

A Taste of Sugar



A collection of recipes from the Canadian Sugar Institute

MEXICAN PEPPERS AND ONIONS

Sugar is an important ingredient for the browning reaction that contributes to the delicious odours and flavours of caramelized onions.

2 tsp	olive oil	10 mL
2 cups	red onions, thinly sliced	500 mL
¼ cup	red chili peppers, cut into ¼" (6mm) chunks	50 mL
¼ cup	each, green & yellow pepper, cut into thin strips	50 mL
1 tsp	sugar	5 mL
½ tsp	salt	2 mL
2 tbsp	red wine vinegar	25 mL
2 tbsp	chicken or vegetable stock	25 mL
1 tbsp	fresh parsley, chopped	15 mL
1 tbsp	fresh cilantro (optional)	15 mL

In a large skillet, heat olive oil over medium high heat. Add onions and peppers and toss to coat with oil. Reduce heat to medium-low and cook until onions are soft but not brown, about 6-8 minutes. Add sugar and salt; cook, stirring until the onions begin to brown, about 2 minutes longer. Add vinegar, stock, and seasonings; cook 2 minutes. Serve hot. Makes a great topping for steaks, hamburgers, fish, poultry or grilled tofu. Makes 6 servings.



Nutrition Facts (per serving):
 Calories: 45
 Carbohydrate: 7 g
 Fat: 1.5 g
 Protein: 1 g

With busy schedules, it's often difficult for families to find time to eat meals together. Studies show that frequent family meals are related to improved nutrition, including higher intakes of important nutrients like calcium, fibre and iron. As often as possible, try to eat meals together as a family to help your children develop lifelong healthy eating habits.

Adding a small amount of sugar to marinades and side dishes boosts flavour without adding fat. These simple recipes can be added to meat, poultry, fish, or tofu to transform them into "taste sensations."



Nutrition Facts (per 2 tbsp or 30mL):
 Calories: 110
 Carbohydrate: 7 g
 Fat: 9 g
 Protein: 0.5 g

SPICY CITRUS MARINADE

When using this marinade, sugar combines with meat protein to create a rich colour and also enhances the meat's natural flavours.

3 cloves	garlic, finely chopped	3 cloves
½ tsp	black pepper	2 mL
¼ tsp	cayenne pepper	1 mL
¼ cup	orange juice	50 mL
¼ cup	vegetable oil	50 mL
¼ cup	chili sauce	50 mL
1 tbsp	brown sugar	15 mL

Mix all ingredients. Leave meat in the marinade for at least two hours; it's that simple! Use as a marinade for spareribs, pork chops, chicken, fish or tofu. Makes ¾ cup (175 ml) of marinade.



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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