



ROGERS FOODS NEWSLETTER

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Recipes of the Month

Oat and Walnut Crusted
Maple Glazed Salmon

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Duck Poutine

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Apple Pie Oatmeal

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Wheat Germ - the
superfood you need to
consider incorporating into
your diet.

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Canada Baking to Celebrate Our Pride!

🍁 This month's issue of Rogers Foods Newsletter is here, and it's bursting with delicious recipes to help you celebrate our Canadian pride in the most scrumptious way! From classic poutine to maple-glazed salmon, savour the flavours of Canada with us. 🇨🇦❤️

Swipe through our newsletter for some mouth-watering recipes inside. Don't forget to share your cooking creations with us using #MadeWithRogers

Happy cooking, eh? 🍳✨

#CanadaProud #TrueNorthStrong #CanadianFood



OAT & WALNUT-CRUSTED MAPLE-GLAZED SALMON

Prep Time: 30 min

Cook Time: 15 min

Servings: 4



INGREDIENTS

- 4 salmon fillets
- 1/2 cup **ROGERS FOODS LARGE FLAKE OATS**
- 1/4 cup walnuts
- 1/4 cup maple syrup
- 2 tablespoons Dijon mustard
- 1 tablespoon olive oil
- Salt and pepper to taste
- 1 teaspoon dried thyme
- 1 teaspoon garlic powder
- 1 tbsp lemon zest

INSTRUCTIONS

1. **Preheat Oven** - Preheat your oven to 375°F (190°C)
2. **Prepare the Crust** - In a food processor, combine Rogers Roods Large Flake Oats and walnuts. Pulse until coarsely ground. Add salt, pepper, thyme, lemon zest and garlic powder. Pulse briefly to mix.
3. **Prepare the Glaze** - In a small bowl, mix maple syrup and Dijon mustard until well combined.
4. **Prepare the Salmon** - Pat the salmon fillets dry with a paper towel. Season both sides with salt and pepper.

5. **Glaze the Salmon** - Brush the top of each salmon fillet generously with the maple-Dijon glaze.
6. **Crust the Salmon** - Press the oats and walnut mixture onto the top of each fillet, ensuring they are well-coated.
7. **Cook the Salmon** - Heat olive oil in an oven-safe skillet over medium-high heat. Place the salmon fillets, crust side up, in the skillet. Sear for 2-3 minutes until the skin is golden. Transfer the skillet to the preheated oven. Bake for 11-14 minutes, or until the salmon is cooked through and flakes easily with a fork.
8. **Serve** - Remove from the oven and let rest for a couple of minutes before serving. Serve the salmon fillets with your choice of sides! Enjoy your delicious Oats and Walnut Crusted, Maple Glazed Salmon!

DUCK POUTINE, EH?

ROGERS FAVOURITE GRAVY RECIPE

PREP TIME: 5 minutes

COOK TIME: 10 minutes

NUMBER OF SERVINGS: 4



Nothing is more Canadian than Poutine and what better way to serve it than with some Canadian Duck and our favourite Rogers Foods Gravy recipe?

INGREDIENTS for GRAVY

- 1 cup chicken broth (or duck if making duck poutine)
- 1 cup beef broth
- 1 cube or packet of beef bouillon
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 tbsp Worcestershire
- 1 tsp of soya sauce
- 1 tsp red wine vinegar
- 1/4 cup cold water

- 4 tbsp **ROGERS FOODS ALL PURPOSE FLOUR**
- 5 tablespoon cold unsalted butter (reserve one tbsp for finishing)

INSTRUCTIONS

- Melt butter in a medium-sized sauce pan over medium high heat. When bubbling, add Rogers Foods flour and whisk until mixture is smooth and golden in colour, typically 3-5 minutes.
- On medium low heat, slowly whisk in the chicken broth, beef broth, beef bouillon, onion and garlic powder, and Worcestershire sauce in a medium saucepan. Stir to combine and simmer until thickened for 5 minutes or longer, then decrease to medium-low.
- Remove from heat. Swirl in one tablespoon cold butter just before serving. This adds a silky, velvety finish.

Top french fries with your favourite toppings including cheese curds and cooked duck then finish with your Rogers Foods Gravy.

TIPS - Too Thin? Combine 1 tbsp flour with 1 tbsp of cold water. Mix until smooth and add to gravy. Simmer to thicken and repeat if necessary. Too Thick? Add more broth. Too Salty? Add a splash of cream, sour cream or lemon juice.

APPLE PIE OATMEAL

PREP TIME: 5 minutes

COOK TIME: 12 minutes

NUMBER OF SERVINGS: 4



INGREDIENTS:

- 250 mL (1 cup) water
- 625 mL (2 ½ cups) skim milk
- 335 mL (1 ⅓ cups) **ROGERS FOODS LARGE FLAKE OATS**
- 85 mL (⅓ cup) **ROGERS FOODS WHEAT GERM**
- 30 mL (2 tbsp) packed brown sugar
- 2 mL (½ tsp) pumpkin pie spice or ground cinnamon
- 1 apple, cored and diced
- 30 mL (2 tbsp) dried cranberries (optional)

INSTRUCTIONS

1. In a large saucepan, bring water and milk to a gentle boil over medium-high heat. Stir in oats and wheat germ. Reduce heat to medium-low and stir in sugar and pumpkin pie spice. Cook, stirring for about 12 minutes or until almost thickened.
2. Remove from heat and stir in apple and cranberries, if using. Cover and let stand for 5 minutes before serving.



WELLNESS CORNER

with Rogers Foods Registered Holistic Nutritionist, Tammy-Lynn

WHEAT GERM - THE SUPERFOOD YOU NEED TO CONSIDER INCORPORATING INTO YOUR DIET



In an era where maintaining a balanced diet is becoming increasingly critical for health and wellness, some foods stand out for their exceptional nutrient profiles and benefits. One such superfood is wheat germ, the small but mighty part of the wheat kernel that is packed with essential nutrients. Consumed for centuries, wheat germ has garnered renewed attention for its potential health benefits. This article will explore the nutritional profile of wheat germ, its myriad health benefits, practical ways to incorporate it into our diets, and considerations to keep in mind when consuming it. Wheat germ's impressive range of nutrients makes it a worthy addition to anyone's daily nutritional regimen.

Nutritional Profile of Wheat Germ

Wheat germ can be particularly beneficial for those interested in skin and hair health. Vitamin E is well-known for its skin-protective properties, helping to reduce signs of aging, improve skin elasticity, and support wound healing. The B-complex vitamins and healthy fats nourish the skin and hair, contributing to a healthy, vibrant appearance.

When it comes to minerals, wheat germ does not disappoint. It's a good source of magnesium, which is vital for muscle and nerve function, blood glucose control, and blood pressure regulation. Iron is another abundant mineral in wheat germ, essential for the formation of red blood cells and oxygen transport in the body. In addition, wheat germ provides zinc, crucial for immune function and wound healing, and selenium, another antioxidant that helps protect the body from free radical damage.

Protein and fibre content further augment its nutritional profile. Wheat germ contains around 28% protein by weight, making it an excellent source of plant-based protein. This can be particularly beneficial for vegetarians and vegans looking to enhance their protein intake. The dietary fibre in wheat germ aids digestion, helps maintain intestinal health, and can assist in regulating blood sugar levels.

Healthy fats, including omega-3 and omega-6 fatty acids, are present in wheat germ. These fats are essential for brain function, reducing inflammation, and supporting heart health. Together, these nutrients make wheat germ a compact and versatile ingredient that can contribute significantly to various aspects of health.

Health Benefits of Wheat Germ

The dense concentration of nutrients in wheat germ translates to numerous health benefits. Its antioxidant properties, primarily due to Vitamin E and selenium, play a crucial role in protecting the body from oxidative stress and maintaining cellular health. These antioxidants can help reduce the risk of chronic diseases, including cancer and heart disease.

Cardiovascular health benefits from the rich supply of healthy fats and fibre in wheat germ. Omega-3 fatty acids can help lower triglyceride levels and reduce the risk of heart problems, while the fibre content supports healthy cholesterol levels and improves blood pressure control. Phytosterols, plant compounds resembling cholesterol, can also help lower cholesterol levels by blocking its absorption in the intestines.

Digestive health is another area where wheat germ shines. The fibre in wheat germ adds bulk to stool, promoting regular bowel movements and preventing constipation. It also acts as a prebiotic, feeding the beneficial bacteria in the gut, which can improve overall gut health and enhance the absorption of nutrients.

Wheat germ's effect on the immune system is fortified by its zinc content, which is vital for the development and function of immune cells. Adequate zinc levels can help prevent illnesses and speed up recovery from infections. Additionally, the combination of B-vitamins and antioxidants supports overall immune resilience.

For those interested in skin and hair health, wheat germ can be particularly beneficial. Vitamin E is well-known for its skin-protective properties, helping to reduce signs of aging, improve skin elasticity, and support wound healing. The B-complex vitamins and healthy fats also nourish the skin and hair, contributing to a healthy, vibrant appearance.

Incorporating Wheat Germ into Your Diet

Incorporating wheat germ into your diet is straightforward and easy to do. Wheat germ is available in raw form and is delicious toasted, each offering a slightly different flavour and texture. Here are several practical ways to add wheat germ to your meals:

Consider adding a tablespoon of wheat germ to your cereal, oatmeal, or yogurt for breakfast. It can also be blended into smoothies, adding a nutty flavour and nutritional boost. When preparing lunch or dinner, sprinkle wheat germ over salads, mix it into soups, or incorporate it into casseroles and stir-fries. For baking enthusiasts, wheat germ can be added to bread, muffins, cookies, and even pancake batter, enhancing the nutritional value of these treats.

A recommended daily intake is about 1-2 tablespoons, which provides a significant nutrient boost without adding excessive calories. Proper storage is essential to maintain wheat germ's freshness and prevent it from going rancid. Keep it in a tightly sealed container in the refrigerator or freezer.

Potential Concerns and Considerations

While wheat germ is highly nutritious, some considerations should be made. Individuals with a wheat allergy or intolerance should avoid wheat germ, which can trigger allergic reactions. Additionally, wheat germ contains gluten, making it unsuitable for those with celiac disease or non-celiac gluten sensitivity.

Wheat germ is relatively calorically dense, so portion control is essential, especially for those managing their weight. The high fibre content, while beneficial, might also cause digestive

discomfort if consumed in large quantities quickly. Gradually increasing intake can help the body adjust.

There are also potential interactions with medications to consider. For instance, wheat germ's high Vitamin E content might interact with blood-thinning medications, affecting their efficacy. Consultation with a healthcare provider is advisable for individuals on such medications or with underlying health conditions.

So what are you waiting for? Wheat germ's rich profile of vitamins, minerals, protein, fibre, and healthy fats translates into numerous health benefits, from antioxidant protection to cardiovascular health, digestive support, immune function enhancement, and skin and hair health. By adding wheat germ to our meals, you can harness its powerful nutritional benefits as part of a balanced and health-conscious diet!