Recipe of the Month
Soluble Fibre

Mexican Bean Salad

INGREDIENTS:
* 1 (15 ounce) can black beans, drained and rinsed
* 1 (15 ounce) can kidney beans, drained
* 1 (15 ounce) can cannellini beans, drained and rinsed
* 1 green bell pepper, chopped
* 1 red bell pepper, chopped
* 1 (10 ounce) package frozen corn kernels
* 1 red onion, chopped
* 1/2 cup olive oil
* 1/2 cup red wine vinegar
* 2 tablespoons fresh lime juice
* 1 tablespoon lemon juice
* 2 tablespoons white sugar
* 1 tablespoon salt
* 1 clove crushed garlic
* 1/4 cup chopped fresh cilantro
* 1/2 tablespoon ground cumin
* 1/2 tablespoon ground black pepper
* 1 dash hot pepper sauce
* 1/2 teaspoon chili powder

**Note: For variation substitute a can of your favourite beans in place of the ones listed. MAKE SURE TO RINSE CANNED BEANS THOROUGHLY TO REMOVE THE SALT!**

NUTRITION FACTS (per serving) *IF USING HALF THE DRESSING*
* Calories (kcal) 225 * Protein 10g * Total Fat 8g * Sat Fat 1g
* Carbs 34g * Fiber 9g * Soluble Fibre 4.5g * Iron 3mg * Cholesterol 0mg

DIRECTIONS:
* In a large bowl, combine beans, bell peppers, frozen corn, and red onion.
* In a small bowl, whisk together olive oil, red wine vinegar, lime juice, lemon juice, sugar, salt, garlic, cilantro, cumin, and black pepper. Season to taste with hot sauce and chili powder.
* Pour olive oil dressing over vegetables; mix well. Chill thoroughly, and serve cold.

MAKES 8 SERVINGS

Healthy Tip!
You really only need half the amount of dressing to mix with the salad, so try saving the other half to use as a salad dressing for leafy greens, wraps or pitas!

Super Salad

Salads are a great option for a quick and nutritious lunch, and a perfect way to get some more veggies into your day! But, if you’re like most people, a simple salad of mixed greens may leave you wanting more...

Try topping your greens with Mexican Bean Salad and add some much needed protein and fibre for lasting energy!

Brought to you by the Dietitians from the Health and Performance Centre at the University of Guelph.
www.uoguelph.ca/hpc For a personal consultation call (519) 767 5011 ext. 1
The Benefits of Soluble Fibre

♥ Helps to lower LDL (bad) blood cholesterol levels
♥ Helps to control blood sugars levels
♥ Aids in regulating bowel function
♥ Delays stomach emptying and gives a longer feeling of fullness to help in weight management

Tips to increase daily intake of soluble fibre

- Add oats, oat bran or All-Bran Buds™ (with psyllium) to bread mixes, pancakes, muffins or waffles
- Add barley to soups and casseroles
- Add oat bran or ground flax to breadcrumbs when making meatloaf or hamburgers
- Sprinkle All Bran Buds™, oats, oat bran or ground flaxseed on top of rolls, muffins, breads, cereals, yogurts, soups and casseroles
- Add unsalted peanuts, soybeans or raisins to salads
- Add cooked beans to soups and salads
- Mix cooked lentils with lean ground beef in recipes e.g. spaghetti meat sauce or Shepherd’s pie
- Eat roasted soy nuts as an enjoyable crunchy snack
- Eat fruit as snacks
- Mix baked squash and carrots to mashed potatoes
- Consider a psyllium fibre supplement (e.g. Metamucil™, Prodiem™)

Adapted from ‘Facts on Soluble Fibre” Niagara Regional Dietitians—Heart Healthy Committee. February 2005

Go Slow!

Remember increasing fibre is beneficial, but it is important to add it into your diet slowly to let your body adapt.

- Aim to try one new higher fibre option per day
- Try increasing your fibre intake by no more than 2-3 grams per day

Don't forget the fluids

Your body needs lots of fluid to help process extra fibre in the diet...So make sure you are getting your 8 - 10 cups of fluids every day! Choose mainly from water, 100% fruit juice, milk and tea to fulfill your fluid needs.