

**5** Pour pan contents into a medium bowl containing beaten eggs and pour egg mixture back into pan, stirring quickly with a spatula until all ingredients are evenly mixed. Sprinkle with Parmesan. **6** Arrange asparagus spears on top of egg mixture and cook over medium heat 5 minutes. **7** Place frittata in oven and bake 10 minutes or until top starts to brown. **8** Cut into 4 equal portions and serve immediately with a green salad and toasted omega-3 bagels.

*Makes 4 servings*

[Per serving 200 calories, 11 g fat, 3 g saturated fat, 410 mg cholesterol, 1 g fibre, 19 g protein, 4 g carbohydrates, 110 mg sodium. Excellent source of vitamin E; good source of omega-3 fatty acids (1 g)]

## Want these recipes?

Don't take your doctor's copy of this magazine.

Visit us at [www.canadian-health.ca](http://www.canadian-health.ca) for these dishes and much more!

Whether you're cooking with legumes, grains or crucifers or splurging on that once-a-year feast, for great recipes, click on Past Issues and then on Intelligent Eating, under Departments.

We tell you why a recipe is nutritious and how certain ingredients give you the jump on good health.

## EGG-CEPTIONAL NUTRITION

Whoever coined the saying "Good things come in small packages" must have had the egg in mind. The diminutive ovoid is a low-cost, low-calorie source of high-quality protein and provides 11 important nutrients. These include vitamins A, B<sub>12</sub>, D, E and folate, as well as minerals such as infection-fighting zinc, free-radical-foiling selenium and blood-building iron. Although egg yolks are a major dietary source of cholesterol, for most people, cholesterol in food does not significantly raise blood cholesterol (collar saturated and trans fats for that). And omega-3 eggs have less cholesterol than standard eggs. An added plus: eggs contain yellow carotenoid pigments such as lutein, which help ward off cataracts and age-related macular degeneration.

— Diana Swift





## Baked Orange-Miso Salmon With Soba Salad

### SALAD

8 oz (250 g) dried soba noodles  
 2 tsp (10 mL) sesame seed oil  
 1 tsp (5 mL) white rice vinegar  
 or sherry vinegar  
 ½ tsp (2.5 mL) low-sodium soy sauce  
 ½ tsp (2.5 mL) dark soy sauce  
 2 medium carrots, peeled and  
 finely grated  
 2 tsp (10 mL) grated ginger

**1** In a large pot, bring 3 quarts (3 L) water to a boil. Add noodles and cook according to instructions on package (usually 1 to 2 minutes). Drain and run under cold water until noodles are cold. Drain thoroughly and place in a large bowl.  
**2** Add remaining ingredients and toss until noodles are well coated. If not serving immediately, refrigerate until needed.

### SALMON

2 tbsp (30 mL) concentrated orange juice (preferably organic)  
 2 tsp (10 mL) white miso paste  
 ½ tsp (2.5 mL) low-sodium soy sauce  
 ½ tsp (2.5 mL) dark soy sauce  
 1 tsp (5 mL) brown sugar  
 1 tsp (5 mL) sesame seed oil  
 16 oz (500 g) salmon fillet, cut into 4 equal portions  
 ½ tsp (2.5 mL) canola oil  
 2 tsp (10 mL) finely chopped chives  
 1 lemon, cut into 8 wedges

**1** Preheat oven to 425°F (220°C).  
**2** In a medium bowl, mix together orange juice, miso, soy sauces, sugar and sesame seed oil. Dip flesh side of salmon pieces into mixture to coat all exposed flesh. **3** Place salmon skin side down on a silicone mat or baking tray lightly coated with canola oil. **4** Bake 10 minutes or until salmon is flaky and tender but not dry. **5** Garnish salmon with chives and serve with soba salad and lemon wedges. **TIP** To reduce sodium content by more than half, replace Japanese soba noodles with domestic buckwheat noodles or whole wheat spaghetti.

*Makes 4 servings*

**[Per serving]** 450 calories, 13 g fat, 2 g saturated fat, 70 mg cholesterol, 1 g fibre, 35 g protein, 52 g carbohydrates, 760 mg sodium. Excellent source of beta carotene, niacin, vitamin D and omega-3 fatty acids (2.3 g)

**1, 2, 3, OMEGA!** Omega-3 polyunsaturated fatty acids are taking centre stage (and being liberally added to food products) because of their benevolent anti-inflammatory, antidepressant and blood-thinning powers. They've been linked to a reduced risk of hypertension, heart disease, blood clots, stroke, cancer, asthma, arthritis, depression and even dry skin and wrinkles! As well, they may enhance brain development in the young and help maintain mental function in the aged. There are 10 different omega-3s, but two we hear a lot about are DHA and EPA, potent long-chain marine fatty acids that abound in cold-water fish, especially dark-fleshed varieties such as salmon, herring, mackerel and sardines. (As for fish risk, the benefits of two weekly servings of seafood outweigh the dangers of contaminants.) Not a fan of finned foods? Plants contain a version called ALA — found in walnuts, leafy greens, flaxseed and canola and soy oils — which the body converts to DHA and EPA. An adequate daily intake of ALA is 1.6 grams for men and 1.1 grams for women; 10% can be taken as DHA or EPA. An excess of omega-3s could boost the risk of bleeding. — D.S.

# Chicken Breast Sandwich With Herb Mayonnaise on Flax Bread

## MAYONNAISE

- 4 tbsp (60 mL) soybean- or canola-oil mayonnaise (look for omega-3 check mark)
- Squirt fresh lemon juice
- 1 tbsp (15 mL) chopped fresh basil or 1 tsp (5 mL) dried basil
- 1 tbsp (15 mL) chopped fresh dill or 1 tsp (5 mL) dried dill
- 1 tsp (5 mL) dry hot mustard
- 4 tbsp (60 mL) ground walnuts

Whisk all ingredients together in a small bowl until mayonnaise is evenly mixed. (If tightly sealed, mayonnaise will keep in refrigerator for up to 2 weeks.)

## SANDWICHES

- 8 slices flaxseed bread
- 4 4-oz (125 g) cooked skinless, boneless chicken breasts, sliced diagonally
- 2 water-packed roasted red peppers, deseeded, dried with paper towels and cut in half to make 4 flat pieces
- ½ small English cucumber, sliced

- 1 Spread ½ tbsp (7 mL) mayonnaise on each bread slice.
- 2 Place 1 sliced chicken breast on mayonnaise side of each of 4 slices.
- 3 Top each breast with half a roasted red pepper and a few cucumber slices.
- 4 Top each sandwich with second piece of bread, mayonnaise side down.
- 5 Cut into halves or quarters and serve with celery and carrot sticks.

*Makes 4 servings*

[Per serving 360 calories, 11 g fat, 1.5 g saturated fat, 70 mg cholesterol, 9 g fibre, 33 g protein, 31 g carbohydrates, 400 mg sodium. Excellent source of fibre and omega-3 fatty acids (3 g); good source of calcium] 🍷

**WHAT'S THE BIG DILL?** Ferny dillweed may look wispy and delicate, but it packs a protective punch, thanks to its panoply of phytochemicals. It contains heart-healthy, cancer-fighting antioxidant flavonoids such as anethofuran, kaempferol and vicenin (which guards against radiation damage). It also features aromatic essential oils called monoterpenes. These include carvone, which battles embarrassing gastrointestinal gas, and limonene, which fights tumour cells and neutralizes carcinogenic toxins in cigarette smoke. As for traditional nutrients, dill provides iron, manganese and dietary fibre. A tablespoon of dill seed delivers 100 milligrams of calcium (10% of most adults' daily requirement), a tablespoon of dillweed about half that. —D.S.

