

Canola Oil

**Balance the food
you eat with
physical activity.**

Did you know?

- Canola oil is the lowest in saturated fat among other cooking oils.
- The average canola seed is made up of 45% oil.
- Canola oil is a good source of vitamin E!

Fun Fact!

The name “Canola” comes from “Canadian” and “ola”, which is another word for oil.

FIGHTBAC!

**Clean: Wash hands and
Surfaces Often**

**Separate: Don't Cross-
Contaminate**

**Cook: Cook to Proper
Temperatures**

**Chill: Refrigerate
Promptly**

<http://www.fightbac.org/>

Additional Information

- Canola oil is a good all-purpose oil that is heart healthy.
- Canola oil is the third most consumed vegetable oil in the world.
- The part of the canola seed that is not oil is used for canola meal and is a high quality animal feed.
- Canola oil can also be used to control insects on many crop varieties.

Mini Calzones

8 ounces lean ground beef
½ small diced yellow onion
1 cup sliced mushrooms
1 clove minced garlic
4 teaspoons canola oil, divided
¼ teaspoon dried Italian seasoning
¼ teaspoon freshly ground black pepper
14 ounces prepared pizza dough
½ cup shredded reduced-fat mozzarella cheese
1 8.5 ounce cup reduced-sodium marinara sauce, warmed

Wash hands and work area before cooking. In large non-stick skillet, brown beef over medium heat until beef crumbles; drain and set aside. In separate large skillet, sauté onion, mushrooms and garlic in 1 tablespoon canola oil over medium heat 3 minutes or until tender. Stir in Italian seasoning and pepper. Add to ground beef and set aside. Preheat oven to 450°F. Divide dough into eight pieces. Roll each dough piece into 3 inch diameter. Spoon beef mixture equally over half of each piece, leaving ½ inch border.

Top equally with cheese. Fold dough over filling until edges almost meet. Bring bottom edges over top edges and crimp dough with fingers to form rim. Prick tops of calzones with fork to allow steam to escape. Place on large baking sheet lightly greased and floured. Brush each calzone with canola oil, if desired. Bake in preheated oven for 10 to 12 minutes or until lightly browned. Serve with warm marinara sauce.

Preparation Time: 15 minutes

Cook Time: 20 minutes

Serves: 8

Calories: 210

Total Fat: 6g

Cholesterol: 20mg

Sodium: 450mg

Total Carbohydrate: 27g

Protein: 12g

<http://www.canolainfo.org/recipest>

K Z C C D K W C V N M M B N Z
 R V L N C J V A L Z V M U U N
 F Y O V K H N N Y F M T T S L
 T E I D G O O O H Q R P A I Z
 N B T X K T S L U I U I F F Q
 F Z C I J U R A E V U C D X U
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 P V A V C V T N B B T F T I U
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 V W F A T T Y A C I D S S U M
 J Y P J Z H B H G M Z A A P S

Fatty Acids

Oil

Canola

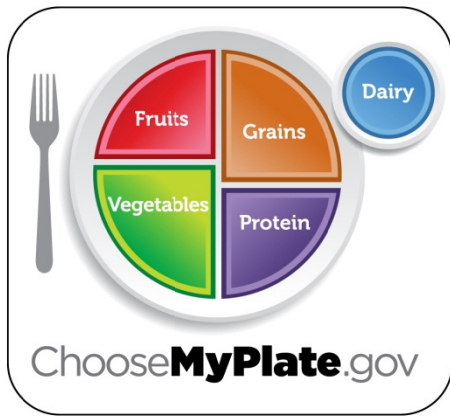
Cholesterol

Vitamin E

Nutrients

Diet

Saturated Fat



Corn Oil

**Balance the food
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Did you know?

- Corn oil is a good multipurpose oil.
- Corn oil provides a good source of vitamin E!
- Corn oil is rich in tocopherols, a type of antioxidant.

Fun Fact!

Corn oil can be used to create what is known as “corn plastic”.

FIGHTBAC!

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<http://www.fightbac.org/>

Additional Information

- Corn oil is known for quality frying and resistance to discoloration.
- Corn oil is a good source of linoleic acid which is heart healthy.
- Before corn oil is produced, the kernel is inspected and cleaned, steeped, separated from the germ, ground up, separated from the starch, and then converted to syrup where it undergoes fermentation.

Okra and Greens

1 small, finely chopped onion
2 tablespoons corn oil
1 pound shredded greens (turnip or collard)
16 whole okra, end removed
4 finely chopped and crushed chili peppers
1 lemon
¼ cup water

Wash hands and work area before cooking. In a large heavy pan sauté onions in oil until golden brown. Add remaining ingredients and about ¼ cup of water. Simmer over low heat, covered, until greens are tender. Squeeze lemon juice before serving.

Preparation Time: 10 minutes

Cook Time: 20 minutes

Serves: 6

Calories: 100

Total Fat: 6g

Cholesterol: 0mg

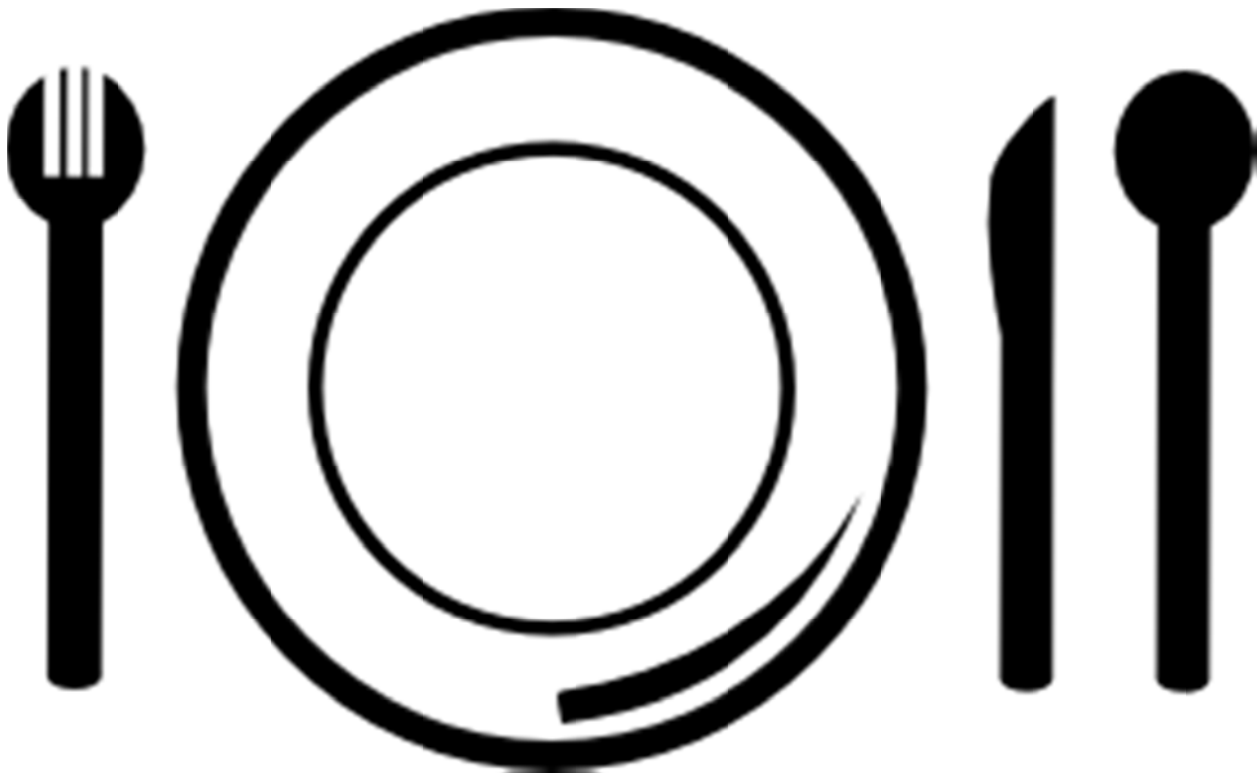
Sodium: 30mg

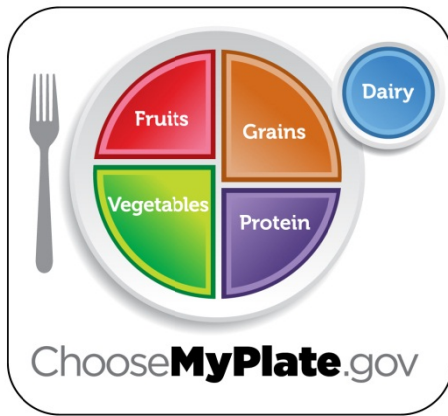
Total Carbohydrate: 12g

Protein: 4g

<http://recipefinder.nal.usda.gov/recipes>

Fill the plate below with drawings of your favorite okra and greens.





Olive Oil

**Balance the food
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Did you know?

- Olive oil is an excellent source of vitamins A, D, E, and K.
- Olive oil is popular in the Mediterranean diet.
- An intake of olive oil during pregnancy is beneficial for the baby before and after it is born.

Fun Fact!

Greece has the highest olive oil consumption per person, reaching 24 liters per person each year.

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Additional Information

- Olive oil is a major staple in the Mediterranean diet.
- Olive oil comes in 3 forms: ordinary, virgin, and extra virgin.
- Extra virgin olive oil can be used in homemade salad dressing.
- Using olive oil is a healthy substitute for butter.

Mediterranean Soup

- 2 cloves minced garlic
- 2 tablespoons olive oil
- 2 quarts chicken broth (or vegetable broth)
- 2 quarts water
- 3 cups textured soy protein
- 2 cups uncooked brown rice
- 2 teaspoons dried, crumbled oregano leaves
- 1 teaspoon dried, crumbled thyme leaves
- 1 teaspoon salt
- 1 teaspoon ground pepper
- 3 quarts canned diced tomatoes
- 2 cups diced zucchini
- 1 cup sliced celery
- ½ cup chopped parsley (optional)

Wash hands and work area before cooking. Sauté onion and garlic in oil until tender. Add broth, water, soy protein, brown rice and seasonings. Bring mixture

to boil; reduce heat and simmer, covered, 30 minutes. Add tomatoes, zucchini and celery; return to boil, reduce heat and simmer 20 minutes or until rice is tender. Portion 12 ounces into large bowls, if desired. Sprinkle 1 teaspoon minced parsley over each serving

Preparation Time: 15 minutes
Cook Time: 30 minutes
Serves: 6

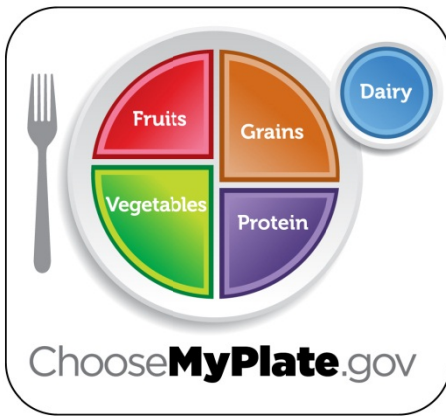
Calories: 182
Total Fat: 2g
Cholesterol: 2mg
Sodium: 510mg
Total Carbohydrate: 32g
Protein: 11g

<http://www.soyconnection.com/recipes>

Unscramble the words!

1. itnaxioatnd _____
2. norc _____
3. yeobans _____
4. cnalao _____
5. nrsuwoefl _____
6. frolefwsa _____
7. otcnsoedte _____
8. eivlo _____
9. tnapue _____

(1) antioxidant (2) corn (3) soybean (4) canola (5) sunflower (6) safflower (7) cottonseed (8) olive (9) peanut



Peanut Oil

**Balance the food
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Did you know?

- Peanut oil is a healthy source of monounsaturated and polyunsaturated fats.
- Peanut oil is high in vitamin E, an antioxidant.
- Peanut oil is available in unrefined, refined, cold pressed, and roasted types.

Fun Fact!

Refined peanut oil does not have peanut allergens in it.

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<http://www.fightbac.org/>

Additional Information

- Peanut oil has a smoking point of 320°F which is higher than most other cooking oils.
- Peanut oil is an excellent choice when deep fat frying.
- Peanut oil can be used to make soap!
- Peanut oil became popular in the United States during World War I when other oils became scarce.

Flavorful Fried Rice

- 2 tablespoons peanut oil
- 1 cup uncooked regular rice
- 3 tablespoons minced onion
- ½ cup chopped carrots
- 2 cups water
- 4 beaten eggs
- 4 beaten egg whites
- ¼ cup non-fat milk
- ½ cup peas
- 2 tablespoons soy sauce

Wash hands and work area before cooking. In a frying pan over medium heat, cook rice, minced onion, and carrots in oil, stirring often until lightly browned. Slowly add water. Reduce heat, cover and simmer until liquid is absorbed and rice is tender, about 20 minutes. Beat eggs in bowl. Stir in milk, peas, and

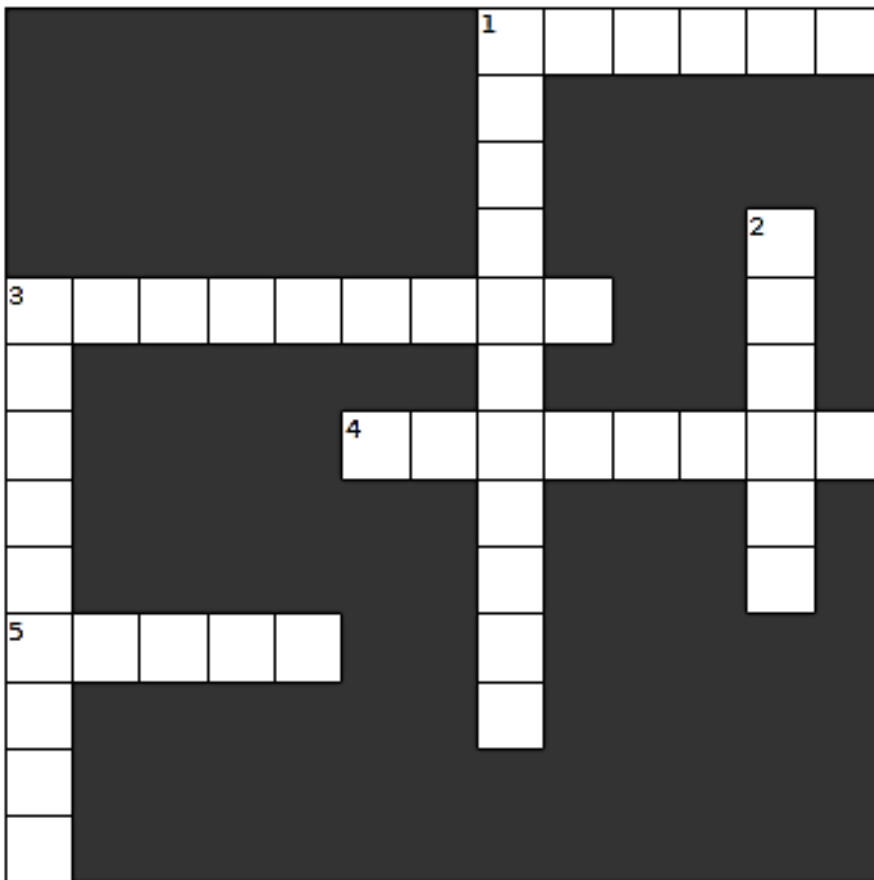
soy sauce. Pour over hot rice mixture in fry pan. Cook on medium heat. As mixture begins to thicken, gently draw a spatula across bottom and sides of pan. This allows egg mixture to cook. Continue until eggs are firm.

Preparation Time: 5 minutes
 Cook Time: 5 minutes
 Serves: 6

Calories: 240
 Total Fat: 8g
 Cholesterol: 110mg
 Sodium: 400mg
 Total Carbohydrate: 32g
 Protein: 10g

<http://recipefinder.nal.usda.gov/recipes>

Complete the crossword puzzle about vegetable oils!



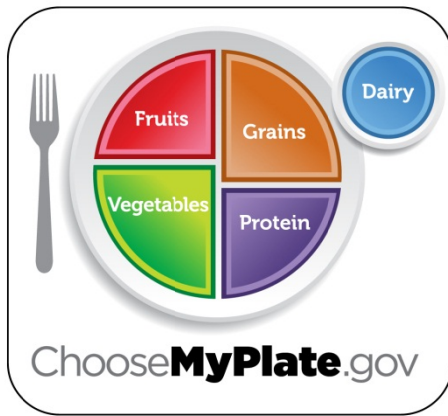
Across

1. The largest producing country of canola oil.
3. This oil can be used to treat eczema.
4. Most oils are a good source of this nutrient which is healthy for skin.
5. An oil popular in the Mediterranean diet.

Down

1. Vegetable oils have no _____.
2. This oil does not transfer flavor to foods
3. This oil is made almost entirely of healthy fats.

1a) Canada 1d) cholesterol 2) peanut
 3a) safflower 3d) sunflower 4) vitamin E
 5) olive



Safflower Oil

**Balance the food
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Did you know?

- Safflower oil is a good source of omega 3 and 6 fatty acids.
- Safflower oil, like most oils, is high in vitamin E.
- Safflower oil is extracted from the seeds of the safflower plant.

Fun Fact!

California is the top producer of safflower oil in the United States.

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<http://www.fightbac.org/>

Additional Information

- Safflower oil has a very light flavor.
- Safflower oil can be used to make homemade salad dressing.
- Safflower oil contains the highest amount of monounsaturated fats among common oils.
- Safflower should be stored in the refrigerator in a dark, air sealed container.

Zesty Herb Salad Dressing

1 tablespoon safflower oil
2 tablespoons vinegar
1/3 cup tomato or orange juice

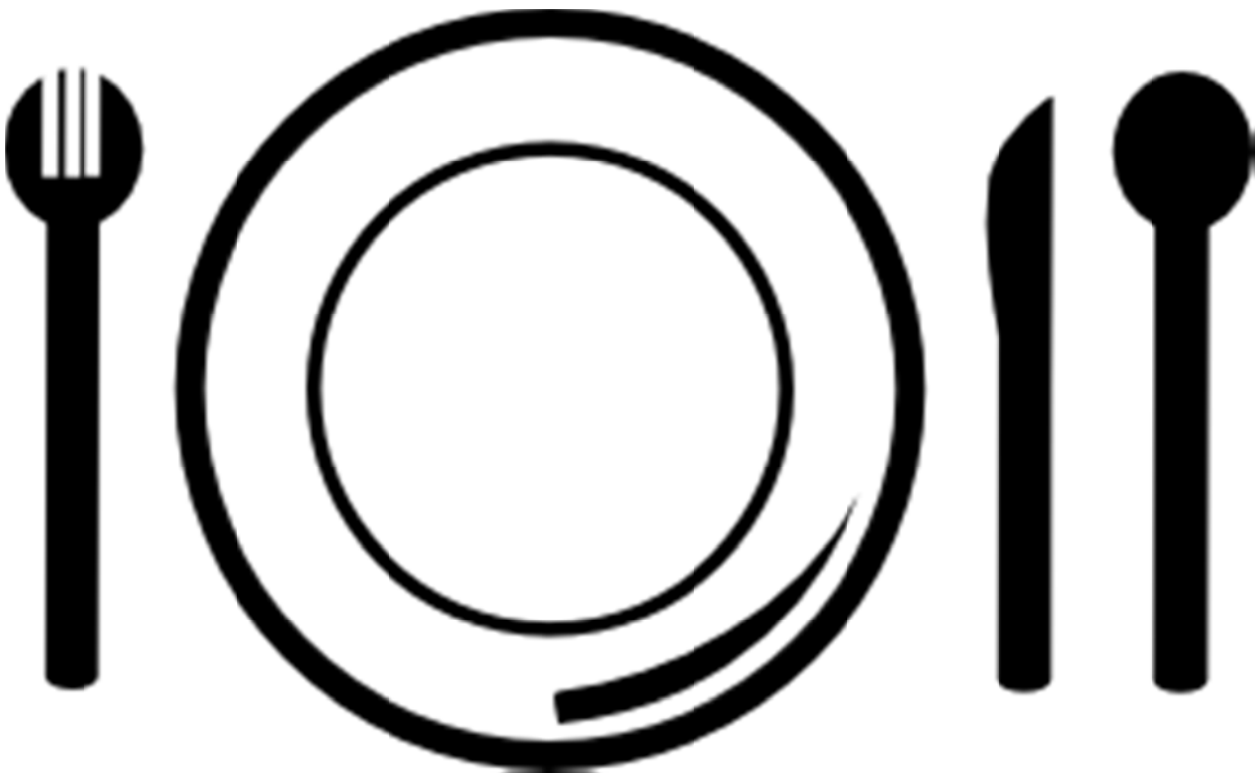
Wash hands and work area before cooking. Put all ingredients in a jar or bottle with a lid. Put lid on bottle and shake well. Chill in refrigerator for at least one hour before serving.

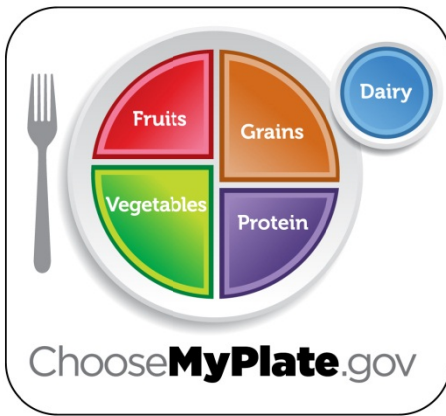
Preparation Time: 5 minutes
Cook Time: 0 minutes
Serves: 5

Calories: 35
Total Fat: 3g
Cholesterol: 0mg
Sodium: 115mg
Total Carbohydrate: 2g
Protein: 0g

<http://recipefinder.nal.usda.gov/recipes>

Fill the plate below with drawings of your favorite vegetables topped with salad dressing.





Soybean Oil

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Did you know?

- Soybean oil is low in saturated fat.
- Soybean oil is a good source of vitamins E and K.
- Soybean oil is a good multipurpose oil.

Fun Fact!

Soybean oil can be used to make crayons!

FIGHTBAC!

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Contaminate**

**Cook: Cook to Proper
Temperatures**

**Chill: Refrigerate
Promptly**

<http://www.fightbac.org/>

Additional Information

- Soybean oil is commonly used to make margarines and shortenings.
- Soybean oil has a high smoke point which makes it a healthy cooking oil.
- The majority of soybeans produced are used to make oil.
- Soybean oil makes up about 90% of oilseed production in the United States.

Sweet and Spicy Asian Marinade

½ cup soybean oil
2 cloves garlic
¼ teaspoon fresh ground black pepper
2 tablespoons fresh, chopped green onion
¼ cup fresh lime juice
¼ cup soy sauce
2 tablespoons brown sugar
¼ teaspoon dried chili flakes

Wash hands and work area before cooking. Combine all ingredients in food processor for 30 seconds or until blended. Add to desired meat products to enhance taste.

Preparation Time: 10minutes

Cook Time: 0 minutes

Serves: 4

Calories: 70

Total Fat: 7g

Cholesterol: 0mg

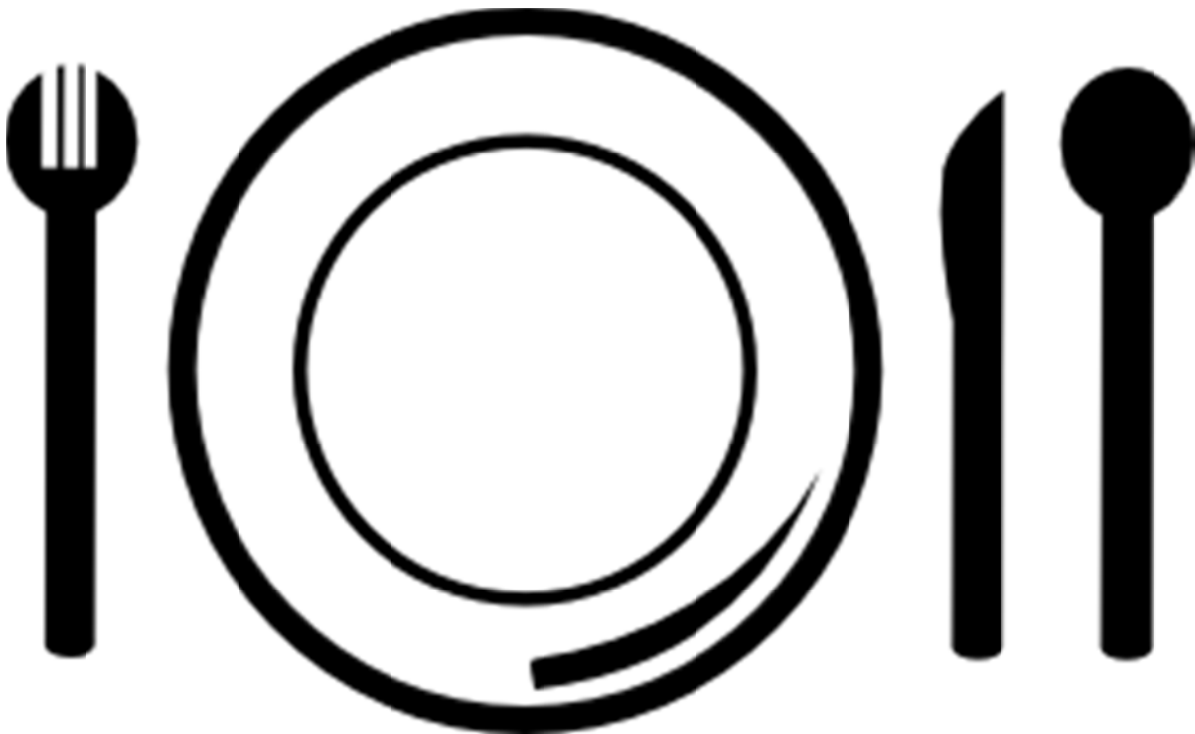
Sodium: 150mg

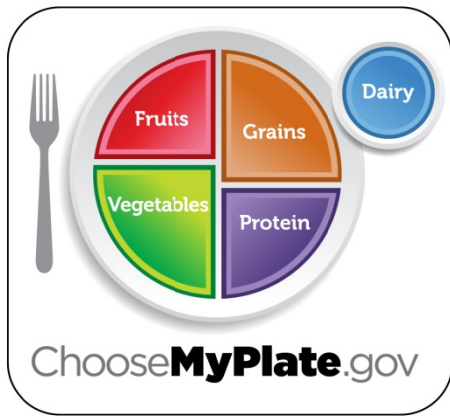
Total Carbohydrate: 2g

Protein: 0g

<http://www.soyconnection.com/recipes>

Fill the plate below with drawings of your favorite foods with Asian marinade.





Sunflower Oil

**Balance the food
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physical activity.**

Did you know?

- Sunflower oil is higher in vitamin E than all other vegetable oils.
- Sunflower oil is low in saturated fats.
- Sunflower oil is an abundant source of polyunsaturated and monounsaturated fatty acids.

Fun Fact!

Sunflower oil is almost 100% fat!

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Additional Information

- Sunflower oil is popular in the Mediterranean diet.
- Sunflower oil is the third most produced vegetable oil in the world.
- Sunflower oil is light in flavor.
- Sunflower oil production represents only 4% of the total oil production in the world.

Oven-Roasted Vegetables

2 tablespoons vegetable oil
1 tablespoon lemon juice
½ teaspoon dried herbs
¼ teaspoon salt
¼ teaspoon pepper
3 cups fresh, cut up vegetables (potatoes, broccoli, carrots, cauliflower, red peppers, etc.)

Preheat the oven to 450°F. In a small bowl, mix the oil, lemon juice, herbs, salt and pepper. Wash, peel, and cut the fresh vegetables to get 3 cups cut-up vegetables. Spread vegetables on pan. Coat the vegetables with the oil mixture. Bake for 20 minutes. Stir after the first 10 minutes of baking. Serve the vegetables while they are still hot.

Preparation Time: 15 minutes

Cook Time: 20 minutes

Serves: 6

Calories: 70

Total Fat: 5g

Cholesterol: 0mg

Sodium: 110mg

Total Carbohydrate: 7g

Protein: 1g

<http://recipefinder.nal.usda.gov/recipes>

Fill the plate below with drawings of your favorite oven-roasted vegetables.

