

Join **NOW** for your chance to **WIN!**

SCAN TO WIN!



Make it 
CLUB BEEF

1
GRAND
PRIZE



25
SECONDARY
PRIZES



Are you a current member or a "Club-wanna-be"?

Membership has its privileges. Sign up now to be automatically entered in the draw to win the Grand Prize – an iPod touch or one of 25 NEW cookbooks from Dietitians of Canada.

To enter, scan the QR-Code above, or visit beefinfo.org/contest

No purchase necessary. There is one grand prize and 25 secondary prizes available to be won. Approximate retail value of the grand prize is \$249; approximate retail value of each secondary prize is \$30. Chances of winning depend upon the number of eligible entries received. Contest opens Friday, March 4 at noon and ends on Wednesday, May 4 at noon (Eastern Time). Must correctly answer a skill-testing question. Contest open to residents of Canada, who are over the age of majority. Full rules are located at beefinfo.org/rules.



CANADIAN BEEF

Questions about beef? beefinfo.org



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SCAN TO WATCH! Open QR scanning app on smartphone and scan QR code using the smartphone's camera.
Need a QR code app? Type app.tag2.it into your smartphone's web browser and follow instructions to download free QR code scanning app.

You can also watch the videos on-line at www.youtube.com/dailywebtv

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Cook!

with Canadian Beef



Celebrate food... from field to table



CANADIAN BEEF

Come into the Kitchen to COOK!

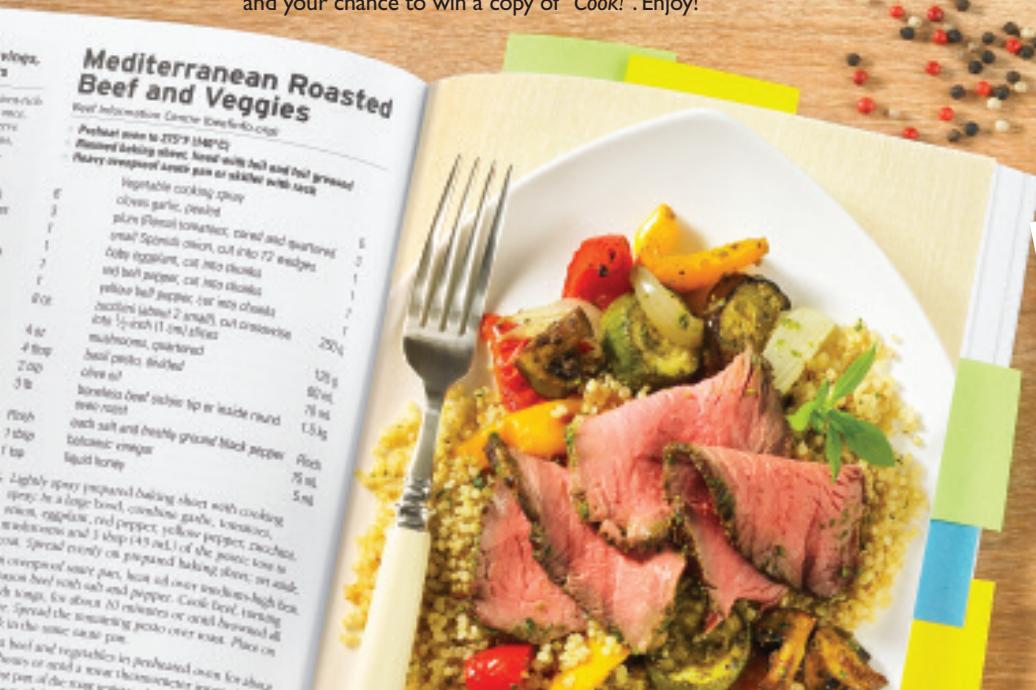


More and more Canadians are rediscovering cooking as a way to nourish and nurture. "Cook!"*, the latest cookbook from Dietitians of Canada, shows how to make wholesome meals from scratch – and still make hockey practice!

"Cook!" is full of tasty good-for-you recipes gathered by Dietitians of Canada. Loaded with lots of tips and tricks, "Cook!" helps you make "homemade" happen without spending hours in the kitchen.

The Canadian beef recipes here are all adapted from "Cook!" – just a small sampling of some of the best that "Cook!" has to offer. Look for "Cook!" wherever books are sold.

Check out our handy QR scan codes throughout the recipes here to watch the how-to videos. See back page for QR code details and your chance to win a copy of "Cook!". Enjoy!



“We all want the best for our families, and that includes healthy food – we moms know the positive power of mealtimes shared at home!

I start off meals with the basics – fresh foods such as Canadian beef, veggies, fruit, grains, milk and cheese.

Canadian beef tastes great, the meal options are endless and it's nutrient-packed. I know that with lean beef, bite for bite, my family is getting a lot of nutritional goodness – and that's especially important when feeding those with tiny tummies!

We invite you to enjoy the wholesome foods you love. Celebrate the family table and "Cook! with Canadian Beef!"

Karine
Karine Gale, RD
Canadian Beef



Me and my boy!

Nutrition Month is brought to you by Dietitians of Canada and thousands of dietitians across the country.



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Strip Loin Steak with Sautéed Mushrooms

Carve grilled steaks into thin slices to pass and share at the table. This platter presentation lets you choose just how much you want. Only 144 calories per serving. WOW!

2	Beef Strip Loin Grilling Steaks, 1 inch (2.5 cm) thick (each 8 oz/250 g) Freshly ground black pepper or Montreal steak spice
2 tsp (10 mL)	canola oil
2 cups (500 mL)	sliced mushrooms (button, crimini or baby portobello)
2 tbsp (30 mL)	minced shallots
2	cloves garlic, minced
1/4 cup (50 mL)	dry white wine
1 tsp (5 mL)	dried thyme or tarragon
1 tsp (5 mL)	Worcestershire sauce
1/4 tsp (1 mL)	salt

1. Pat steaks dry; season with pepper or steak spice. Grill over medium-high heat about 5 minutes per side for medium-rare.

2. Meanwhile, heat oil in large skillet over medium-high heat. Add mushrooms and shallots; cook until shallots are softened, about 4 minutes. Add garlic; sauté for 30 seconds. Stir in wine, thyme and Worcestershire sauce; cook, stirring often, for 2 to 3 minutes or until wine is reduced. Season with salt and pepper to taste.

3. Trim steaks, as needed, discarding trim. Carve crosswise into thin slices. Serve topped with with sautéed mushrooms. **Makes 4 to 6 servings.**

Per Serving: 144 calories, 17 g protein, 6.1 g fat, 2.6 g carbohydrate, 140 mg (6% DV) sodium, 1.9 mg iron, 63% DV vitamin B₁₂.

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EXCELLENT SOURCE OF B₁₂
LOW IN SODIUM

Beef Kabobs with Peanut Sauce

Healthy goes gourmet with these pretty protein-packed kabobs!

3 tbsp (45 mL)	canola oil
2 tbsp (30 mL)	EACH rice vinegar and minced fresh parsley
1 tsp (5 mL)	EACH ground cumin, coriander and cinnamon
1 tsp (5 mL)	hot pepper flakes (or to taste)
1/2 tsp (2 mL)	EACH garlic powder and ground ginger
1-1/2 lb (750 g)	Beef Top Sirloin or Strip Loin Grilling Steak , 1-inch (2.5 cm) thick, cut into cubes
	Peanut Sauce (recipe follows)
1	red onion, cut into chunks
2	sweet yellow peppers, cut into chunks

1. Combine oil, vinegar, parsley, cumin, coriander, cinnamon, hot pepper flakes, garlic powder and ginger in large sealable freezer bag or bowl. Add beef cubes and toss well coat. Seal or cover and refrigerate for 30 minutes or up to 12 hours.

2. Meanwhile, prepare Peanut Sauce and set aside, refrigerating if held for more than 1 hour.

3. Thread beef cubes, onion and yellow peppers alternately onto soaked wooden skewers. Grill over medium-high heat on lightly oiled grill, for about 10 minutes, turning once, for medium-rare. Serve with Peanut Sauce for dipping. **Makes 6 servings.**

PEANUT SAUCE: In medium saucepan, combine 1 **clove garlic** (minced), 1/2 cup (125 mL) EACH **crunchy peanut butter** and **reduced-sodium chicken broth**, 1 tbsp (15 mL) **reduced-sodium soy sauce**, 2 tsp (10 mL) **fresh lemon juice** and 1 tsp (5 mL) EACH **garlic-chili sauce** and **granulated sugar**. Bring to boil over medium-high heat, stirring often. Reduce heat and simmer, stirring, for about 1 minute or until sauce thickens slightly. Stir in 1/4 cup (50 mL) **coconut milk** and cook, stirring, until heated through. Serve warm.

Per Serving: 282 calories, 22 g protein, 17.3 g fat, 11 g carbohydrate, 231 mg sodium, 2.5 mg (18% DV) iron, 3g (12% DV) fibre.

Adapted from © Cook! Dietitians of Canada 2011. Published by Robert Rose Inc.

Meat Manpower - Save time by having the helpful staff at the meat counter cut your steaks into Kabob cubes for you.



Mom's the best!

HIGH IN IRON
SOURCE OF FIBRE



SCAN TO WATCH!



Quinoa and Beef-stuffed Peppers

With all the flavours of lasagna, kids will love these colourful peppers. You will too, knowing that each stuffed pepper contains all four food groups! Protein-rich lean beef and quinoa pack in a powerful nutrient punch.

12	small to medium red, yellow or orange sweet peppers
2 cups (500 mL)	2% cottage cheese, drained
1/3 cup (75 mL)	freshly grated Parmesan cheese
1 cup (250 mL)	quinoa or brown rice
2 tsp (10 mL)	canola oil
1 lb (500 g)	Extra Lean or Lean Ground Beef
2	cloves garlic, minced
1 cup (250 mL)	EACH chopped onion and mushrooms
1-1/2 cups (375 mL)	tomato sauce
1/2 cup (125 mL)	chopped drained canned water chestnuts (optional)
1/2 tsp (2 mL)	EACH dried oregano and basil
	Freshly ground black pepper
1/2 cup (125 mL)	shredded Cheddar cheese

1. Cut each pepper across stem end to make pepper lids and cups. Remove and discard seed core from each. (Note: If pepper cups won't sit upright, remove small slice from bottom of each, being sure not to create an opening). Set aside. Combine cottage cheese and Parmesan in small bowl; set aside.

2. Combine quinoa or brown rice and 2 cups (500 mL) water in medium saucepan; bring to boil over high heat. Reduce heat to low, simmer, covered for 15 minutes or until liquid is absorbed. Remove cover and let cool for 5 minutes. Fluff with fork. Set aside.

3. Meanwhile, cook beef in large nonstick skillet over medium-high heat, breaking up with potato masher or wooden spoon, for about 8 minutes or until no longer pink. Using slotted spoon, transfer to bowl and set aside. Drain off all but 2 tsp (10 mL) liquid from skillet.

4. Reduce heat to medium. Add garlic, onion and mushrooms to skillet; sauté for 4 to 5 minutes or until softened. Return beef and accumulated juices to skillet. Stir in tomato sauce, water chestnuts (if using), oregano, basil, and black pepper to taste; bring to boil. Reduce heat and simmer, stirring occasionally, for 10 minutes. Remove from heat; stir in quinoa or brown rice.

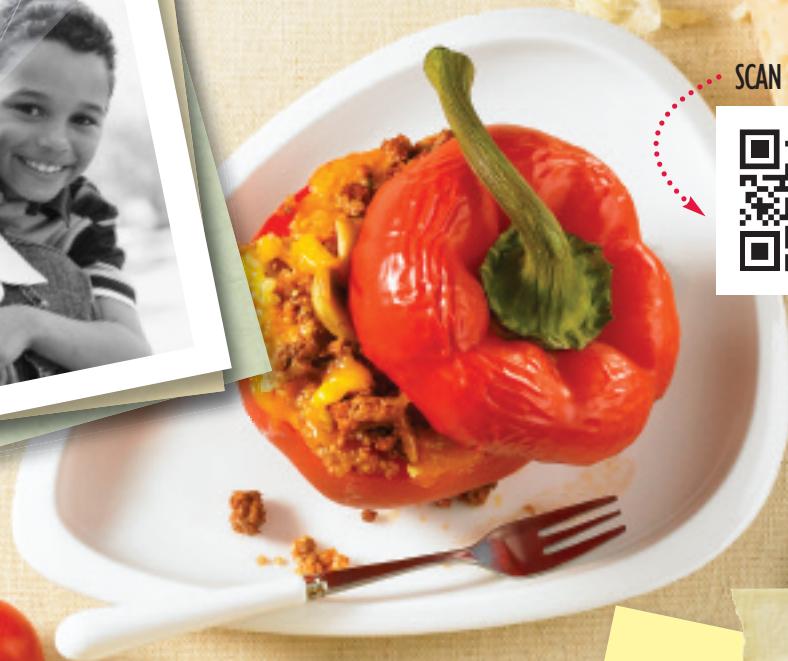
5. Stuff half of each pepper with some beef filling. Layer each with cottage cheese mixture; top each with remaining filling and Cheddar cheese. Top with a pepper lid; place on parchment paper or lightly oiled foil-lined rimmed baking sheet.

6. Bake in 375°F (190°C) oven for about 20 minutes or until digital instant read thermometer inserted in centre of filling registers 160°F (71°C). **Makes 12 servings.**

Per Serving: 238 calories, 19 g protein, 8.1 g fat, 23 g carbohydrate, 412 mg sodium, 3.2 mg iron, 312% DV vitamin C. Adapted from © Cook! Dietitians of Canada 2011. Published by Robert Rose Inc.



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Next time - Dice up the pepper lids and cook with the mushrooms for a nutrient boost.

EXCELLENT SOURCE
OF VITAMIN C

Sunny Day Shepherd's Pie

Shepherd's pie is comfort food at its finest. With just 241 calories per serving and a beta carotene-rich sweet potato topping, this version is a healthy twist on the old standby!

1 lb (500 g)	Extra Lean or Lean Ground Beef
1	clove garlic, minced
1/2 cup (125 mL)	EACH chopped onion, carrot and celery
1/2 tsp (2 mL)	freshly ground black pepper
1/4 tsp (1 mL)	EACH salt and ground nutmeg
1-1/2 tbsp (22 mL)	all-purpose flour
1-1/4 cups (300 mL)	reduced-sodium chicken or beef broth
1/2 cup (125 mL)	frozen corn niblets
2 cups (500 mL)	mashed sweet potatoes (about 2 medium)

1. Cook ground beef in large skillet over medium-high heat, breaking up with potato masher or back of wooden spoon, for about 8 minutes or until no longer pink. Using slotted spoon, transfer to bowl and set aside. Drain off all but 2 tsp (10 mL) liquid from pan.

2. Reduce heat to medium. Add garlic, onion, carrot, celery, pepper, salt and nutmeg to skillet; sauté for 4 to 5 minutes or until vegetables are softened. Sprinkle with flour; sauté for 1 minute. Gradually stir in broth and bring to boil; cook, stirring, until thickened. Return beef and accumulated juices to skillet. Add corn and stir to coat.

3. Transfer into 8-inch (20 cm) square glass baking dish. Top with layer of sweet potatoes.

4. Bake in 350°F (180°C) oven for 35 to 40 minutes or until digital instant read thermometer inserted into centre of casserole reads 160°F (71°C). **Makes 6 servings.**

Per Serving: 241 calories, 19 g protein, 6.6 g fat, 26 g carbohydrate, 312 mg sodium, 2.6 mg iron, 43% DV zinc, 190% DV vitamin A.

Adapted from © Cook! Dietitians of Canada 2011. Published by Robert Rose Inc.

SCAN TO WATCH!



VERY HIGH IN ZINC AND
VITAMIN A

*Tip - Stir a splash of
broth into the mashed
sweet potatoes to make
them easy to spread
on top.*

