



# Heart healthy recipes from Becel® Salt-free

Tasty ideas for heart healthy eating and cooking

## Wild mushroom and herb frittata

Use your favourite assortment of mushrooms and fresh herbs to make this Italian-style omelette. Bocconcini is a salt-free, fresh mozzarella cheese that is sold in small balls.

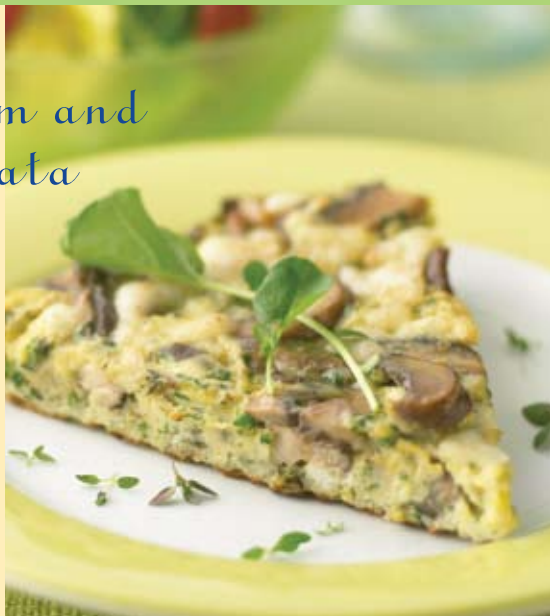
**PREPARATION TIME:** 20 minutes

**COOK TIME:** about 12 minutes

**MAKES:** 4 servings

- |                |   |
|----------------|---|
| 2 tbsp (30 mL) | <b>Becel Salt-free margarine</b>                    |
| ½ cup (125 mL) | finely chopped shallots                             |
| 1              | large clove garlic, minced                          |
| 1 tbsp (15 mL) | chopped fresh thyme (or 1 tsp/5 mL dried)           |
| 1 lb (500 g)   | assorted wild mushrooms (cremini, shiitake, oyster) |
| 8              | eggs  |
| 2 tbsp (30 mL) | chopped fresh parsley                               |
| 4 oz (125 mL)  | coarsely shredded bocconcini cheese                 |
|                | chopped fresh parsley                               |

**Nutrients per serving:** 329 calories, 21.7 g protein, 23 g fat, 4.1 g polyunsaturates, 8.2 g monounsaturates, 8.3 g saturates, 397 mg cholesterol, 9.6 g carbohydrate, 2.4 g fibre, 225 mg sodium, 66 mg potassium, 350 R.E. vitamin A, 3 mg vitamin C, 1.8 mcg vitamin D, 2.18 mg vitamin E, 238 mg calcium, 2.8 mg iron. Excellent source of vitamin A, niacin, folacin and vitamin B12. Good source of calcium and iron.



In 10-inch (25 cm) non-stick skillet, over medium heat, melt margarine. Add shallots; cook 2 minutes, stirring occasionally. Stir in garlic, thyme and mushrooms; cook, stirring often, until mushrooms are soft and most of water has evaporated.

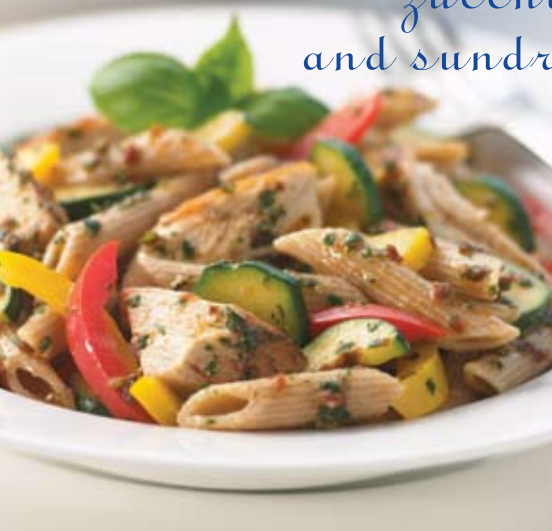
Beat eggs; stir in parsley and pour over mushrooms. Using spatula, lift cooked egg to allow uncooked egg to flow underneath. Continue around edges. When almost cooked through, sprinkle top with cheese.

Wrap handle of skillet with foil. Place pan under pre-heated broiler. Broil 6 inches (15 cm) from heat for 2 to 3 minutes, until cheese is bubbly and golden. Garnish with additional parsley. Cut into wedges and serve.

**Becel Salt-free margarine is low in saturated fat and contains no trans fat.** And, with no added salt, it can be used in a low-sodium diet. Becel Salt-free can also be used for cooking and baking, wherever you'd use Becel Original, butter or other margarines. Try these recipes, specially created for Becel Salt-free. Of course, you can also use it as a great-tasting spread.



# Pesto pasta with chicken, zucchini, peppers and sundried tomatoes



Hearty whole wheat pasta, vegetables and chicken are tossed with a sundried tomato and basil pesto for a flavourful, herb-scented meal.

**PREPARATION TIME:** 20 minutes

**COOK TIME:** 20 minutes

**MAKES:** 4 servings

1 pkg (375 g)	whole wheat penne pasta
1	clove garlic
¼ cup (50 mL)	chopped rehydrated sundried tomatoes
1 cup (250 mL)	loosely packed fresh basil
½ cup (125 mL)	loosely packed fresh parsley
3 tbsp (45 mL)	<b>Becel Salt-free margarine</b> , divided
2 cups (500 mL)	chopped zucchini
1½ cups (375 mL)	red and yellow sweet pepper strips
2 cups (500 mL)	cooked chicken

Cook pasta according to package directions, without salt.

In food processor, mince garlic. Add sundried tomatoes, basil and parsley; purée until well blended. Add 2 tbsp (30 mL) of the margarine and process until well combined.

In large non-stick skillet, over medium heat, melt remaining 1 tbsp (15 mL) of margarine. Add zucchini; cook, stirring often, for 2 minutes. Add peppers; cook, stirring often, for 3 to 5 minutes, until vegetables are tender.

Drain pasta; keep hot. Stir in basil purée, vegetables and chicken. Toss to coat well.

**Nutrients per serving:** 579 calories, 36.3 g protein, 15.7 g fat, 2.9 g polyunsaturates, 5.4 g monounsaturates, 5.6 g saturates, 62 mg cholesterol, 79.1 g carbohydrate, 11.2 g fibre, 159 mg sodium, 763 mg potassium, 323 R.E. vitamin A, 101 mg vitamin C, 1.5 mcg vitamin D, 0.44 mg vitamin E, 98 mg calcium, 5.8 mg iron. Excellent source of vitamin A, vitamin C, niacin, vitamin B6, folacin and iron. Contains very high amount of dietary fibre.

## Don't pass up pasta

Unlike simple carbohydrates (like sugar), complex carbs are an important source of energy. They keep you feeling fuller longer and help regulate blood sugar. Pasta is a great source of complex carbohydrates. Choose whole wheat pastas, which have more fibre than regular pastas. And remember, while most recipes suggest you add salt to the water when cooking pasta, it's not necessary.

# Lemon squares

These tangy squares have a shortbread-like base with a soft, lemon topping.

**PREPARATION TIME:** 20 minutes

**BAKE TIME:** 35 to 45 minutes

**MAKES:** 16 squares

## Base:

1 cup (250 mL)	all-purpose flour
1/3 cup (75 mL)	granulated sugar
1/3 cup (75 mL)	<b>Becel Salt-free margarine</b>

## Topping:

3	eggs
1 1/4 cups (300 mL)	granulated sugar
1 tbsp (15 mL)	finely grated lemon rind
1/3 cup (75 mL)	lemon juice
3 tbsp (45 mL)	all-purpose flour
1/2 tsp (2 mL)	baking powder

In food processor, pulse together ingredients for base, until well combined (or mix with hands). Press into ungreased 8-inch (23 cm) square baking pan. Bake in 325°F (160°C) oven for 12 to 14 minutes, or until just starting to lightly brown on edges. Let cool for 10 minutes.

Meanwhile, prepare topping. In large bowl whisk together eggs and sugar until frothy. Whisk in lemon rind and juice. In small bowl,

mix together flour and baking powder; stir into topping mixture. Pour mixture over base. Bake for 25 to 30 minutes or until just set in centre. Let cool completely on wire rack.

**Nutrients per serving:** 160 calories, 2.1 g protein, 4.9 g fat, 1.7 g polyunsaturates, 1.9 g monounsaturates, 0.8 g saturates, 35 mg cholesterol, 27.3 g carbohydrate, 0.3 g fibre, 20 mg sodium, 39 mg potassium, 66 R.E. vitamin A, 3 mg vitamin C, 0.7 mcg vitamin D, 0.19 mg vitamin E, 12 mg calcium, 0.8 mg iron.



## 5 ways to get Omega-3

Omega-3 fats have been shown to decrease triglyceride levels in blood. Low triglyceride levels have been associated with a lower risk of heart disease.

Here are some easy ways to work Omega-3s into your diet:

- Use Omega-3 fortified eggs or pre-packaged Omega-3 egg whites.
- Sprinkle ground flaxseed on your favourite breakfast cereal and add to muffin, cookie and bread recipes.
- Choose Becel margarine, made from canola oil, which is naturally high in Omega-3.
- Snack on a small handful of unsalted walnuts.
- Include fatty fish such as salmon, trout, tuna, mackerel, herring and sardines in your diet.

# Why Becel is a heart healthy choice

Whether you are cooking, baking or spreading, Becel has a variety of heart healthy options to meet your dietary needs and preferences. It is low in saturated fat, has no trans fat and is a source of Omega-3 and -6 fats. No wonder Becel is the margarine most recommended by doctors and dietitians for heart healthy eating.

In addition to five varieties of margarine, the Becel lineup includes Oil and Topping & Cooking Spray. To learn more about the heart healthy benefits of Becel products, please visit [www.becel.ca](http://www.becel.ca).



## Becel Salt-free

<b>Nutrition Facts</b>	
<b>Valeur nutritive</b>	
Serving Size 2 tsp. (10 g) / Portion 2 c. à thé (10 g)	
Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories 70</b>	
<b>Total Fat / Lipides 8 g</b>	<b>12 %</b>
Saturated / saturés 1 g + Trans / trans 0 g	<b>5 %</b>
Polyunsaturated / polyinsaturés 3 g	
Omega-6 / oméga-6 2.5 g	
Omega-3 / oméga-3 0.4 g	
Monounsaturated / monoinsaturés 3.5 g	
<b>Cholesterol / Cholestérol 0 mg</b>	
<b>Sodium / Sodium 0 mg</b> <b>0 %</b>	
<b>Total Carbohydrate / Glucides 0 g</b> <b>0 %</b>	
Dietary Fibre / Fibres alimentaires 0 g <b>0 %</b>	
Sugars / Sucres 0 g	
<b>Protein / Protéines 0 g</b>	
Vitamin A / Vitamine A	10 %
Vitamin B / Vitamine B	0 %
Calcium / Calcium	0 %
Iron / Fer	0 %
Vitamin D / Vitamine D	30 %
Vitamin E / Vitamine E	15 %

Non-hydrogenated?	Yes
No trans fat?	Yes
Low in saturated fat?	Yes
Higher proportion of polyunsaturated and monounsaturated fat?	Yes
Contains Omega-3 and -6 fats?	Yes
Can you bake and cook with Becel Salt-free?	Yes
Can you freeze Becel Salt-free?	Yes
How long can you store Becel Salt-free?	Several months (refrigerated)
Is Becel Salt-free dairy free and lactose free?	No, Becel Salt-free contains whey
Is Becel Salt-free kosher?	Yes

For more heart healthy recipes visit:  
[www.becel.ca](http://www.becel.ca)



Love Your Heart™