



## Smart Snacking & Serving with Sunflower Seeds



Making wise food choices and modifying behavior to eat more healthful may not always seem easy. But sunflower seeds stand up to this challenge.

Sunflower seeds are an excellent snack by themselves or as an ingredient, offering a wealth of nutrients, many of which are hard-to-get. Full of healthy unsaturated fats, protein, fiber, minerals, vitamins and phytochemicals, nutrition scientists are realizing that we should pay better attention to this power-packed whole food.

In the United States, obesity as well as diabetes and heart disease are on the rise. The 2005 U.S. Dietary Guidelines recommends an intake of 20-35% of calories from fat, mostly coming from healthy polyunsaturated and monounsaturated sources. Consumption of these kinds of good fats has been shown to improve heart disease risk. The United States Department of Agriculture (USDA) encourages choosing sunflower seeds, which can boost these fats (1).

Sunflower seeds are also recognized by the U.S. Dietary Guidelines for their nutrient density. They are specifically noted to be the best whole food source of vitamin E, providing 84% of the daily value in just one ounce (1). A lower risk of death



from stroke has been associated with vitamin E-rich foods (2); and since studies have shown that only 5% of men and 4% of women meet the RDA for vitamin E, choosing sunflower seeds to increase vitamin E intake is a wise and easy solution (3).

Check out some of the nutrients you can get by incorporating just one ounce of sunflower seeds into your diet:

Nutrient	% Daily Value
Vitamin E	84
Phosphorus	32
Selenium	31
Copper	25
Pantothenic acid	20
Folate	17
Protein	12
Fiber	12
Vitamin B6	11
Zinc	10
Magnesium	9
Iron	6.4
Thiamin	6
Niacin	6
Riboflavin	5

Adding sunflower seeds to baked goods, sprinkling them on salads, or using them as a coating on chicken can add a lot of protein and many important nutrients to your meal. It's easy to incorporate sunflower seeds into your diet in a tasty and healthy way. Try the recipes on the next page and see for yourself!

### References:

1. Dietary Guidelines for Americans, 2005, U.S. Department of Health and Human Services and U.S. Department of Agriculture. — [www.healthierus.gov/dietaryguidelines](http://www.healthierus.gov/dietaryguidelines), [www.mypyramid.gov](http://www.mypyramid.gov)
2. Dutta A, et al. vitamin E and its role in the prevention of atherosclerosis and carcinogenesis: A review. JACN. 2003; 22(3): 258-268.
3. Gao X, et al. The maximal amount of dietary a-tocopherol intake in U.S. adults (NHANES 2001-2002). J Nutr. 2006, 136: 1021-1026

## Sunflower Garden Omelet

4 large eggs  
2 egg whites or 1/4 cup blended tofu (*see note*)  
1/4 teaspoon salt, or to taste  
Freshly ground black pepper, to taste  
1 teaspoon sunflower oil  
2 tablespoons raw sunflower seed kernels  
1/4 cup red onion, thinly sliced  
1/4 cup (about 2 large) mushrooms, thinly sliced  
1/4 cup baby spinach leaves  
1/4 cup (1/2 medium) tomato, sliced  
3 tablespoons minced fresh basil or mint  
2-3 tablespoons grated Parmesan cheese

*Note:* To blend tofu, crumble soft silken tofu into a small food processor bowl and blend until completely smooth. Can be kept tightly covered in the refrigerator for 5-7 days. Mix eggs, tofu, if using, salt and pepper together in medium bowl.

Place 10-inch non-stick skillet over medium heat, add 1 teaspoon oil. When hot, add sunflower kernels; toast, stirring occasionally for about 5 minutes until lightly browned.

Lower temperature and pour egg mixture into skillet over the toasted kernels. Cook, gently lifting edges of omelet allowing eggs to flow underneath until eggs no longer flow. Layer onion, mushrooms, spinach and tomato on one half of the eggs. Sprinkle with 2 tablespoons of herbs and cheese. Continue to cook about 3-4 minutes, until eggs are set and vegetables are warm. From the side having no veggies, use a spatula to roll omelet over the vegetables. Carefully slide omelet onto a platter. Cut in half before serving, sprinkle with remaining chopped herbs and cheese.

2 servings

Per serving — Calories: 292; Total Fat: 19g; Carbohydrate: 9 g; Sat. Fat: 5 g; Dietary Fiber: 2.5 g; Cholesterol: 430 mg; Protein: 22 g; Sodium: 597 mg; Calcium: 166 mg.; with seeds: 48% DV vitamin E, 16% phosphorus, 15% selenium, 13% copper, 10% pantothenic acid, 9% folate, 6% protein, 6% fiber, 6% vitamin B6, 5% zinc

## Sunflower, Cranberry & Oat Granola Bars

1 1/2 cups quick rolled oats  
3/4 cup sunflower kernels roasted and salted  
1/2 cup coconut  
1/2 cup cranberries, dried, sweetened  
1/4 cup toasted wheat germ  
1/4 cup whole-wheat flour  
1/4 tsp. ground cinnamon  
1/2 tsp. nutmeg  
1/3 cup sunflower margarine  
1/3 cup packed brown sugar  
1/3 cup honey  
Preheat oven to 350°F.

In bowl, stir together rolled oats, sunflower kernels, coconut, cranberries, wheat germ, whole-wheat flour, cinnamon and nutmeg. Set aside. Melt margarine; stir brown sugar and honey into melted margarine; bring to a boil; remove from heat. Pour margarine mixture over rolled oats mixture; stir until well coated. Press granola bar mixture into greased 8-x 8-x 2-inch square baking pan. Sprinkle with additional sunflower kernel and coconut if desired.

Bake 25 to 30 minutes or until slightly browned around edges; remove from oven. While bars are warm, press surface gently with back of spoon to flatten; score into bars with knife. Cool completely; cut and serve.

24 bars

Per serving — Calories, 102; protein, 2 g; carbohydrates, 15 g; fiber, 1 g; fat, 4 g; cholesterol, 0; sodium, 46 mg; with seeds: 21% DV vitamin E, 8% phosphorus, 8% selenium, 6% copper, 5% pantothenic acid

### Ways to Enjoy Sunflower Seeds

- Sprinkle on yogurt with berries
- Add to baked goods like muffins, breads, desserts
- Coat fish or chicken with crushed seeds
- Add to a stir fry or vegetable dish
- Replace croutons with seeds or add to a salad
- Eat a handful!

## Artichoke Sunflower Dip

Great party fare served with baked chips or crackers and yet hearty enough for a pita sandwich filling.

1-15 ounce can cannelloni or other white beans, rinsed and drained  
2-3 garlic cloves  
1-15 ounce can artichoke hearts, drained and chopped  
1/3 cup reduced fat mayonnaise  
1-2 ounce jar diced pimentos  
1/4 teaspoon salt  
juice of one lemon or lime  
4 ounces feta cheese, crumbled  
1/2 cup roasted and salted sunflower kernels

Puree beans and garlic in a food processor; empty into a mixing bowl. Stir in artichoke hearts, mayonnaise, pimentos, salt and lemon juice. Turn into a Pyrex pie pan and sprinkle with cheese and sunflower kernels.

Broil 4-6 inches from heat for 5-7 minutes, until bubbly and golden brown. Serve warm with crackers, pita or toasted bread.

22 servings of 3 tablespoons

Per serving — Calories: 75; Total Fat: 3.8 g; Carbohydrate: 7 g; Sat. Fat: 0.3 g; Dietary Fiber: 0; Cholesterol: 4.5 mg; Protein: 3.4 g; Sodium: 168 mg; Calcium: 43 mg; with seeds: 15% DV vitamin E, 6% phosphorus, 6% selenium, 5% copper

For more information on sunflower seeds or NuSun sunflower oil, contact:



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