

Eat Healthy, Live Healthy

Recipes And Tips About The Nutritional Benefits Of Flax

(NAPSA)—When it comes to giving your health a boost, it may be as simple as saying “Just the flax, ma’am.”

The majority of American diets no longer contain the amount of omega-3 fatty acids needed for overall health and wellness. Omega-3 fatty acids can help correct imbalances in modern diets that may lead to health problems.

Eating more omega-3-rich foods, such as flax oil, may help lower the risk of chronic diseases like heart disease, stroke and cancer, as well as lower LDL, or “bad,” cholesterol.

Scientists have discovered that flax may also act as an anti-inflammatory, reducing immune system diseases.

Despite its health benefits, it has long been believed that you can’t sauté, bake or stir-fry with flax oil. Christina Pirello, Emmy Award-winning host of the PBS television series “Christina Cooks,” has disproved this notion by developing a series of easy, healthful recipes using a new line of flax oil blends.

“Although a wonderful source of omega-3, flax oils are notoriously difficult to cook with because the molecules are incredibly fragile,” says Pirello. “With the advent of Heart Shape Flax Oil blends, Shape Foods has transformed flax oil from supplement to cooking oil.”

Incorporating healthy fats into your diet is easy. Experiment with pure flax oil or flax oil blends in your favorite recipes, or integrate them in one of the following ways:

- Sprinkle one to two tablespoons of flax oil on top of your oatmeal or other hot cereal.

- At snack time, blend flax oil into fruit smoothies for an extra energy boost or shake over popcorn.



Christina Pirello, of PBS’s “Christina Cooks” TV series, uses flax oil blends in recipes.

- Whip into mashed potatoes or toss with fresh salad greens.

Below are two of Ms. Pirello’s recipes:

Edamame Hummus

- 2 cups shelled edamame**
- 1½ tablespoons sesame tahini**
- 2 teaspoons fresh ginger juice**
- 1 tablespoon plus 1 teaspoon Heart Shape Flax Oil**
- 1 clove fresh garlic, crushed**
- ½ teaspoon sea salt**
- Generous pinch of cracked black pepper**
- 1 tablespoon fresh lemon juice**
- 2 tablespoons finely minced fresh, flat-leaf parsley**

Bring a pot of water to a boil with a pinch of salt. Boil edamame for 5 minutes. Drain well and cool to room temperature.

In a food processor, combine cooked edamame, tahini, ginger juice, one tablespoon of flax oil, garlic, salt, pepper and lemon juice and puree

until smooth. Transfer to a small bowl and fold in parsley.

To serve, mound hummus in the center of a platter and surround with Belgian endive leaves, cucumber slices, carrot and celery sticks or pita points, drizzling on the remainder of oil.

Skinny Sweet Potato Fries

- 5 medium sweet potatoes, rinsed, cut into ½-inch-thick spears**
- 2 tablespoons Heart Shape Flax, Olive and Sunflower Oil**
- ½ teaspoon salt**

Preheat oven to 425 degrees and line a shallow baking sheet with recycled foil and lightly oil.

Toss sweet potato pieces with flax oil and salt and arrange on baking sheet, avoiding overlap. Bake for 30 minutes, turning once to ensure even browning. Serve hot. Makes 6 servings.

Note: Variations can include adding ½ teaspoon dried basil, oregano or other herbs. For spicy fries, add ½ teaspoon chili powder. The spice actually enhances the sweet potato flavor.

An excellent source of omega-3 ALA (alpha-linolenic acid) that is low in saturated fat, the line of three Heart Shape products—Flax Oil, Flax & Sunflower Oil blend and Flax Olive Sunflower Oil blend—is available online and at major retailers. To learn more and for additional recipes, visit www.shapefoods.com.