

IN A NUTSHELL

NEWS FROM THE PEANUT BUREAU OF CANADA

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Dressed up or down, peanuts make the perfect snack

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For many years, common knowledge dictated that three square meals a day were the best way to fuel our bodies and keep us feeling energized all day long. While this meal plan may work for some, it is not ideal for everyone. Luckily today there has been a shift to smart snacking between meals – and for good reason.

PLANNING FOR HEALTH

When you plan for snacks, you have the opportunity to better control impulse-eating that might otherwise lead you astray in your healthy eating plan. A healthy snack should be nutritious and keep you feeling full until the next meal. For example, a handful of peanuts offers protein to keep hunger at bay and essential nutrients such as B vitamins, vitamin E, magnesium and folate, which are all important for good health.

BANISH BOREDOM

Keep your snacks interesting by mixing it up from day-to-day. Sweet or savory – tantalize your taste buds! Here are two easy and delicious spiced peanut recipes. Keep them on hand for snacking, or package them in attractive canisters or tins for gifts.

MOROCCAN PEANUTS

1
3 cups (750mL)
1/2 cup (125mL)
1 tablespoon (15mL)
2 teaspoons (10mL)
2 teaspoons (10mL)
1/4 teaspoon (1mL)
1/4 teaspoon (1mL)

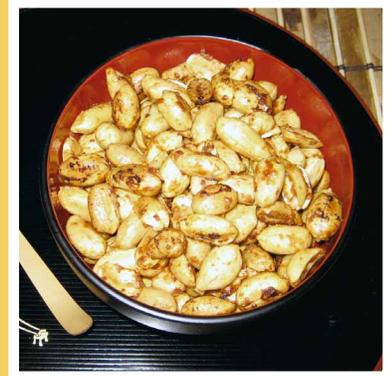
large egg white
dry roasted, unsalted peanuts
sugar
ground cinnamon
ground cumin
salt
ground nutmeg
cayenne pepper



Preheat oven to 300°F (150°C). In a medium bowl, beat egg white with 1 tablespoon (15mL) water until frothy. Add peanuts; toss to coat well. If necessary, pour peanuts into a strainer and let any excess liquid drain off. Combine remaining ingredients in a resealable plastic bag; mix well. Add peanuts and toss gently to coat evenly. Spread peanuts in a single layer on a nonstick baking sheet. Bake at 300°F (150°C), in centre of oven for 15 minutes. Stir peanuts, reduce heat to 275°F (135°C), and bake 45 minutes. Remove peanuts from the oven and loosen with a spatula. Cool in pan 30 minutes. Store in tightly covered container.

YIELD: 9 servings (1/3 cup/75mL per serving)

NUTRITION PER SERVING: 334 cal; 23 g carb; 12 g pro; 24 g fat (61% cal from fat); 0 mg chol; 4 g fiber; 484 mg sod.



ASIAN PEANUTS

3 cups (750mL) dry-roasted, unsalted peanuts
2 tablespoons (30mL) soy sauce
1 teaspoon (5mL) toasted sesame oil
1 tablespoon (15mL) granulated sugar
1 tablespoon (15mL) ground ginger
1 tablespoon (15mL) garlic powder

Preheat oven to 350°F (175°C). In a medium bowl, toss peanuts with soy sauce and sesame oil. Combine remaining ingredients in a resealable plastic bag; mix well. Add peanuts and toss gently to coat evenly. Spread peanuts in single layer on a nonstick baking sheet. Bake at 350°F (175°C), in centre of oven for 7-10 minutes. Remove peanuts from the oven and loosen with a spatula. Cool in pan. Store in a tightly covered container.

YIELD: 9 servings (1/3 cup/75mL per serving)

NUTRITION PER SERVING:
302 cal; 13 g carb; 12 g pro; 25 g fat (69% cal from fat); 0 mg chol; 4 g fiber; 232 mg sod.

QUESTIONS? COMMENTS?

Feel free to contact us at info@peanutbureau.ca with any questions or feedback you may have about this issue of **IN A NUTSHELL**.

For more great peanut recipes or information, visit www.peanutbureau.ca.

*Recipes courtesy of USA National Peanut Board

USA PEANUTS: innovation through quality

PATRICK ARCHER
President, Peanut Bureau of Canada



The Peanut Bureau of Canada is the Canadian information office of the American Peanut Council. The Bureau is dedicated to educating Canadian health care professionals, media and consumers about peanuts and peanut products as part of a healthy diet.

A 2005 survey of 1,500 Canadians found that almost nine in ten people (88 per cent) currently have peanut butter, peanuts, or both in their household. Approximately 70 per cent of those products are made with peanuts that were grown in the United States.

The USA peanut industry, through its continuing investments in research and technology, is committed to providing the world with the highest quality, most flavourful, and safest peanuts possible. It is a team effort using industry-leading technology such as the world's most comprehensive seed development program, innovative tote bag packaging, and climate-controlled storage. The entire industry's commitment to innovation through quality takes every measure to ensure that consistency, safety and quality are present in every aspect of USA peanut production.

The main peanut growing areas in the USA are Georgia, Texas, Alabama, the Carolinas, Florida, Virginia, New Mexico, Oklahoma and Mississippi. Although commonly referred to as nuts, peanuts are actually from the legume family. The plants grow close to the ground and produce fruit below the soil surface.

Peanuts have a fat profile similar to olive oil and in addition, are high in protein, contain a wide range of vitamins and minerals, including Vitamin E, folic acid, and magnesium as well as fibre and resveratrol. They have a very low Glycemic Index or G.I.

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comparison studies have shown US peanuts have the highest oleic/linoleic ratio, Argentine peanuts less, and Chinese peanuts the lowest oleic/linoleic ratio. The high oleic acid ratio of peanuts in the USA gives them a longer shelf life. A lot of the peanuts now being produced in the USA were bred for their intensified high oleic content traits to give longer shelf lives. Some areas of the US are growing predominately high oleic peanuts.

Through the US peanut industry's adherence to stringent government regulations ensuring food safety and quality, decades of thorough research, and continuously integrating innovative technologies, the USA peanut industry is able to deliver the highest-quality peanuts at the peak of their flavour with every shipment. Our commitment to innovation through quality is evidenced by quality-conscious manufacturers around the world using the Quality USA logo. This seal is our industry-wide assurance to you, our customers, that the peanuts you are purchasing are the safest, most wholesome and highest-quality peanuts available.



The oil chemistry of peanuts has the greatest impact on their shelf life potential and the fatty acid composition of peanuts changes throughout their growing cycle as they become more mature. The ratio of oleic to linoleic acids determines the shelf life of peanuts, with a higher oleic/linoleic ratio giving a longer shelf life. Origin

