

# FAT FACTS



## Sesame Oil

Sesame oil is rich in mono- and polyunsaturated acids (PUFAs)—the good kind of fat that cuts cholesterol. Sesame oil contains linoleic acid, which is a type of omega-6 fatty acid that may promote heart health by reducing LDL (Low density lipoprotein or “bad” cholesterol).

### How should you use it?

Sesame oil is typically used in Asian cuisines. Its strong, nutty flavor can be used in Thai and Japanese dishes. Try drizzling it over an Asian cabbage slaw with a sprinkle of black sesame seeds.

### Vegetable oils will keep longer when refrigerated.

Although some oils have a shelf life of a year or more, others such as flaxseed, sesame and walnut oils should be stored in the refrigerator. Eventually, all oils will become rancid with an off smell and taste. If this happens, it won't make you sick, but you should toss the oil anyway. To keep oil fresh longer, keep it away from heat, light and air.

## RECIPE

**Veggie Stir Fry with Soba Noodles** by Stacey Antine, MS RD and HealthBarn USA

**Servings:** 4 (1 Cup Per Serving) **Nutrition Facts:** Serving Size 1 Cup. Amount per serving: Calories 370, Total Fat 7g, Sodium 150mg, Total Carbohydrate 70g, Dietary Fiber 7g, Protein 11g

If you like spaghetti, you'll love buckwheat soba noodles. This delicious stir fry recipe is so bright and colorful that you will need sunglasses to eat it! The abundance of fresh vegetables ensures that it is power packed with lots of vitamins, minerals, and fiber too! Don't worry moms—it's quick and easy and can be prepared by the whole family. Get chopping!

## Ingredients

- 10 ounces buckwheat soba noodles\*
- 1 teaspoon canola oil
- 2 garlic cloves, minced
- 1 red bell pepper, chopped
- 1 orange or yellow bell pepper, chopped
- 1 zucchini, diced
- 1½ cups fresh spinach, chopped
- ¼ cup chives (or scallions), diced
- 3 teaspoons soy sauce, low sodium
- 2 teaspoons sesame oil
- 1 tablespoon sesame seeds

## Directions

1. Cook soba noodles according to package instructions, drain and set aside.
2. Heat medium saucepan over medium-high heat, add canola oil and sauté garlic for 2-3 minutes.
3. Add peppers and cook until softened.
4. Add zucchini and cook another few minutes.
5. Add spinach and chives, and cook 3-4 minutes.
6. Add soy sauce, sesame oil, and sesame seeds. Cook together for 2-3 minutes more.
7. Place mixture over soba noodles and toss thoroughly before serving.

\* Soba noodles are a type of Japanese noodle made from buckwheat flour. Not all soba noodles contain 100 percent buckwheat flour. Some have 80 percent buckwheat and 20 percent wheat flour. Therefore, checking the label for ingredients is paramount, especially for people with gluten sensitivity.

Read more: <http://www.livestrong.com/article/335908-the-nutritional-value-of-soba-buckwheat-noodles/#ixzz2NI1oK213>

(Source: [http://www.eatright.org/kids/recipe.aspx?id=6442459200&terms=sesame oil](http://www.eatright.org/kids/recipe.aspx?id=6442459200&terms=sesame%20oil) )

All About Oils by Erin Sund *The Academy of Nutrition and Dietetics 12/12*  
<http://www.eatright.org/public/slideshow.aspx?id=6442471506&terms=coconut%20oil#1>