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Health & Wellness
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Dear Nutrition Professional:

As you know, oats are making a comeback with the desire for a real food approach to a healthy diet. To that end, we would like to share a number of information tools we hope you and your clients will find helpful.

Enclosed is an abstract of a recently published literature review by Drs' Mark Andon and James Anderson examining the new body of evidence relative to whole oats and their impact on blood cholesterol. This review compares more contemporary studies, including meta-analyses, with the original studies reviewed by the US Food and Drug Administration (FDA) to provide expert opinion on oats' benefits in helping manage high cholesterol. This newly conducted review concludes that, researchers continue to demonstrate that oats have the ability to lower serum cholesterol. Emerging research also indicates that oats may have a positive impact on managing other cardiovascular disease risk factors, including unhealthy weight, high blood pressure and diabetes.

Heart healthy oats recipes by Canadian chef, Christine Cushing

In March, we sent you a sample of the Oat Cuisine Recipe Guide, featuring easy-to prepare, heart healthy oat recipes by four of Canada's top chefs, under the guidance of nutrition experts such as yourself.

With the popularity of this helpful guide, the *Quaker*® Oats brand is extending its heart healthy recipe offerings to support the almost 70% of Canadians who plan to dine-in more this year¹.

Celebrity chef Christine Cushing has created heart-friendly recipes to encourage Canadians to consume standard oats beyond breakfast. These offerings include: Turkey Scaloppini with Squash-Studded *Quaker* Oatmeal and Seasonal Vegetable Roast with *Quaker* Oats. Your clients can access these and other healthy, easy-to-make oat recipes at: christinecushing.com. We've enclosed a sample recipe for you as well.

We welcome your comments and questions; please direct all feedback and inquiries to pepsicocanada.healthandwellness@fleishman.ca. For further information on PepsiCo Canada's health and wellness initiatives, please visit the PepsiCo Canada website at www.smartspot.ca/professional.php. Through the quarterly mailings section of this site, PepsiCo Canada mailings are available for download or additional hard copies can be requested.

Sincerely,

Lori Kelly RD
PepsiCo Canada ULC
Director – PepsiCo Canada Health and Wellness

1. TNS Canadian Facts national survey, Feb09



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Baked!

Tropicana





Turkey Scaloppini with Squash-studded Quaker® Oatmeal

- 2 tbsp olive oil (25 mL)
- 1 large shallot or onion, chopped
- 1 cup king oyster mushroom or shitake or cremini mushrooms, diced (250 mL)
- 1 cup diced butternut squash (250 mL)
- 1 tsp fresh chopped thyme (5 mL)
- 3 cups low sodium chicken stock (750 mL)
- Salt and pepper to taste
- Pinch ground allspice
- 2/3 cup Large Flake Quaker® Oats (150 mL)
- 1 lb. turkey breast scaloppini – about ¼-inch thick (4 pieces) (450 gm)
- Salt and freshly cracked black pepper to taste
- 1 tsp fresh thyme, chopped (5 mL)
- All-purpose flour for dredging
- 1 to 2 tbsp olive oil (15 to 25 mL)
- 1 tsp Worcestershire sauce (5 mL)
- 1/4 cup low sodium chicken stock (50 mL)

In a medium pot, heat olive oil and sauté shallot, mushrooms and squash on medium high heat until golden, about 4 to 5 minutes. Add thyme and chicken stock and stir. Simmer on medium heat for about 3 minutes, just until squash is tender. Season with salt, pepper and allspice and add the oats. Stir well and cook for 7 to 10 minutes stirring occasionally just to prevent sticking. Mixture will be quite soupy, but will thicken up while resting. Remove from heat.

Meanwhile, season turkey with salt and pepper and rub with chopped thyme. Dredge lightly on both sides in flour. Heat olive oil in a large skillet, over high heat. Pan-fry the turkey slices until golden, about 1 minute. Drizzle with Worcestershire sauce. Flip slices and brown on other side for another 1 minute, until golden and firm. Add the chicken stock and simmer for 2 minutes, until turkey is firm and no longer pink and liquid is almost absorbed. Remove from heat and serve with warm oats.

Yield: 4 servings

Per serving: 370 calories, 36 g protein, 14 g total fat (2.5 g saturated), 25 g carbohydrate, 2 g sugar, 3 g fibre, 70 mg cholesterol, 430 mg sodium.

Celebrity Chef **Christine Cushing** has teamed up with the Quaker® Oats brand to create heart-friendly, easy-to-make recipes to encourage Canadians to try standard oats beyond breakfast. Visit www.christinecushing.com for more ideas.



Seasonal Vegetable Roast with Quaker® Oats

2 tbsp olive oil (25 mL)
1 ½ cups peeled, diced sweet potatoes, 1/2-inch size (375 mL)
1-1/2 cups cubed zucchini, 1-inch size (375 mL)
1-1/2 cups cubed, red pepper, 1-inch size (375 mL)
1/2 red onion, chopped
Salt and freshly cracked black pepper, to taste
1/2 cup low sodium chicken stock (125 mL)
Several sprigs fresh parsley, chopped

1/3 cup whole wheat flour (75 mL)
2 tbsp olive oil (25 mL)
1/3 cup parmesan cheese, grated (75 mL)
1 tsp fresh rosemary, chopped (5 mL)
Salt and pepper, to taste
1/2 cup Large Flake Quaker® Oats (125 mL)
1 egg white

Preheat oven to 375°F

In a large skillet, heat olive oil on high. Add the sweet potatoes and sauté for 5 minutes until golden brown and almost tender. Add zucchini, red pepper, onion, salt and pepper and sauté for a further 3 minutes on medium high, until red pepper is just softened. Add the chicken stock, parsley and reduce to medium heat. Simmer for 5 more minutes, just until liquid is reduced by half and vegetables are tender.

In a medium bowl combine flour with olive oil and rub together with hands to distribute oil throughout mixture. Add parmesan cheese, rosemary and salt and pepper. Stir to combine.

Whisk one egg white in a small bowl until frothy. Add the oats and toss to coat. Pour this mixture into cheese and flour and toss gently with spoon until thoroughly blended.

Transfer vegetables into an 8-inch oval baking dish and sprinkle the oat topping over them, evenly. Bake at 375°F until golden brown and crisp, about 15-20 minutes.

Yield: 6 servings

Per serving: 200 calories, 6 g protein, 12 g total fat (2.5 g saturated fat), 19 g carbohydrate, 4 g sugar, 3 g fibre, 5 mg cholesterol, 240 mg sodium.



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