

INA NUTSHELL

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The Five Ingredient Fix

Healthy and cost-effective home cooked meals using only five ingredients

By Heather Trim, food editor and writer

After-school activities, weeknight hockey practices plus doctor and dentist appointments. Most families these days have a busy calendar full of extra-curricular activities coupled with hectic work schedules. It can be a big challenge making sure everyone eats well.

As a food editor, stylist and recipe developer, I'm often asked how I manage to feed my active time-crunched family healthy meals. My advice – you don't have to be an expert cook to prepare a dinner everyone will enjoy. By using just five-ingredients, home-cooked meals will help families on-the-go fuel up a whole lot healthier than it takes to order in! And remember, a fast-fuelling meal doesn't have to mean compromising on nutrition, or great taste.

Looking for some practical tips for flavourful meals to share with your clients? Here are a few tricks I use at home:

Simple ingredients for a simplified life. Straightforward ingredients, such as peanuts, are readily available, more

cost-effective than other nuts and pack a powerful nutritional punch; just one serving (1/4 cup or 50 mL) is chock full of protein, fibre, healthy fats and essential vitamins and minerals.

Stocking the cabinet. Having staples like canned beans, frozen fruits or veggies, peanuts, peanut butter, pasta, canned tomatoes and some longer lasting cheeses such as Parmesan or cheddar makes mealtime preparation so much easier. Taking a basic approach with ingredients promotes healthy eating.

It's a family thing. Propose to your clients to enlist help from family members at mealtime. Cooking can be fun, educational and a great opportunity to teach kids of all ages how to create delicious snacks and meals they'll enjoy!

Save time, and money. Suggest to your clients to plan a weekly menu of meals and shop once or twice a week with a grocery list. Last minute trips to the store mean wasting time, often spending more and buying impulsively. 🍴

NUTTY RECIPE

Asian Chicken and Veggie Wrap



INGREDIENTS:

2 tbsp	peanut butter	25 mL
1/2 to 2 tsp	hot Chinese chilli-garlic sauce*	2 to 10 mL
1	medium-size flour tortilla, preferably whole wheat or multi-grain	1
	Shredded lettuce or whole leaves, optional	
	Colourful sweet peppers cut into strips	
	Leftover cooked chicken, cut into strips	
	Salt and pepper	

DIRECTIONS:

1. In a small bowl, stir peanut butter with 1 1/2 tbsp (22 mL) water and chilli sauce to taste. Stir in more water to thin mixture to the consistency of mayo.
2. Spread wrap with peanut butter mixture right to the edges. Line with lettuce if using, colourful peppers, chicken, salt and pepper to taste. Wrap and fold to enclose filling. Slice diagonally in half. Makes one wrap (can easily be doubled).

* Chinese chilli-garlic sauce can be found in the Asian section of supermarkets or substitute 2 tsp (10 mL) cider vinegar and cayenne to taste.

Peanut Allergy Update – Advances made in peanut allergy therapy

Doctors in Britain believe they may soon be able to cure children of peanut allergies, by feeding them tiny doses of peanut flour to eventually build a tolerance to the protein.

Researchers at Addenbrooke's Hospital in Cambridge, U.K. have already tested the treatment on 23 children and are preparing a much larger trial, involving more than 100 children, making it the largest study to date on the experimental therapy.

The treatment – peanut oral immunotherapy (OIT) – consists of repeatedly exposing allergic children to controlled doses of peanut protein. Those receiving the therapy will be given a small amount of yogurt containing one milligram of peanut flour mixed in each day. Over time, the quantity of peanut flour will be increased to the equivalent of five peanuts a day, a process designed to desensitize their immune systems to nuts.

The pilot study showed successful results with 20 out of the 23 suffers eventually able to eat more than 30 peanuts a day. The study's lead researcher, Dr. Andrew Clark, stresses that the experiments were carried out in a very controlled setting, where resuscitation drugs and specialists are available should any of the children develop a serious anaphylactic reaction. He noted that while there were no serious events in the pilot study, no one with a serious peanut allergy should attempt a do-it-yourself treatment approach.

Researchers are not sure whether their treatment is a permanent cure, or whether allergic children would need to continue taking the peanut flour to maintain their tolerance. But it is hoped that at the end of the three year study there will be a clear idea whether this treatment really works, and whether it's a practical treatment that can be used in clinics. 



REFERENCES:

- Peanut allergies tackled in largest ever trial, BBC News, February 22, 2010 <http://news.bbc.co.uk/2/hi/8527530.stm>
- Peanut allergy treatment could be on the horizon, CTV News, February 22, 2010 http://www.ctv.ca/servlet/ArticleNews/story/CTVNews/20100222/peanuts_100222/20100222

Peanut Butter for Haiti

The U.S. peanut industry is helping out the relief effort in Haiti by delivering peanut butter and peanut products to those affected by the January 12th earthquake.

The project, Peanut Butter for Haiti, was initiated upon hearing news of the disaster and just seven days after the earthquake, two truckloads of peanut butter were loaded on a military ship bound for Haiti.



To date, the project has raised \$126,000 (USD) in cash donations used to purchase peanut butter at cost. In addition, approximately \$260,000 (USD) worth of peanut butter donations have been made along with a total of \$6,000 (USD) of donated transportation costs. And, \$8,000 (USD) worth of "Family Peanut Boxes" containing peanut products and bottled water were purchased from the National Peanut Buying Points Association to go to Haiti.

A total of 233,262 lbs of peanut butter have made their way to the earthquake victims in Haiti.

An ideal choice for emergency situations like this, peanut butter is the perfect food since it does not have to be refrigerated, does not require cooking, and delivers a nutritional punch that is life-sustaining.

"Peanut butter is a delicious, nutrient-rich food, high in protein and fibre that doesn't require refrigeration or cooking and is easy to ship and distribute," says Stephanie Grunenfelder, APC. "All of these traits make it an ideal food to send to the Haitian earthquake victims at this time."

Peanuts and peanut butter offer protein and essential nutrients such as B vitamins, including folate, as well as vitamin E and magnesium. Plus, peanuts are low in saturated fat, cholesterol-free and gluten-free.

QUESTIONS? COMMENTS?

Contact us at info@peanutbureau.ca
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