

# A Taste of Sugar



A collection of recipes from the Canadian Sugar Institute

## WHITE BEAN DIP

With only 15 Calories per teaspoon, sugar enhances the flavour and texture of fibre-rich, lower-fat foods, like this Bean Dip.

1 clove	garlic, minced	1 clove
¼ cup	finely chopped onions	50 mL
2 tsp	sugar	10 mL
1	jalapeno pepper, seeded and finely chopped	1
2 tsp	water	10 mL
1	19 oz. can white kidney beans, drained	540 mL
2 tbsp	water	25 mL
dash	cayenne pepper	dash
½ tsp	cumin	2 mL
1 tbsp	lemon juice	15 mL
2 tbsp	fresh parsley, chopped	25 mL
	salt and pepper to taste	
	tortilla chips, or raw vegetables	



### Nutrition Facts (per 4 tbsp):

Calories: 40  
Carbohydrate: 8 g  
Fat: 0 g  
Protein: 2.5 g

In a small skillet cook garlic, onions, sugar, pepper, and 2 tsp water until soft. In food processor or blender combine beans, 2 tbsp water, cayenne pepper, cumin, lemon juice, and garlic mixture. Process until smooth. Place blended mixture into a 2 quart (2 L) saucepan. Heat over medium-low heat, stirring frequently, until hot. Place in serving bowl, and garnish with parsley. Serve with tortilla chips or chopped raw vegetables. Makes 12 servings.

## Get your fill of fibre!

Eating enough dietary fibre helps to maintain the health of your digestive system, keeps you feeling full longer, and contributes to overall heart health. Good sources of fibre include vegetables, fruits, whole grain products, nuts, seeds, and legumes (peas, beans, lentils).

To increase your daily fibre intake:

- Sprinkle wheat bran, oat bran, or ground flax seeds on your cereal or yogurt
- Eat more whole fruits and vegetables
- Add beans, lentils, or peas to casseroles
- Eat the skins of fruit and vegetables when possible
- Enjoy a handful of nuts as a snack

Sugar contributes to the texture of many food products. Depending on the type of sugar, the other ingredients, and the cooking method, sugar can help create smooth, soft, crisp, or grainy textures. In some products, like the bean dip above, sugar replaces fat but allows the dip to keep a similar creamy mouthfeel with fewer calories.



### Nutrition Facts (per 1/8 of baguette):

Calories: 180  
Carbohydrate: 31 g  
Fat: 4 g  
Protein: 5 g

## BALSAMIC BRUSCHETTA

This simple bruschetta recipe is a great appetizer or side dish. A pinch of sugar reduces the acidity of the vinegar and tomatoes, and blends the other flavours to make a tasty final product.

2 cups	tomatoes, chopped	500 mL
½ cup	red onion, finely chopped	125 mL
¼ cup	fresh basil, chopped	50 mL
2 tbsp	olive oil	25 mL
1 tbsp	balsamic vinegar	15 mL
1 clove	garlic, minced	1 clove
½ tsp	salt	2 mL
½ tsp	sugar	2 mL
1	baguette, approx. 20 inches*	1
2 tbsp	Parmesan cheese, grated	25 mL

Preheat oven to 400°F (220°C). Toss tomatoes, onions, basil, olive oil, vinegar, garlic, salt, pepper and sugar in a bowl. Cut the baguette into 4 pieces. Slice each piece in half lengthwise and place on baking sheet. Toast in the oven for about 5 minutes, turning once. Remove when crusty on both sides. Spoon the tomato mixture over the bread and sprinkle with Parmesan cheese. If desired, toast for 3-5 minutes until cheese is melted. Makes 8 servings (1/8 of baguette).

\*To increase the fibre content of this recipe, use a whole wheat baguette.



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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