Recipe of the Month

**NOVEMBER NACHO DIP:**
(adapted from Looneyspoons cookbook, Nacho Nacho Man recipe, p 13)

*The Bottom Layer (Creamy Bean Stuff)*
1 cup canned low-fat refried beans (substitute a layer of another type of bean ie. soy beans)
1/3 cup low-fat sour cream (substitute some or all with plain yogurt)
2 tbsp salsa and 1 tbsp lime juice

*The Second Layer (Guiltless Guacamole)*
½ cup peeled and chopped avocado (add lime juice to prevent discolouration)
½ cup frozen green peas, cooked
¼ cup low-fat sour cream
2 tbsp chopped red onion
2 tsp lime juice
1 tbsp chopped fresh coriander and 1 clove garlic, minced

*The Third Layer (Sour Creamy Stuff)*
1 cup low-fat sour cream (thick stuff)
1 tsp taco seasoning

*The Fourth Layer (Simple and Spicy)*
1 cup salsa (chunky style)

*The Top Layer (Cheesy Decorations)*
½ cup shredded reduced-fat cheddar cheese
¼ cup chopped green onions

- Combine all ingredients for bottom layer in bowl and spread evenly over the bottom of a 9 inch pie plate.
- Combine guacamole ingredients in a blender and blend until slightly lumpy. Spread over bean mixture. Combine sour cream and taco seasoning and spread over guacamole layer. Spread salsa evenly over sour cream. Sprinkle cheese over salsa layer and garnish with green onions. Cover and refrigerate for 1 hour. Serve with nacho chips.
- Makes 8 servings. Each serving contains: 212 calories, 4.6 g fat, 34.6 g carbohydrates, 11.3 g protein, 744 mg sodium and 7 mg cholesterol.

Be creative and add a layer of your favorite vegetables (broccoli or green peppers) to this yummy nacho dip! When choosing a bag of nacho chips, try the baked varieties!

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**BASIC FACTS ABOUT FATS:**

<table>
<thead>
<tr>
<th>Saturated Fats</th>
<th>Unsaturated Fats</th>
</tr>
</thead>
<tbody>
<tr>
<td>&quot;Bad Fat&quot;</td>
<td>&quot;Good Fat&quot;</td>
</tr>
<tr>
<td>Mostly solid (fats) at room temperature</td>
<td>Generally liquid (oils) at room temperature</td>
</tr>
<tr>
<td>Raise blood cholesterol levels</td>
<td>Tend to lower blood cholesterol levels</td>
</tr>
<tr>
<td>Increases the risk of heart disease</td>
<td>Reduces the risk of heart disease</td>
</tr>
<tr>
<td>Ideally you want no more than 10% of your diet as saturated fat</td>
<td>Your diet should contain no more than 30% total fat (10% as saturated fat and the rest unsaturated fat)</td>
</tr>
</tbody>
</table>

**Note:** Unsaturated fats include polyunsaturates and monounsaturates. Nutritionally, trans fatty acids are similar to saturated fatty acids.

**COMMON FOOD SOURCES:**

<table>
<thead>
<tr>
<th>Saturated fat</th>
<th>Mono-unsaturated fat</th>
<th>Poly-unsaturated fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>• red meat</td>
<td>• avocado</td>
<td>• oily fish like</td>
</tr>
<tr>
<td>• butter</td>
<td>• nuts (almonds)</td>
<td>• salmon &amp; sardines</td>
</tr>
<tr>
<td>• palm or</td>
<td>• olive, canola &amp;</td>
<td>• safflower,</td>
</tr>
<tr>
<td>• coconut oil</td>
<td>• peanut oils</td>
<td>sunflower, and</td>
</tr>
<tr>
<td></td>
<td></td>
<td>flaxseed oils</td>
</tr>
</tbody>
</table>
Trans fatty acids

What are trans fats & Why are they harmful?

Trans fats are produced when the fats within foods are chemically modified or undergo “hydrogenation”. Research has shown that consuming too many trans fats not only increases bad cholesterol (LDL) but decreases good cholesterol (HDL), both of which lead to an increased risk of heart disease.

How to Calculate the Trans Fat content of foods:
1. Find total grams of fat on food label
2. Add up individual fat grams. (saturated and unsaturated fats are usually listed below total fat grams)
3. The difference between #1 and #2 is the trans fat

Example:

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>9 g</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturated</td>
<td>3 g</td>
</tr>
<tr>
<td>Monounsaturated</td>
<td>2 g</td>
</tr>
<tr>
<td>Polyunsaturated</td>
<td>3 g</td>
</tr>
</tbody>
</table>

Therefore, there is (9−8) = 1 g of trans fat.

Use these 5 tips to decrease the TRANS fatty acids in your diet

1. Read the ingredient list on your foods. Avoid products that list hydrogenated oils, partially hydrogenated oils and shortening as the first few (main) ingredients.
2. Limit your intake of highly processed foods. These tend to contain the highest amounts of TRANS fats.
3. Use caution when selecting some “low fat” products. Unfortunately, when some companies take the original fat out of a product they leave behind TRANS fat in the product.
4. Try the simple calculation above to see how much TRANS fat is potentially in your favorite foods. (The good news is that the new food labeling system coming soon will do this for you!)
5. Try to limit your intake of TRANS fat to < 2 g/day! (Note: this is sometimes challenging to do!)

Check out www.heidismithnutrition.com for more information on trans fats and other hot nutrition topics!

Compliments of the Dietitians at the Health and Performance Centre (519) 767 5011