

ALBERTA COOKS

from our hands to yours





ALBERTA COOKS is a collaboration between Growing Alberta and the 4-H Foundation of Alberta. This exciting venture provides a unique marketing opportunity for the Growing Alberta commodity groups as well as a fundraising opportunity for Alberta 4-H clubs.

We hope this teaser CD whets your appetite for the **ALBERTA COOKS** cookbook . . . watch for the launch in December, 2007.

ALBERTA COOKS would like to thank everyone who contributed to this project. A special thanks to our participating commodity groups:

- **Alberta Barley Commission**
- **Alberta Beef Producers**
- **Alberta Canola Producers Commission**
- **Alberta Chicken Producers**
- **Alberta Egg Producers**
- **Alberta Milk**
- **Alberta Pork**
- **Alberta Pulse Growers**
- **Alberta Turkey Producers**
- **Bison Producers of Alberta**
- **Potato Growers of Alberta**

To order **ALBERTA COOKS** please contact:

4-H Foundation of Alberta

RR1

Westerose, AB T0C 2V0

1-780-682-2153 or email: foundation@4hab.com

Visit our website at: www.4h.ab.ca

*Note: **ALBERTA COOKS** has made every effort to ensure the accuracy of these recipes. Neither the compiler nor contributors will be liable to any user or anyone else for any inaccuracy, error or omission, regardless of cause. If you notice an error or omission, please accept our sincerest apologies.*



Growing Alberta and Alberta 4-H Partnership Cultivates an Awareness of Alberta's Agriculture and Food Industry

Growing Alberta is proud to have 4-H as a partner in this important project. Not only will the cookbook be a fundraiser to help support the good work 4-H is doing with developing our next generation of leaders, but it also provides Growing Alberta with another way to encourage consumers to use Alberta grown food products.

Growing Alberta feels investing in youth is a smart investment as it will have a positive impact on the well being of the agri-food industry, now and in the future. Support for agriculture education programs such as 4-H and assisting students seeking a career in the agri-food industry is our means of helping close the gap between agriculture producers and consumers.

4-H Foundation of Alberta



www.4hab.com

RR 1

Westerose, AB T0C 2V0

Phone: (780) 682-2153

Toll Free Phone: 1-877-682-2153

Fax: (780) 682-3784

Email: foundation@4hab.com



www.4h.ab.ca

The 4-H Foundation of Alberta welcomes the opportunity to partner with Growing Alberta in offering a new 4-H Cookbook – ALBERTA COOKS. Our cookbooks are great fundraisers for 4-H Clubs and Councils. Alberta Cooks is the first of a series of cookbooks produced as a cooperative effort with Growing Alberta.

Alberta 4-H is thrilled to introduce and promote new recipes from Alberta based commodity groups. Promoting the sustainability of rural Alberta is near and dear to the 4-H Foundation of Alberta. In line with this, the 4-H Foundation will donate \$1.00 from each cookbook sold to the Alberta 4-H Legacy Fund – a fund that was created to ensure the long term viability of the 4-H Program. 4-H's mandate is to build future leaders – individuals that will enhance our rural profile for decades to come. 4-H has been building rural communities since 1917.

Since 2001 the Alberta 4-H Legacy fund has directed over \$37,000 in interest to 4-H clubs and councils. Club tours, exchanges, celebrations, project days and workshops are some of the special events that have benefited from the interest earned on the Alberta 4-H Legacy Fund. Our goal is to double the Legacy Fund's capital to \$500,000 by December 2010.

The 4-H Foundation of Alberta's mission is to secure short and long term funding for the Alberta 4-H program. Along with this, being rural Alberta focused, the Foundation can also offer support to rural organizations in accessing funds and enhancing programs. The Foundation manages the Alberta 4-H Centre (Westerose), invests and secures funds for the overall 4-H program and local clubs and councils, and administers the Alberta 4-H Scholarship Program.

The 4-H Foundation of Alberta desires for you, your "best culinary efforts" in enhancing the usage of Alberta Grown Food Products.

Alberta 4-H Legacy Builders



Barley makes it better



Alberta barley makes

Alberta beef and pork tender and succulent
Your baked goods flavorful and healthy
The world's best beers and spirits distinctly smooth



More than great taste, barley is one of the main ingredients in Alberta agriculture and in many of the foods you enjoy. The Alberta Barley Commission proudly represents our province's 17,000 barley growers and promotes the nutritious grain they grow.

www.albertabarley.com / 1.800.265.9111

What can barley do for you?

Barley is a health food

An excellent source of dietary fibre, B-vitamins, such as thiamin, riboflavin and niacin and protein, barley is an emerging health food.

Barley can help reduce risk of cardiovascular disease

In December 2005, the USDA approved a health claim for barley products. Product labels can now inform consumers in the US that barley can help reduce the risk of cardiovascular disease.

Barley contains natural antioxidants

Barley has a high concentration of total tocals - compounds that reduce the production of LDL cholesterol (bad cholesterol). They are also natural antioxidants that help to neutralize free radicals, which may reduce the risk of cancer and heart disease.



Barley is a Whole Grain

Whole grain kernels are a powerhouse of nutrients. Leading food companies are informing customers of the benefits of whole grains and using whole grains as a selling feature. Check out your local grocery store for whole grain barley products.

Barley is high in fibre

Whole grain barley is one of the richest sources of fibre and contains both soluble and insoluble fibre. The consistency of barleys soluble fibre can slow the absorption of glucose in the blood stream which may help regulate blood glucose levels in Type 2 Diabetics.

Barley can assist in weight control

The soluble fibre in barley contributes to a feeling of fullness that may benefit weight control, as well as assist in eliminating cholesterol from the body.



For more nutritional information
and recipes:

www.albertabarley.com
or toll Free in Alberta:
1-800-265-9111





Deep Chocolate Cake

By D. Hamilton, Olds, Alberta

2 cups	granulated sugar
2/3 cups	vegetable oil
2	eggs
2 tsp	vanilla
3 cups	Hamilton's Barley Flour
2 tsp	baking powder
2 tsp	baking soda
1 tsp	salt
2/3 cup	cocoa
2 cups	boiling water

One-bowl method: In a large bowl beat sugar, oil and eggs for 4 minutes. Beat in vanilla. Measure and distribute over the top of mixture the flour, cocoa, baking powder, soda, and salt. Beat in the water and combine well. Pour into a greased 9x13 inch pan and bake at 350F for 45 minutes or until centre springs back when lightly touched. Cool, then frost with your favorite icing.



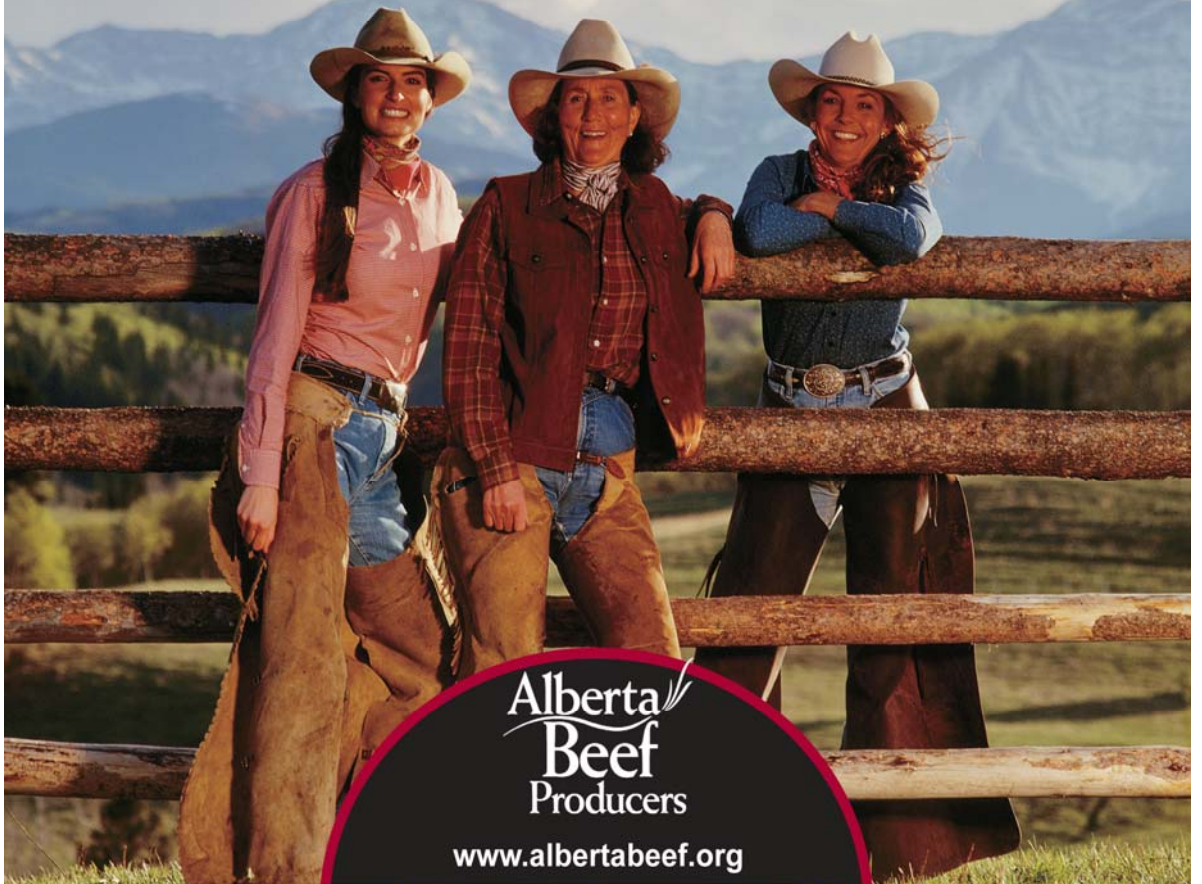
Beef & Barley Stew

By Alberta Barley Commission

2 tbsp	canola oil
2 lb	boneless stewing beef
1/2 cup	pot barley
6 to 11 cups	water
2 tsp	chopped parsley
2 tbsp	Worcestershire sauce
4 tbsp	powdered beef bouillon mix
1	bay leaf
1	medium turnip, diced
3	carrots, diced
2	large potatoes, diced
1/2	large onion, diced
2	celery stalks, diced

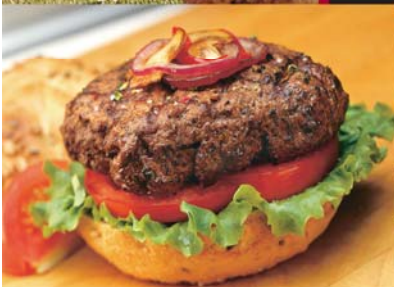
Cut beef into 1-inch cubes. In a large pot, heat oil on medium-high heat. Add beef and stir until browned on all sides. Add barley and water and bring to boil. In the meantime, prepare other ingredients and add to water. Simmer 1 ½ to 2 hours, until vegetables are tender. Add salt and pepper to taste. Yield: 8 servings.

IF IT AIN'T ALBERTA
IT AIN'T BEEF



Alberta
Beef
Producers

www.albertabeef.org





Alberta Beef Producers

Alberta is cattle country - the open range, the Rocky Mountains, acres of Parkland and the fertile farmland of the rolling plains. These pristine natural resources are images of the west known around the world.

The more than 35,000 beef cattle producers who are stewards of the industry in this province have one organization that represents their collective interests – the Alberta Beef Producers (ABP).

Cattle production is an industry both progressive and historic, highly technical, yet grounded in the practical. From family ranches and farms, passed down through generations, to new, state-of-the-art feeding and breeding operations, the ABP is a proud reflection of this industry. Run by producers for producers, it is dedicated to maintaining a truly sustainable, competitive industry for the benefit of all society.

Alberta Beef Producers
#320, 6715 - 8th Street N.E.
Calgary, AB T2E7H7
Telephone (403) 275-4400
www.albertabeef.org



Tex-Mex Ribs

If you're craving ribs tonight, you don't have to eat out or move to Texas to enjoy them.

2 lbs	1 kg	Boneless Beef Simmering Short Ribs (if bone-in, use 3 lb/1.5 kg) or Brisket Boneless Pot Roast, trimmed of fat and cut into 2 x 4-inch (5x10 cm) pieces
1 bottle	200 mL	Tex-Mex style or regular steak sauce
1/4 cup	50 mL	extra-strong coffee
1/4 cup	50 mL	liquid honey
2 tbsp	30 mL	vinegar
1 tbsp	15 mL	Dijon or regular mustard
2 tbsp	30 mL	finely chopped onion
4		cloves garlic, crushed

Place ribs in saucepan; add enough water to barely cover ribs (a whole onion and a garlic clove may be added for extra flavour). Bring ribs to boil; reduce heat, cover and simmer for 1 hour. Drain. Combine steak sauce, coffee, honey, vinegar, mustard, onion and garlic in small bowl. Marinate cooked ribs in sauce in refrigerator for at least 2 or up to 24 hours. Place ribs on broiler pan on second shelf under broiler or grill about 3 inches (7 cm) above medium heat; brush generously with sauce. Cook for 10 to 20 minutes or until browned, brushing with sauce often and turning frequently. Bring any remaining sauce to boil, adding water if sauce is too thick; simmer for 5 minutes to serve as dipping sauce. Yield: 4 servings.

Cook's Notes: This recipe may be made in a 4 quart (4 L) slow cooker by combining all ingredients with 1/2 cup (125 mL) water. Cover and cook on High for 4 to 5 hours (or on Low for 8 to 10 hours). Skim off fat and remove bones, if any.

Per Serving: 431 calories, 40 g protein, 20 g fat, 21 g carbohydrate

Contact Alberta Beef: www.albertabeef.org / 403-275-4400

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Thai Beef Wraps

These wraps can also be cut into 1-inch (2.5 cm) slices to make about 40 pinwheel appetizers.

8 oz	250 g	Cooked Beef Steak or Roast (i.e. deli roast beef), chilled and cut into thin slices
1 cup	250 mL	Thai or other Asian-flavoured sauce
1		small carrot, finely shredded
2		each sweet red peppers and green onions, finely diced
1/4 cup	50 mL	finely chopped fresh basil
2 tbsp	30 mL	finely chopped fresh cilantro
8		plain or flavoured 8-inch (20 cm) tortillas

Place cooked beef in sealable bag. Add 1/4 cup (50 mL) of the Asian sauce; marinate for 10 minutes. Combine carrot, red peppers, onions, basil, cilantro and 1/4 cup (50 mL) of the Asian sauce in small bowl. Add beef mixture; mix well. Divide beef mixture evenly among tortillas. For each wrap, fold in both ends and roll up. Cut each wrap in half (secure with toothpicks, if necessary). Serve immediately with remaining sauce for dipping. Yield: 4 servings.

Cook's Notes: Tortillas may be spread with cream cheese before spreading with vegetable-beef mixture. These wraps can be tightly wrapped and refrigerated for up to 24 hours.

Per Serving: 549 calories, 26g protein, 10g fat, 87g carbohydrates,

Contact Alberta Beef: www.albertabeef.org / 403-275-4400

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{...Wants & Needs...}

You want to create a new recipe.
You want it to be tempting,
simple to prepare and delicious.
And you want it to be as
healthy as possible.*
You need an idea. And you
need canola oil. The rest is up to
your creativity and the infinite
possibilities of canola oil's
versatility and culinary
attributes. Canola oil
satisfies both your wants
and your needs. Try it in your
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Borscht, Alberta Style

When made with meat, this soup is a hearty main dish that needs only a salad, bread, and a glass of milk to complete the meal.

3		medium beets with tops
2 tbsp	25 mL	canola oil
1		small onion, chopped
1 lb	454 g	ground beef, bison or pork, optional
1 ¾ qt	1.5L	chicken broth
2		large carrots, diced
2 cups	500 mL	coarsely-chopped green or red cabbage
1/4 cup	50 mL	lemon juice
2 tbsp	25 mL	granulated sugar
1/2 tsp	2 mL	dill seed
1/2 tsp	2 mL	salt
1/8 tsp	.5 mL	pepper
		plain yogurt or sour cream, optional

Discard coarse beet leaves. Rinse tender leaves and chop. Peel beets and grate coarsely. In large pan set over medium heat, pour canola oil. Add onions and cook until transparent. Add the ground meat and cook, stirring occasionally, until meat is browned. Add bouillon, beets and tops, carrots, cabbage, lemon juice, sugar, dill seed, salt and pepper. Cover and simmer for 60-75 minutes (or place in slow cooker and cook on high for 4-5 hours) or until vegetables are tender. Garnish each serving with yogurt or sour cream, if desired. Yield: 6 larger servings.

Cook's Notes: Did you know that if properly stored, beets can be kept for up to six months?

Per Serving: 367calories, 31.0g protein, 18.5g carbohydrates, 59mg cholesterol, 18.6g total fat, 5.8g saturated, 1.94g polyunsaturated, 8.78g monounsaturated, 2.2g fibre, 1634mg sodium. (Lower sodium by ensuring broth is low sodium.)

Hot Cheese Topped French Loaf

1		loaf French or multi-grain loaf bread
1/4 cup	50 mL	non-hydrogenated margarine
2 cups	500 mL	Parmesan cheese
1/3 cup	75 mL	mayonnaise
1/2 cup	125 mL	finely chopped onion, optional
1/2 tsp	2 mL	Worcestershire sauce
2		drops hot sauce
		paprika

Slice French loaf in half lengthwise. Spread with margarine. Combine remaining ingredients. Spread on bread. Dust with paprika. Wrap in foil, bake in a 350°F (180°C) oven for about 20 minutes. Yield: 12 slices.

Per Serving of 1 slice of French loaf: 328 calories, 8.3g protein, 14.6g carbohydrates, 15mg cholesterol, 26.3g total fat, 6.46g saturated, 6.86g polyunsaturated, 12.44g monounsaturated, 0.9g fiber, 478mg sodium



APPLET GLAZED CORNISH HEN WITH HAZELNUT STUFFING



PEPPERONI PARMESAN CHICKEN



CHEESE AND SPINACH CHICKEN ROULADE



CHICKEN RAVIOLI WITH ALMOND DILL BUTTER



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Alberta Chicken Producers is an association of chicken farmers who grow broiler and roaster chickens. The 280 chicken farmers produce 116 million kg's of chicken annually or 1 million chickens per week in Alberta. We are part of the larger group – Chicken Farmers of Canada whose 2800 members grow 973.6 million kg of chicken annually.

Chicken has become the meat of choice of Canadian Consumers. In 2006, chicken consumption surpassed beef consumption, reaching 31.8 kg's per capita.

Alberta Chicken Producers vision is "By working together, Alberta's chicken industry will continue to grow, be profitable and satisfy consumers by providing safe, high quality chicken products." To ensure consumers receive the best possible product, chicken farmers have implemented an audited On Farm Food Safety Program, committed to the highest standards of animal welfare and many have enrolled in the Environmental Farm Plan. These on farm programs combined with the traceability throughout the entire value chain provides consumers with the assurance that Alberta chicken is safe and of the highest quality.

Chicken is a healthy and convenient meat choice. Based on 100 gram servings, chicken breast meat has only 2.1 grams of fat and 33 grams of protein. Boneless chicken thighs contain 7.0 grams of fat and 19.0 grams of protein.

Chicken must be carefully handled and stored at 4°C or colder. The best way to avoid cross contamination is to separate raw meat, poultry and seafood from other foods in your grocery cart and in your refrigerator. If possible, use one cutting board for fresh produce and use a separate one for raw meat, poultry and seafood, and always wash hands, cutting boards, dishes and utensils with hot soapy water after they come in contact with raw meat, poultry and seafood. Chicken must be properly cooked, the use of a cooking thermometer is recommended to show that the minimum temperature of 77°C has been reached.

For more information you can check out our website at www.chicken.ab.ca or call our office at (780) 488-2125 or toll-free 1-877-822-4425.

Creamy Chicken Soup

4		bacon slices chopped
1 tbsp		canola oil
1 1/2 cups		chopped onion
1 lb	500g	skinless boneless chicken thighs, chopped
4		medium potatoes, peeled and chopped
1 quart	1 litre	chicken broth
1 1/2 cups		milk
1/2 tsp		salt
1/4 tsp		cracked black pepper
1 cup		whipping cream
2 tbsp		sour cream
2 tbsp		chopped fresh dill

Cook the bacon in a large pot or Dutch oven over medium heat for about 5 minutes or until browned. Place the bacon on a paper towel and drain the fat from the pot. Heat the oil in the same pot on medium-high. Add the onion and cook, stirring occasionally, for about 5 minutes or until softened. Add the chicken and cook, stirring occasionally, for about 5 minutes or until starting to turn brown. Stir in the potatoes, broth, milk, salt, and pepper. Reduce the heat to medium-low. Cook, partially covered, stirring occasionally, for about 25 minutes or until the potato has softened. Stir in cream and dill and cook for 2 minutes or until hot. Yield: 6 servings.

Make ahead: The soup can be made 3 days ahead and stored in airtight containers in the refrigerator.

Serving suggestion: Serve the soup with buttered sourdough toast and a salad.

Roasted Sweet Potato and Chicken Salad

Mustard Dressing:

1/3 cup	olive oil
2 tbsp	red wine vinegar
2 tsp	Dijon mustard
1	garlic clove, minced
2 tsp	packed brown sugar
	salt and cracked black pepper

Chicken Salad:

1 tbsp	olive oil
3/4 lb (375g)	yams (orange sweet potato), peeled and cut into 3/4 (2cm) cubes
	salt and cracked black pepper
2 cups	shredded cooked chicken
4 cups	mixed baby lettuce leaves (or arugula)
1/2 cup	cashews, toasted

To make the mustard dressing, put all the ingredients in a jar and shake until well combined. To make the chicken salad, line a baking sheet with parchment paper. Preheat oven to 375°F (190°C). Combine the oil, yam, salt and pepper on the prepared baking sheet and arrange in a single layer. Roast, uncovered, in the preheated oven, turning once during cooking, for 30 to 40 minutes or until tender and golden. Put yam, chicken, lettuce, and cashews in a large bowl. Drizzle with the dressing and gently toss. Yield: 4 servings.

Make ahead: The dressing can be made a day ahead and stored in a jar in the refrigerator. Remove from the refrigerator 1 hour before serving.



Eggs boost brain power

If you want to help your children succeed at school, start serving eggs for breakfast. Eggs are rich in choline, zinc and iron, vital nutrients that promote healthy brain development. Just one large egg delivers many important nutrients, including 6 grams of the highest quality protein—eggsactly what growing minds and bodies need to kick-start the day. Even better, eggs provide lasting energy that helps your busy family stay focused and alert throughout the day.

Be an active egg!

What can you do with the lasting energy from eggs? Take the dog for a walk, give yoga a try, experience something new.

Look and feel great! Eggs are one of nature's healthiest foods. Loaded with 14 essential nutrients, they're low in fat, low in calories and have zero trans fat. Eggs are rich in protein, which gives you lasting energy to help you stay active and alert throughout the day. If you want to look and feel your best, start your day off right—choose healthy, delicious eggs for breakfast.



"Why do you love eggs?"

Tell the Alberta Egg Producers why you love eggs and you'll be entered into our monthly draw to win a Get Cracking prize pack!

ALBERTA
Egg Producers
www.eggs.ab.ca

Write or email your thoughts about eggs to:

Alberta Egg Producers
#101, 90 Freeport Blvd. NE
Calgary, Alberta T3J 5J9
or contest@eggs.ab.ca

Meet the Alberta Egg Producers...

The Alberta Egg Producers, established in 1968, is a board representing the 167+ registered egg producers in Alberta. The registered producers are those with more than 300 layer hens who, as such, come under a system having extensive checks and balances in place to ensure only the safest and highest quality eggs reach consumers. Egg producers in Canada are global leaders with their HACCP-based, on-farm health and safety practices. As a result, Canadian eggs are considered to be some of the safest in the world.

Alberta Egg Producers are enthusiastic about the high quality product they produce, as well as the large variety of eggs available today. From the conventional egg you grew up with to popular specialty varieties, such as Omega-3s, organic, vegetarian, free run and free range, there's something for everyone.

Did You Know?

... Eggs should be stored in the main body of the refrigerator in the carton they came in. This keeps the temperature even and ensures eggs don't pick up the smells of other foods in the refrigerator.

... Eggs are very porous. The average egg has 10,000 tiny pores in its shell.

... Egg shell colour is determined by the colour of the hen. Usually, a brown-feathered hen will lay a brown egg and a white-feathered hen will lay a white egg. In rare cases where this doesn't hold true, the colour of the hen's ears is what will determine the egg shell's colour.

... You can tell the difference between a hard-boiled egg and an uncooked egg by spinning it! A hard-cooked egg will spin smoothly and rapidly. A raw egg will wobble and spin slowly because the liquid centre will prevent the egg from building up momentum to keep it turning.

... To tell if your egg is fresh, simply place it in a glass of water. A fresh egg, in its shell, will sink in water while an old egg will float. This happens because as the egg ages, it absorbs air through the pores in its shell. Moisture from the white evaporates and the inner shell membrane shrinks, causing the air cell to expand.

For more information on the egg industry, email info@eggs.ab.ca or call 1-877-302-2344. For more great recipes, crafts, information, egg-speriments and egg jokes, check us out online at www.eggs.ab.ca.

Fruit Salad with Honey Lime Dressing

Fruit Salad:

1 - 10 oz can	284 mL	mandarin orange sections, drained
2 cups	500 mL	strawberries, halved
2 cups	500 mL	cubed melon (honeydew or cantaloupe)
2		medium bananas, sliced

Honey Lime Dressing:

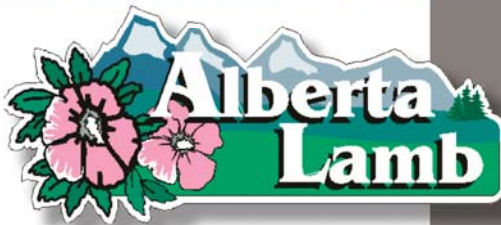
3		eggs, well beaten
1/2 cup	125 mL	liquid honey
1/4 cup	50 mL	lime juice
1 cup	250 mL	sour cream

In a large bowl, combine mandarin oranges, strawberries, melon and bananas and toss well. Cover and chill. In a saucepan, combine eggs, honey and lime juice. Cook, stirring, over low heat until mixture comes to a boil and thickens. Cool. Fold in sour cream. Chill. Makes 500 mL (2 cups) dressing. Just before serving, pour dressing over fruit; toss until fruit is well coated.

Tomato and Fontina French Toast Sandwich

4		eggs
2/3 cup	150 mL	milk
1/2 tsp	2 mL	dried thyme (or 10 mL/2 tsp fresh, chopped)
1/4 tsp	1 mL	pepper
Pinch		salt
8		thick slices bread
1 tbsp	15 mL	pesto, prepared
4 oz	125 g	fontina cheese, thinly sliced
2		plum tomatoes, sliced
		cooking spray

In large shallow dish, lightly whisk together eggs, milk, thyme, pepper and salt; set aside. Spread 4 of the bread slices with prepared pesto; top with sliced cheese and tomato. Sandwich with remaining bread. Dip into egg mixture, turning to coat both sides and soak up liquid. Transfer sandwiches to griddle or skillet, heating slowly until bottom is golden brown and cheese is melted. Turn and brown the other side.



*you've got
great taste!*

Alberta Lamb...

You've Got Great Taste!

Alberta takes a lot of pride in its ability to produce the best meat in the world. Our premium-quality lamb is grown in the pristine agricultural lands unique to Alberta. Our clean air, sparkling water, rich feed grains and forages, plus our attention to sound management practices contribute to growing the best lamb in the world. For the same reasons that Alberta beef is world-renowned as being the best, Alberta lamb is increasingly recognized by today's best chefs for its tenderness and delicious flavour.

Alberta lamb is a natural, nutritious and delicious meat that can be prepared in a variety of ways. Available in a variety of cuts, lamb is perfect for any occasion from a backyard barbecue to a gourmet dinner party.

Ask for Alberta Lamb at your local meat counter, or visit
www.albertalamb.com for a list of suppliers of lamb for your freezer, and retailers.

Alberta Lamb (403) 948-1522
E-mail info@albertalamb.com

Nutrition Information		
Based on a 100 gram serving of cooked lamb*		
	Average amount per 100 gram serving	Percent of Recommended Daily Intake**
Energy	266 kcal	12%
Fat	3.5%	5%
Vitamin B12	2.65 mcg	88%
Niacin (B3)	11.48 NE	74%
Zinc	5.49 mg	55%
Protein	26.37 grams	40%
Riboflavin (Vitamin B2)	0.25 mg	23%
Iron	2.12 mg	22%
Vitamin B6	0.13 mg	13%
Magnesium	25 mg	11%
Folate (Folate Acid)	20 mcg	10%
Thiamin (Vitamin B12)	0.09 mg	10%
* These values are based on the average of 60 cuts (American Lamb) including a mix of lean and non-lean and various cooking methods to reflect actual consumption.		
** These values are expressed as a percentage of the average daily-recommended nutrient intake of an adult male and female across all (adult) ages.		





Alberta Lamb Shanks Braised in Red Wine & Aromatic Spices

Recipe Courtesy of Divine, Okotoks

6	Alberta lamb shanks
	salt & ground black pepper
1	large piece of fresh ginger, peeled and sliced
8	cloves of garlic
1	yellow onion, diced
500 ml	dry red wine
2 tbsp	tomato paste
500 ml	chicken stock
<i>Aromatic spice mixture:</i>	
2 tbsp	cumin seed, cardamom pods, coriander seeds
1 tbsp	cardamom pod
1 tbsp	coriander seeds
1 tbsp	chili powder
1 tbsp	chili flakes
1 tbsp	cinnamon

Place all spices in a coffee grinder and pulse until fine and evenly ground. Trim the shanks if necessary. Season well with spice mixture and salt and pepper. Arrange in a roasting pan and place in a preheated 400° oven. Allow to roast for 20 – 25 minutes. Add ginger slices, onion and whole garlic cloves, allow to roast for a further 15 minutes. Deglaze the pan by pouring the red wine over the shanks and stirring the bottom of the pan to release any caramelisation that has occurred. Add tomato paste and chicken stock. Cover the pan with aluminum foil and return to a 350° oven for 2 hours. Remove shanks from braising liquid and allow to cool. Strain the braising liquid, refrigerate and skim any fat from the surface. (This recipe may be finished to this point up to 2 days before serving.) Place shanks and braising liquid in a shallow roasting pan, cover and reheat in 350° oven until heated through. Adjust sauce with salt and pepper. Serve each shank over buttermilk mashed potatoes with sauce. Yield: 4-6 servings.



Rack of Alberta Lamb Stuffed with Mushrooms, Roasted Red Pepper and Goat Cheese

Recipe Courtesy of Divine, Okotoks

2	racks of Alberta lamb, frenched
<i>Stuffing:</i>	
1 cup	sautéed brown mushrooms, coarsely chopped
1	roasted red pepper, coarsely chopped
1/2 cup	chevre goat cheese
1 tbsp	chopped shallot
1 cup	white breadcrumbs
	olive oil
	salt & pepper to taste

Mix together all the stuffing ingredients. Insert a thin knife into each end of the lamb rack and open out a little with fingers. Pipe stuffing into each end with a piping bag. Season the racks with salt & pepper and olive oil. Grill meat-side down on high heat for 2 to 3 minutes. Finish on the cool side of the grill for 10-15 minutes until medium rare.



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Alberta Milk – We do it all for MoOOo

Alberta Milk is a non-profit organization that represents the province's approximate 689 dairy producers. We offer a variety of programs, policies and services that ensure the viability and sustainability of the Alberta dairy industry.

On farm, we provide a number of services to dairy producers which assist them with the management of their farm. We provide timely and accurate information so they can better manage their milk production. We support The Canadian Quality Milk program which provides consumers with assurance that milk is produced in the safest possible manner and is of the highest quality. Alberta Milk also coordinates the transportation of raw milk from the farm to the dairy processing plant. Milk is tested at several stages from the time of milking through to the processing plant to ensure high quality and safety.

In addition to assisting the producer, Alberta Milk provides agricultural and nutrition education programs and resources to students, consumers and health professionals. These programs are based on up-to-date practices and research that accurately reflects the current information available in the areas of dairy agriculture, nutrition and health.

Marketing fluid milk (milk and cream) is also one of our roles. From elementary and high school milk programs, promotions and sponsorships, to in-store marketing, TV commercials and websites, we promote the quality milk that is produced in Alberta.

Alberta Milk is proud of the producers we represent and the quality milk they produce for you to enjoy.

For more information visit www.albertamilk.com or call 1-877-361-1231.



Apricot Bread Pudding

1/2 cup	125 mL	raisins
5		dried apricots, chopped
6		slices bread, buttered
1/2 cup	125 mL	apricot jam
6		eggs
3/4 cup	175 mL	granulated sugar
3 cups	750 mL	hot milk*
2 tsp	10 mL	vanilla
		icing sugar for dusting
		ice cream to serve

Preheat oven to 350 F (180 C). Place raisins and apricots in a bowl, cover with boiling water. Let soften for 10 minutes then drain well. Sprinkle half of fruit on bottom of a greased 8-inch square baking dish. Spread bread with jam. Cut each piece of bread in half diagonally (if using square slices, or they can be left whole if desired). Arrange bread, jam side up, on top of fruit, overlapping if necessary. Sprinkle other half of fruit over the bread. Whisk eggs and sugar in a medium bowl. Whisk in milk and vanilla. Pour over bread. Place in a water bath (a larger pan half-filled with very hot water). Bake uncovered for about 1 hour or until knife inserted into centre comes out clean. Serve warm or cold, dusted with icing sugar. Serve with ice cream if desired. Yield: 6 servings.

Per Serving: 468.9 calories, 14.7g protein, 80.2g carbohydrates, 10.7g total fat, 1.6g fibre, 226.6mg calcium

**nutrient analysis based on 1% milk*



Creamy Spinach and Turkey Pasta

3		bacon slices, chopped
1 tbsp	15 mL	butter
2	about 1 kg	boneless, skinless turkey thighs or breasts, cut into thin strips
1/2 cup	125 mL	chopped red onion
2		garlic cloves, minced
1 cup	250 mL	sliced red pepper
2 tbsp	30 mL	all purpose flour
2 cups	500 mL	milk
1/2 tsp	2 mL	coarsely ground pepper
1/2 tsp	2 mL	salt
1/4 tsp	1 mL	ground nutmeg
4 cups	1 L	spinach leaves, loosely packed and trimmed
2 1/2 cups	625 mL	bow tie pasta, uncooked
1/2 cup	125 mL	finely grated fresh Parmesan cheese

Cook bacon in large frying pan on medium-high heat for 2 to 3 minutes until crisp. Remove from pan and drain on paper towel. Drain oil from pan and wipe clean. Heat half of the butter in frying pan on medium-high heat. Add chicken and cook for 5 to 8 minutes stirring occasionally until browned on all sides. Remove from pan and set aside. Heat remaining butter in same frying pan on medium-high heat. Add onion, garlic and pepper. Cook for about 5 minutes until onion is softened. Add bacon and stir. Stir in flour and cook for 1 minute, stirring constantly. Remove from heat. Gradually stir in milk. Stir constantly over medium heat for about 5 minutes until mixture boils and thickens. Add pepper, salt and nutmeg. Reduce heat to medium-low. Add turkey and simmer, for about 5 minutes until turkey is tender, stirring occasionally. Add spinach and stir until spinach is just wilted. Meanwhile, cook pasta in large pot of salted boiling water for 12 to 15 minutes until tender but still firm. Drain well. Return to same pot. Add chicken mixture and stir to combine. Stir in Parmesan cheese until combined. Yield: 4 servings.

put
pork
on your
fork

www.putporkonyourfork.com

More Than Just a Healthy Choice!

PORK is an easy, quick and nutritious way to help meet your dietary requirements. It contains many of the essential nutrients recommended by Health Canada to build and maintain a healthy body, including vitamins, minerals, protein and energy.

And, did you know, PORK is lean? All trimmed cuts of PORK, except ribs, are considered lean, containing less than 10% fat. With so many varieties of cuts to choose from, there is no end to the vast array of flavours that you can create.



NUTRITION INFORMATION

For an average 100g raw, trimmed serving of pork:
Energy 139 Cal / 580 kJ, Protein 22 g, Fat 5 g, Carbohydrate 0 g

† All trimmed pork cuts, with the exception of ribs, are lean. Choosing leaner meats, poultry and fish is part of healthy eating. Canada Pork financially supports the Health Check™ education program of the Heart and Stroke Foundation. This is not an endorsement. For more information, see www.healthcheck.org

www.putporkonyourfork.com

Virtual Meat Counter



For nutritional information, recipes, contests and our Virtual Meat Counter, visit our website.

www.putporkonyourfork.com



Alberta Pork is a self-sustaining, non-profit oriented association that operates on behalf of Alberta pork producers. Alberta Pork is responsible for the development, growth and promotion of the Alberta pork industry. Our Operational Objective is "To position Alberta Pork producers and the industry as vital, sustainable and valued in the agri-food business and society through the continuous advancement of initiatives that enhance prosperity".

The Alberta Pork Producers Development Corporation (known as Alberta Pork) was organized in 1969 as a self-sustaining, non-profit hog producer hog marketing board controlled and directed by a producer Board of Directors who were – and still are – elected by fellow pork producers. Alberta Pork was not, and is not, a government body. The powers of the Corporation and the regulations governing its operations are established by the Alberta Pork Producers Marketing Plan, which is enabled by the Marketing of Agricultural Products Act in the Province of Alberta. Alberta Pork is a self-sustaining, non-profit oriented association that operates on behalf of Alberta pork producers.

www.putporkonyourfork.com

Alberta Pork Consumer Services

#103 14707 Bannister Road SE

Calgary AB T2X 1Z2

Phone: 403-256-2764

Pork Tenderloin with Peppercorn Sauce

2		pork tenderloins
1/4 cup	50 mL	butter
1 pkt.	21 g	brown gravy or demi-glace mix
		flour
1/3 cup	75 mL	shallots or onions, finely chopped
1 cup	250 mL	dry white wine or vegetable broth
1 tbsp	15 mL	lemon juice
2 tsp	10 mL	pink or green peppercorns
1/2 tsp	2 mL	salt
1/4 tsp	1 mL	ground black pepper
2 tsp	10 mL	fresh chopped parsley

Cut pork into 1/4 inch (6 mm) thick slices; gently flatten pork with your hand. Place butter in a saucepan, over medium heat. When butter has melted, skim off foam and discard; strain the clear clarified liquid and set it aside. Prepare sauce mix, according to package directions, using 1 1/4 cups (300 mL) water. Dust pork with flour. In a large skillet, heat 2 tbsp (25 mL) of clarified butter; add pork and shallots and sauté over medium heat for one minute. Turn pork slices and sauté another 30 seconds, adding remainder of butter, if necessary. Add brown sauce, wine, lemon juice, peppercorns, salt and pepper. Reduce heat and simmer for 7 to 8 minutes, gently stirring to keep from sticking. Remove pork to warm plates; adjust sauce consistency, adding additional wine if necessary. Stir in parsley and spoon over slices. Serve with roasted potatoes, broccoli and carrots. Yield: 4 servings.

Nutritional Information Per 1 Person Serving: 360 calories, 17g fat, 9g saturated, 6g monounsaturated, 1g polyunsaturated, 140 mg cholesterol, 800 mg sodium, 4g carbohydrate, 1g fibre, 47g protein

Southern Style Shredded Pork

4 lbs	2 kg	pork loin roast, boneless
2 - 1 0 oz	284 mL	cans beef broth
2/3 cup	150 mL	Worcestershire sauce
1/2 cup	125 mL	cider vinegar
1/3 cup	75 mL	oil
1 1/2 tsp	7 mL	powdered mustard
1 1/2 tsp	7 mL	paprika
1 tsp	5 mL	each onion powder, garlic powder, chili powder
2 tsp	10 mL	hot pepper sauce
1		bay leaf
15		sandwich buns

Place pork roast in a large plastic bag or non-metal sealable container. Combine remaining ingredients in a large saucepan and bring to a boil. Reduce heat and simmer 10 to 15 minutes. Pour marinade over meat and coat thoroughly. Cover and refrigerate overnight. Preheat barbecue on high; reduce temperature to medium low. Drain marinade into a large saucepan and boil 1 minute. Place roast on grill over drip pan and roast about 25 minutes per pound until internal temperature measured with a meat thermometer reaches 160°F (70°C), basting occasionally with marinade. Remove roast from barbecue and let stand loosely covered with foil for 30 minutes. Shred pork roast with two forks and place pork in large bowl. Keep warm. In large saucepan, bring remaining marinade to a boil to make a sauce and remove bay leaf. Add enough sauce to pork to make consistency desired for sandwiches. Spoon onto sandwich buns and add remaining sauce, as desired. Yield: 15 servings.

Nutritional Information Per 1 Person Serving: 400 calories, 12g fat, 2.5g saturated, 6g monounsaturated, 3g polyunsaturated, 90mg cholesterol, 670mg sodium, 32g carbohydrate, 0g fibre, 37g protein

legumes such as peas, beans, lentils and chickpeas. Power up your diet! Pulses are high in protein, fibre, an excellent source of folate, naturally low in fat, source of many B vitamins, and an excellent source of iron. The body will use more of the iron in pulse if eaten with a vitamin C rich food such as tomatoes or green pepper. Pulses gradually increase blood sugar after meals. This is helpful for athletes and those controlling diabetes and weight. Canada's Food Guide to Healthy Living states: "Have meat alternatives such as beans, lentils and tofu often", and suggests that regularly choosing beans and other meat alternatives can help minimize the amount of saturated fat in the diet.

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Alberta Pulse Growers produce pulse crops all across Alberta. Canada is the second largest exporter of pulse crops to 150 world markets. Pulses provide health benefits to you AND are good for the environment. Pulse crops produce their own nitrogen fertilizer. By lowering the amount of fertilizer needed to grow a crop, pulse production uses less energy and therefore produces less greenhouse gas. Pulses are efficient at producing protein and use less water and less energy.



Alberta Pulse Growers is a not for profit organization representing 4500 pulse producers in Alberta. Lead by a producer-elected Board, Alberta Pulse Growers mission is to improve the net returns to the grower by providing responsible leadership toward the expansion of a mature, viable pulse industry in Alberta.

A 1% levy is collected from the growers. These funds generate Market Development, Extension and Research Projects and Risk Management activities to further develop the industry.

Pulses grown in Alberta include:

Beans

Peas

Lentils

Chickpeas

Fababeans

Lupins

Canada is the second largest exporter of pulses to over 150 world markets. Key markets include South Asia, South and Central America and Europe for both human and animal consumption.

Pulse are healthy, for the environment and your family! Pulses have the ability to convert Nitrogen from the air into a form available for plants, thereby saving on commercial Nitrogen costs and energy. Pulses are good in the human and animal diet and provide an excellent source of complex carbohydrates, fibre and protein.

Visit the Alberta Pulse Growers website to check the 'pulse' of the industry.

Contact Information:

Alberta Pulse Growers

4301 – 50 St

Leduc, AB T9E 7H3

Phone: (780) 986-9398

Email: office@pulse.ab.ca

Website: www.pulse.ab.ca



Lentil Pizza Squares

Kids will love this!

1/4 cup	50 ml	canola oil
3/4 cup	175 ml	chopped onion
1 cup	250 ml	sliced fresh mushrooms
1		garlic clove, minced
4		eggs
1 1/2 cups	375 ml	Rose Lentil puree
1 1/2 cups	375 ml	low-fat sour cream
7 1/2 oz	213 ml	can tomato sauce
3/4 cup	175 ml	cornmeal
1 tsp	5 ml	dry crumbled basil
1 tsp	5 ml	dry crumbled oregano
1/2 tsp	2 ml	salt
1 1/2 cups	375 ml	grated low-fat mozzarella cheese
1 1/2 cups	375 ml	grated low-fat cheddar cheese
1/2 cup	125 ml	sliced pepperoni
1/2 cup	125 ml	sliced ripe olives
1/2 cup	125 ml	diced sweet green pepper

Preheat oven to 180° (350°F). In a skillet, heat oil and add onion, mushrooms and garlic. Sauté until onion is translucent. Remove from heat and let cool. In a large mixing bowl, beat eggs. Blend in lentil puree, sour cream, tomato sauce, cornmeal, basil, oregano, salt and mushroom mixture. Stir in cheeses. Turn into a 22 x 34 cm (9" x 13") baking dish sprayed with nonstick vegetable spray. Garnish with pepperoni, olives and pepper. Bake 40 – 45 minutes, or until firm to touch. Let stand 10 minutes before cutting. Cut into 12 squares. Yield: 12 squares.

Nutritional Analysis: 293calories, 18.5g total fat, 15g protein, 1.5g fibre

Chili Pie

<i>Crust:</i>		
2 cups	500 ml	cooked white rice
1 cup	250 ml	grated low-fat Cheddar cheese
1		egg, beaten
<i>Filling:</i>		
1 cup	250 ml	chopped onion
1		garlic clove, minced
2 tbsp	25 ml	canola oil
1 cup	250 ml	Laird Lentils
19 oz	540 ml	can tomatoes, chopped
19 oz	540 ml	can kidney beans
1 1/2 tsp	7 ml	chili powder
1 tsp	5 ml	seasoning salt
1 cup	250 ml	grated low-fat cheddar cheese

Preheat oven to 200°C (400°F). Grease a 22 cm (9") pie plate or spray with a nonstick spray. To prepare crust, combine rice, cheese and egg. Mix well and press over bottom and sides of pie plate. Bake 20-25 minutes, until firm. Remove from oven. Reduce oven temperature to 180°C (350°F). In a skillet, sauté onion and garlic in oil until onion is translucent. Add lentils, tomatoes with their juice, beans, chili powder and seasoning salt. Simmer, uncovered, over medium-low heat until liquid is reduced by half, about 40 minutes. Spoon filling into pie crust. Bake 20 – 25 minutes, until firm. Sprinkle with cheese and bake 5 minutes or until cheese is melted. Remove from oven, allow to stand 5 minutes, then cut into 6 slices. Yield: 6 servings

Nutritional Analysis per serving: 305calories, 9g total fat, 21g protein, 8.5g fibre



TURKEY

It's not just for the holidays anymore.

TURKEY is a delicious source of lean protein available in a variety of cuts and products to fit today's busy lifestyles. Adaptable to all cooking methods, turkey is easily seasoned to suit any taste. Delicious as a low fat chili, or a great burger for the BBQ, try turkey as a delicious and lean alternative in some of your family's favorite meals.

WHAT IS L-TRYPTOPHAN, AND WHY AM I SLEEPY AFTER EATING TURKEY?

Although L-tryptophan is naturally occurring in turkey, one would have to consume large amounts of turkey on an empty stomach with no other protein available, for it to cause the sedative effect. The most likely cause of drowsiness after a big turkey dinner is a high carbohydrate intake. Since many people eat an unusually large, multi-coursed meal at holiday time, they often associate the drowsiness they feel afterwards with turkey. The resulting feeling of lethargy is largely due to the blood rushing from the brain to the stomach to aid in the task of digesting a huge meal.



For more information, or to
join our **FREE** recipe club, visit
our website at
www.albertaturkey.com

Alberta Turkey Producers

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We are the Alberta Turkey Producers...

The Alberta Turkey Producers, established in 1967, consists of 5 directors who are elected by licensed turkey producers. The Alberta Turkey Producers represents approximately 48 registered producers in Alberta. The registered producers are those with more than 300 turkeys who, as such, operate under a system having extensive means in place to ensure only the highest quality turkeys reach consumers.

Together with industry partners, the Alberta Turkey Producers help to regulate, promote and educate consumers about today's turkey. The Alberta Turkey Producers works in close partnership with the Canadian Turkey Marketing Agency who manages the national marketing system of turkeys, ensuring Canadians' need for turkeys are met. As well, the Alberta Turkey Producers works closely with many other groups, including Alberta Agriculture and Food, Canadian Food Inspection Agency, Alberta SPCA, and Alberta Farm Animal Care to name a few.

Alberta Turkey Producers are proud of the high quality product they produce.

Did You Know?

- ... Not all turkeys gobble? Only the male turkeys, called Toms, gobble. The females, called Hens, make a soft clicking sound.
- ... Baby turkeys are called poults?
- ... The character "Big Bird" on Sesame Street had a costume made of turkey feathers? (dyed yellow)
- ... It is estimated that a mature turkey has about 3,500 feathers?
- ... A spooked turkey can run about 25 mph?

For more information on the turkey industry, email: melanie@albertaturkey.com or phone (780)465-5755. For more great recipes and information, check us out online at www.albertaturkey.com



Slow Cooker Turkey Pesto Parmesan Meatballs

Source: Ontario Turkey Producers

1-1 1/2 lbs	750 g	ground turkey
5 tbsp	65 mL	pesto, divided
1 tsp	5 mL	hot pepper flakes
1/3 cup	75 mL	grated Parmesan cheese
1		onion chopped
1/2 tsp	2 mL	salt
2 tsp	10 mL	vegetable oil
2 - 28 oz	796 mL	cans diced tomatoes
1 - 5.5 oz	156 mL	can tomato paste
1 tsp	5 mL	granulated sugar
1/4 cup	50 mL	red wine

In a large bowl, combine ground turkey, 4 tbsp of pesto, hot pepper flakes, Parmesan cheese, chopped onion and salt. Shape mixture into 30 - 1.5 inch (3.5 cm) balls. In a large non-stick skillet, heat oil. Place meatballs in skillet; cook 1-2 minutes per side, until lightly browned. Place meatballs in slow cooker. Add diced tomatoes, remaining 1 tbsp of pesto, tomato paste, sugar and red wine; stir carefully to combine. Cook on high 4-6 hours or until meatballs are cooked through. Serve over hot cooked pasta.



Apple Stuffed Turkey Breast Roast

2-3lbs	1 1/2 kg	boneless Alberta turkey breast
1/4 cup	50 mL	apple juice
2 tbsp	25 mL	butter or margarine, melted
1/4 cup	50 mL	chopped onion
1/4 cup	50 mL	chopped celery
2 tbsp	25 mL	butter or margarine
1		small apple, chopped
1/2 tsp	2 mL	each, dried thyme, sage & salt
1/4 tsp	1 mL	pepper
2 cups	500 mL	day-old bread cubes
1/4 cup	50 mL	turkey or chicken stock
1 cup	250 mL	turkey or chicken stock
2 tsp	10 mL	cornstarch

To Prepare Stuffing: Sauté onion and celery in butter or margarine until onion is soft, about 2 to 3 minutes. Add apple and seasonings and sauté 1 to 2 minutes longer. Remove from heat and add to bread cubes. Moisten with 1st amount of turkey or chicken stock, and mix thoroughly. Set aside to cool.

To Prepare Turkey Breast: Place breast flat on a cutting surface and slice through meat with knife parallel to cutting board. Leave last inch intact and open up breast like a book. Cover turkey with plastic wrap and pound to even thickness with meat mallet. Spoon stuffing onto one side of breast. Fold other side over and secure with skewers or toothpicks along cut edge. Place in greased roasting pan. Combine apple juice with melted butter. Brush over turkey. Tent turkey breast with foil and bake at 180°C (350°F) for 40 minutes. Uncover and baste with remaining apple mixture. Bake 30 to 40 minutes longer or until juices run clear. Remove from oven and let sit 5 minutes before slicing.

To Prepare Sauce: Combine 2nd amount of turkey or chicken stock with cornstarch and add to drippings. Stir and cook until thick and clear. Spoon sauce over thick slices of stuffed turkey breast. Serve with mashed potatoes and vegetables. Yield: 8 servings.

Nutritional Analysis Per Serving: 238.53 calories, 8.15g fat, 29g protein, 11.54g carbohydrates



CANADIAN BISON





Today, more than ever before, a growing number of people are experiencing the sweet richness of Bison Meat! It has been acclaimed as one of the top FIVE Foods for Women! Bison - Your Natural Choice on the Range

BISON - YOUR NATURAL CHOICE ON THE RANGE



NUTRIENT COMPOSITION

(per 100 grams of cooked lean meat)

	SPECIES	FAT GRAMS	CALORIES KCAL	CHOLESTEROL MG	IRON MG
	Bison	2.42	143	82	3.42
	Beef	8.09	201	86	2.99
	Pork	9.66	212	86	1.10
	Chicken	2.00	158	86	0.60
	Salmon	12.35	206	63	0.34

Source: Canadian Nutrient File, 2001b

Bison Meat is a Flavourful, Tender and Lean red meat alternative with a slightly sweeter and richer taste. It can satisfy you more while eating less.



Bison offers a gourmet meat experience Guilt FREE.

Bison has 1/3 the fat of beef and less than 3 grams of fat per 100 gram serving. It is also extremely high in iron! Indulge Yourself Today!



**BISON PRODUCERS
OF ALBERTA**

www.bisoncentre.com



Indulge Yourself!

Are you hungry for a flavourful, tender, lean red meat alternative? Do you want a natural, safe and healthy source of red meat? Do you want low fat and low calorie red meat which is also low in cholesterol? If you want it all, you want bison meat!

Incredible Taste - Today, more than ever before, a growing number of people are experiencing the sweet richness of bison meat. Becoming increasingly more popular in restaurants and dinner tables, bison is regularly part of a memorable eating experience. Bison meat is a flavourful, tender and lean red meat alternative. Bison meat is similar to fine beef with a slightly sweeter and richer taste. It is often described as a dense meat with a rich flavour, satisfying you more while eating less.

Nutritious - Bison meat is a highly nutrient dense food because of the proportion of protein, fat, mineral, and fatty acids to its caloric value. It has one third the fat of beef, and one of the highest iron content of any meats.

Naturally Raised - Bison are raised naturally without the use of growth hormones, stimulants, antibiotics or animal by-products.

Sustainable Agriculture - an important goal for Canada's bison producers. The reintroduction of bison to the Canadian plains by farmers, ranchers and conservation agencies has been a positive development for the environment. Following the near total destruction of Canada's buffalo herds in the late 19th century, millions of hectares of the native grassland habitat of the prairies was sacrificed to grain growing. The prairie sod, with its rich mosaic of animals and plants, was drastically altered to support the production of a handful of agricultural crops – primarily wheat.

Today, bison ranching plays an important role in the preservation of the last remnants of native grassland habitat on the prairies by providing an economically viable alternative to cultivation. Besides preserving the islands of natural grassland that have survived agricultural settlement, bison ranching encourages the return of farmed land to grassland. Over the past three decades, hundreds of Canadian grain and oil seed farmers have entered the bison industry and for most, the decision to raise bison involves taking large tracts of land out of mono-crop cultivation and seeding a permanent cover of grass. Each year a bison cow and her calf require an average of four to sixteen hectares of grazing land depending on the weather and range conditions in any particular neighborhood. With a population approaching 500,000 bison in Canada, the nation's bison industry can take credit for the return of an amazingly vast expanse of formerly farmed land to pasture land.

Bison - Your Natural Choice on the Range!



Buffalo Lasagna

1 lb	450 g	ground buffalo
1 - 15 oz	400 ml	can tomato sauce
1 6 oz	125 ml	can tomato paste
1 tsp	5 ml	oregano
1 tsp	5 ml	salt (optional)
1 tsp	5 ml	pepper
1		clove garlic, minced
1 lb	450 g	lasagna noodles
16 oz	500 ml	non-fat cottage cheese, drained
1		egg
1/4 cup	60 ml	Parmesan cheese
8 – 12 oz	200–300 ml	low fat shredded Mozzarella cheese

Brown ground buffalo over medium heat in a covered skillet. Drain off liquid. Add tomato sauce, paste, and spices. Simmer covered for 20-30 minutes. While sauce is cooking, prepare noodles according to package directions. Rinse in cold water. Combine cottage cheese, egg, and Parmesan cheese in a blender until smooth. Spray a 9" X 12" baking pan with non-stick spray. Place a layer of noodles in the bottom of the pan. Spoon 1/4 of the meat mixture over the noodles. Spread 1/4 of the blended cottage cheese mixture over the sauce then sprinkle with 1/4 of the Mozzarella cheese. Repeat for 4 layers. Cover with aluminium foil and bake at 350°F (180°C) for 20-30 minutes. (Remove foil and broil for 5 minutes if you desire a browned top layer). Yield: 6 – 8 servings.



Buffalo Surprise Kabobs

1/3 cup	75 ml	honey
3 tbsp	45 ml	Dijon mustard
2 tbsp	30 ml	finely chopped onion
2 tbsp	30 ml	apple juice or cider
dash		cayenne pepper
1		egg
1/4 cup	60 ml	dry bread crumbs
1 tsp	5 ml	Italian seasoning
1 tbsp	15 ml	minced fresh parsley
		pepper to taste
1 lb	450 g	ground bison
1 block 1½ oz	30 ml	Monterey Jack or Swiss cheese, cut into 12 cubes
12		small mushrooms, stems removed
1		medium green pepper, cut into pieces
1		medium sweet yellow or red pepper, cut into pieces
1		medium onion, cut into wedges

In a saucepan, combine the first five ingredients. Bring to a boil. Reduce heat; simmer, uncovered, for 5 to 7 minutes or until onion is tender and sauce is slightly thickened. Remove from heat; set aside. In a large bowl combine egg, bread crumbs, parsley, Italian seasoning, and pepper. Add bison and mix well. Divide into 12 portions. Place a cube of cheese in each mushroom cap; shape each meat portion around a mushroom. On metal or soaked wooden skewers, alternate meatballs, peppers and onion wedges. Grill, uncovered, over medium heat for 3 minutes on each side. Grill 8 to 10 minutes longer or until meat is no longer pink, turning occasionally. Brush with reserved glaze during the last 2 minutes.

Are Potatoes Safe to Eat?

Alberta Potato Growers are Committed to Food Safety

Alberta potato growers have a proud history of producing safe, high quality potatoes. However, we understand that consumers want additional assurance their food is safe.

Our commitment to food safety stems from the management of our potato crops. How we manage our soil, water and nutrients, rotate crops, and store our product allows growers to deliver quality, safe potatoes to consumers.

The Potato Growers of Alberta were proactive in the development and introduction of the On-Farm Food Safety program. This program meets national food safety guidelines and guards against potential contamination sources at every stage of potato production.

The On-Farm Food Safety program documents all food safe production practices, providing another level of assurance for consumers. Our efforts allow growers to continue to do what they have been doing for years – delivering safe, healthy, quality potatoes.



www.albertapotatoes.ca



Potatoes A Nutrition Powerhouse !

Did you know a medium potato has more potassium than a banana?

Potatoes are truly a comfort food; remember sitting around your mom's dinner table on a Sunday afternoons or on those special family holidays. A great family meal was usually served up with a heaping dish of creamy mashed potatoes or a dish of yummy scalloped potatoes. Remember those times? Of course, we didn't know then that the potato is also a source of many valuable vitamins.

One potatoes provides 45% of the daily requirement for Vitamin C!, potatoes are fat-free and a good source of daily fibre. One serving of skin-on potatoes (5.3- ounces) also contains 720 mg of potassium, making it an excellent source of potassium. To stay healthy we must eat healthy foods. A diet that is rich in fruits and vegetables will help reduce the risk of some types of cancer. Enjoy your potatoes, the potatoes we love..... are good for us too! Think of them as Mother Nature's vitamin pills!

Tips When Buying Potatoes

When buying Alberta potatoes, here's what to look for:

- A firm smooth skin.
- Few or no cuts or bruises.
- Few shallow eyes, free of sprouts
- No green tinge.
- A nice dry potato smell



Storing And Handling Potatoes

Store potatoes in a cool well-ventilated area away from light in cardboard boxes or burlap sacks. When storing new and small potatoes, keep them in a refrigerator at 4 to 6°C (40 to 43°F). Under these conditions, you can store them for 2 weeks or longer. If potatoes are over exposed to light they will develop a green tinge, this should be trimmed off the potato as it should not be eaten.

If potatoes are dropped more than 6 inches, they will bruise and turn into spoiled potatoes. Cool, dark storage is best since normal house temperatures can cause potatoes to deteriorate quickly. Potatoes breathe and transpire (lose water) so take them out of the plastic bag they come in and put them in a bin when storing. Before storing spuds, look them over and use any bruised ones first. Since dampness can cause decay, it is best not to wash spuds before storing. Avoid storing potatoes with onions or garlic since potatoes will pick up gases from the onion and garlic and the potato will deteriorate faster

Potato Growers of Alberta



46 Avenue, Taber, Alberta T1G 2B1

www.albertapotatoes.ca



Savory New Alberta Potatoes

2lbs	900 g	unpeeled new potatoes, cubed
1/2 tsp	2 mL	salt
2 tbsp	30 mL	all-purpose flour
1 tbsp	15 mL	granulated sugar
1/2 tsp	2 mL	salt
1/8 tsp	0.5 mL	pepper
1		large egg
1-2 tsp	5-10 mL	prepared mustard
1 cup	250 mL	milk
1 tbsp	15 mL	white wine vinegar

Cook potatoes in water and first amount of salt in large saucepan until tender. Drain. Mix flour, sugar, second amount of salt and pepper in small saucepan. Mix in egg until smooth. Add mustard and milk. Heat and stir until boiling and thickened. Stir in vinegar. Pour over potatoes in serving bowl. Toss gently to coat. Yield: 6 servings.



Potato, Bacon and Leek Soup

12 oz	300 g	Alberta potatoes, peeled and sliced
12 oz	300 g	leeks, washed and finely sliced (Leek is a vegetable available at your local market; it is from the onion family, very mild flavour.)
6 oz	150 g	lean and chopped bacon
1 1/4 pt	700 ml	stock preferably fresh chicken stock, but chicken or vegetable stock cubes can be used
1/2 pint	290 ml	milk
		fresh ground black pepper
		cream (optional)

Sauté the potato, leeks and bacon in a pan, until soft but not coloured. This can be done in a bowl in the microwave if preferred. Add the stock and cook until the potatoes are tender. Liquidize. Return to the pan and add the milk. Add the cream if desired. Garnish with grated cheese or cilantro. Yield: 4-6 servings.