

# Omega 3 Recipes

## **Brussels Sprouts with Walnut Oil and Lemon**

*Yield: 2 servings*

2 cups brussels sprouts  
1 tbsp. walnut oil  
1 tsp. lemon  
2 tbsp. chopped walnuts  
salt and pepper to taste

1. Steam the brussels sprouts for about 10 minutes (be careful not to overcook).
2. Toss them in the oil and lemon.
3. Sprinkle with walnuts and serve.

Nutrient Value:

### **NUTRITIONAL VALUE PER CUP:**

Calories: 196  
Protein: 7 gms.  
Carbs: 21 gms.  
Sodium: 49 mgs. Total Fat: 13 gms. Sat. Fat: 1gms.  
Chol.: 0 mgs.  
LA: 6 gms.  
LNA: 1.5gms.  
EPA: 0 gms.  
DHA: 0 gms.  
Omega-6/Omega-3:4

*Recipe from The Omega Diet, Artemis P. Simopoulos, M.D. and Jo Robinson, HarperCollins, 1999*

## **Carrot Cake**



*Yield: 8 servings*

This recipe is a delicious way to add more vegetables and omega-3 fatty acids to your diet. You get the nutritional value of the carrots plus LNA from both the canola oil and the flaxseeds.

3/4 cup canola oil  
2 eggs, or 1 egg and 2 whites  
1 cup sugar  
1 1/3 cups white or whole-wheat pastry flour (unsifted)  
1/2 tsp. salt  
1 tsp. baking soda  
1 tbsp. cinnamon  
1 1/2 cups grated carrots  
1/2 cup ground flaxseeds (or 1/2 cup chopped walnuts)  
1/2 cup raisins  
1 tsp. orange peel or orange zest

1. Preheat oven to 350 degrees.
2. Beat oil, eggs and sugar in a mixer (or by hand) until creamy.
3. Mix dry ingredients in a separate bowl and add to the egg mixture.
4. Beat for an additional minute.
5. Add remaining ingredients and stir until combined.
6. Spoon batter into a lightly greased 8 -by-10-inch baking pan and bake for 30-40 minutes or until done. (The cake is done when you touch it lightly in the center and it springs back.)

### Nutrient Value

#### **Single Serving Nutrient Values(per 1/8 of recipe using flaxseeds)**

Calories	426	Fat	23g
Protein	5g	Saturates	2g
Carbohydrate	54g	Cholesterol	53mg
Sodium	251mg	LA	4g
LNA	3g		
EPA	NA		
DHA	NA		
Omega-6/Omega-3	1		

*Recipe from The Omega Diet, Artemis P. Simopoulos, M.D. and Jo Robinson, HarperCollins*

## **Tuna Pasta Salad**

*Yield: 4 1/2 cups*

2 cups colorful pasta shells  
1 can tuna (drained) or 1 cup fresh-cooked tuna  
1 red pepper, chopped  
3 tbsp. canola oil mayonnaise  
1 tbsp. lime juice  
1/2 cup chopped green onion

1. Cook the pasta in boiling water until just tender.
2. Mix the tuna, pepper, mayonnaise, lime juice and green onion.
3. Toss with pasta. Serve warm or cold.

### Nutrient Value

#### **Single Serving Nutrient Values (per 1 cup)**

Calories	205	Fat	3g
Protein	11g	Saturates	0.5g
Carbohydrate	34g	Cholesterol	10.3mg
Sodium	120mg	LA	1g
LNA		0.6g	
EPA		0.13g	
DHA		0.44g	
Omega-6/Omega-3		0.85	

*Recipe from The Omega Diet, Artemis P. Simopoulos, M.D. and Jo Robinson, HarperCollins*

## **Cracked Pepper Salmon**

*Yield: 4 servings*

Salmon is one of the richest sources of beneficial EPA and DHA.

2 tbsp. cracked or coarsely ground black pepper

1 tbsp. Italian seasoning

1/2 tsp. salt

1/4 tsp. garlic powder

four 6 ounce salmon fillets, about 3/4 inch thick at the thickest point

2 tbsp. all-purpose flour

1 tbsp. canola oil

1. Combine the first four ingredients in a small bowl.

2. Rub the salmon with the mixture and dredge the salmon in the flour.

3. Pour the canola oil into a large skillet over medium-high heat.

4. Add the salmon, and saute for 4 minutes on each side, or until the fish flakes easily when tested with a fork.

Cooking tip: It's best to use thinner fillets for the skillet because they cook more evenly.

### Nutrient Value

#### **Single Serving Nutrient Values r 1- 6-ounce salmon fillet)**

Calories	300	Fat	14.5g
Protein	34.7g	Saturates	2g
Carbohydrate	6.3g	monounsaturated	5.6g
Sodium	370mg	polyunsaturated	5.4g
Fiber	1.3g	Cholesterol	94mg
		LA	NA
		LNA	1.0g
		EPA	1.0g
		DHA	2g
		Omega-6/Omega-3	1

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## **Tuna Burgers**

*Yield: 4 servings*

The omega-3 content of different canned tuna varies considerably; albacore tuna is the richest source of the beneficial fats. Because of the risk of exposure to environmental pollution, adults probably should not eat more than one can of tuna per week.

- 2 slices rye bread (about 2 ounces)
- one 12-ounce can albacore tuna packed in water, drained
- 1/4 cup sliced green onion
- 2 tbsp. finely diced celery
- 1/3 cup chopped fresh parsley
- 1 tbsp fresh lemon juice
- 1/4 tsp. cayenne
- 1/4 tsp salt
- 2 omega-3-rich eggs, lightly beaten
- 1 tbsp. canola oil
- 4 sourdough sandwich rolls

1. Break the bread into pieces and place in a food processor or blender. Pulse several times to form bread crumbs.
2. Combine the bread crumbs, tuna, green onion, and celery in a bowl.
3. In another bowl, combine the next five ingredients. Stir them into the tuna mixture, and form into four equal-sized patties.
4. Heat the oil in a large nonstick skillet over medium to medium-high heat.
5. Add the patties, and cook 4 minutes. Carefully turn the patties over, and cook 4 minutes more, or until golden.
6. Serve on the sandwich rolls with a condiment of choice and extras such as lettuce and tomato, if desired.

### Nutrient Value

Calories	328	Fat	8.8g
Protein	31g	Saturates	1.4g
Carbohydrate	31.7g	monounsaturated	3.8g
Sodium	370mg	polyunsaturated	2.4g
Fiber	2.4g	Cholesterol	131mg
LA		NA	
LNA		1.3g	
EPA		.26g	
DHA		0.92g	
Omega-6/Omega-3		0.82	

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## **Apricot-Flaxseed Tea Bread**

*Yield: 8-inch loaf (12 slices)*

This dense quick bread contains three stellar sources of alpha-linolenic acid: flaxseed meal, omega-3 rich eggs, and canola oil. Apple butter, which adds spice to this recipe, can be found in the supermarket in the jam and jelly aisle.

3/4 cup apple cider or apple juice

1 cup chopped dried apricots (about 6 ounces)

1/3 cup brown sugar

1/4 cup canola oil

1 tbsp. apple butter

2 omega-3-rich eggs

1/3 cup raisins

1 cup all-purpose flour

1/2 cup flaxseed meal (ground flaxseeds)

1 1/2 tsp. baking soda

1/2 tsp. salt

1. Preheat the oven to 350 degrees

2. Bring the apple cider to a boil in a small saucepan.

3. Remove from the heat, and stir in apricots. Let stand 10 minutes.

4. Place 1/2 cup of the apricot mixture in a small food processor or blender and puree.

5. Combine the puree, brown sugar, oil, apple butter, and eggs; stir well with a whisk.

6. Stir in the raisins and remaining apricots.

7. Combine the flour, flaxseed meal, baking soda, and salt in a large bowl. Make a well in the center

of the mixture, and add the apricot mixture, stirring just until moist.

8. Spoon the batter into an 8- by 4-inch loaf pan lightly coated with canola oil. Bake for 40 to 45 minutes

or until a wooden pick inserted in the center comes out clean.

9. Cool 10 minutes, and remove the bread from the pan. Cool completely on a wire rack.

Cooking tip: Any combination of dried fruit will work for this quick bread. Make sure to rehydrate the dried fruit with a hot liquid such as apple cider or another fruit juice.

## Nutrient Value

### Single Serving Nutrient Values (1 slice)

Calories	205	Fat	8.7g
Protein	4.5g	Saturates	0.9g
Carbohydrate	28.5g	monounsaturated	3.6g
Sodium	279mg	polyunsaturated	3.6g
Fiber	2.8g	Cholesterol	37mg
LA		NA	
LNA		2.5g	
EPA		NA	
DHA		0.01g	
Omega-6/Omega-3		0.6	

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## Oatmeal-Flax Pancakes



*Yield: 6 servings (2 pancakes)*

Ground flaxseeds, which are high in alpha-linolenic acid, give a subtle nutty undertone to these easy-to-fix hot cakes. Because the hot cakes cook quickly, it's fine to use flaxseed oil in this application.

1 1/2 cups fat-free or reduced-fat buttermilk  
1/2 cup quick-cooking oats (not instant)  
1 omega-3 rich egg  
2 tbsp. flaxseed or canola oil  
1 cup all-purpose flour  
1/4 cup flaxseed meal (ground flaxseeds)  
3 tbsp. white sugar or brown sugar  
1/2 tsp. salt  
1 tsp. cinnamon  
1/2 tsp. baking soda  
1/4 tsp. baking powder  
canola oil (optional)

1. Combine the buttermilk and oats in a small bowl, and let stand 10 minutes so that the oats absorb the liquid.
2. Stir in the egg and the oil.
3. Combine the flour, flaxseed meal, sugar, salt, cinnamon, baking soda, and baking powder in a large bowl, and stir well.
4. Add the oat mixture to the flour mixture, stirring until smooth.
5. Spoon about 1/4 cup of the batter for each pancake onto a nonstick griddle or skillet brushed lightly with canola oil, and cook over medium to medium-high heat.
6. Do not crowd the pancakes. Turn the pancakes when their tops are covered with bubbles and the edges look cooked (about 2 to 3 minutes). Finish cooking until the second side is brown, about 1 to 2 minutes.

Cooking tip: Sprinkle some finely chopped walnuts into the batter just before cooking to add an extra dose of alpha-linolenic acid and a more pronounced nut flour.

## Nutrient Value

### **Single Serving Nutrient Value (2 pancakes)**

Calories	267	Fat	9.1g
Protein	8.5g	Saturates	1.0g
Carbohydrate	42.3g	monounsaturated	3.8g
Sodium	400mg	polyunsaturated	3.6g
Fiber	2g	Cholesterol	39mg
Iron	2.1mg	LA	NA
LNA		1.97g	
EPA		0.01g	
DHA		0.02g	
Omega-6/Omega-3		1	

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