

Mustard

IS SO MUCH MORE...



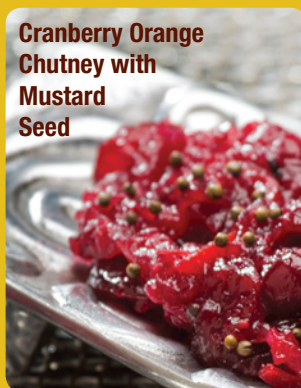
Versatile. *You **must** taste these recipes!*



Bumblebee Brownies



Pork 'Tamale' Tacos



Cranberry Orange Chutney with Mustard Seed



White Borscht



Marvellous Molasses Cookies

Check out our cookbook, *Mustard Makeovers & More*

Mustard may be an ancient spice and classic condiment, but it's also a versatile ingredient that can be added to almost anything. All parts of the mustard plant are edible. Its coarseness can range from grainy to smooth depending on whether you leave the hull or bran intact, use it as a whole seed, as oil, prepare a paste, or grind it into a powder.

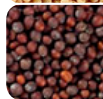
It is a must-try ingredient in soups, marinades, dips, vinaigrettes, salads, sandwiches, rubs, casseroles, meat loaves, egg dishes, breads, buns, salad dressing, stews, sauces, muffins, chicken, steak, fish and vegetables. There are so many more uses for you to discover!

Flavourful. *A tiny seed with **big** personality.*



Yellow

mild, mellow, less pungent, a bit sweet and provides minimal heat



Brown

a nutty flavour, is zestier, and used in Dijon style/hotter preparations



Oriental

a sharp, piquant flavour, a common ingredient in Far Eastern cuisine



Mustard is an easy crowd pleaser with prepared varieties including honey, fruit, English, German, deli, Dijon, spicy and whole grain. The choice of seed (or ratio of seeds) and type of liquid it is combined with allow for a variety of different flavours to be created and these two elements are directly related to the level of heat produced. Mustard can be made to be sweet, savoury or spicy depending on the other ingredients it is combined with.

Healthy. *More of what you want, less of what you don't.*

Mustard is a great choice as it has intense taste with minimal calories (about 7-10 calories per tablespoon for prepared or 7-10 calories per teaspoon for dry mustard powder¹). Sodium content varies widely among mustard varieties, but a tablesoom of mustard seed has only 1 mg and is about 25% protein by weight². Its nutritional profile fits with the World Health Organization's (WHO's) 2015 guidelines to reduce fat and limit sugars³.

Mustard isn't used in large quantities, so it doesn't offer much nutrition on its own, but it can make nutrient-dense foods more flavourful and enjoyable. Mustard greens add a peppery taste and can be eaten raw or cooked. One cup raw is low in calories, fat free, cholesterol free, an excellent source of vitamin C, vitamin A, folate and vitamin K, as well as a source of fibre, calcium, iron, manganese and potassium^{1,2}.



One tablespoon (15 ml/11 g) of yellow mustard seed is:



- ✓ low in saturated fat and trans fat
- ✓ cholesterol and salt free
- ✓ an excellent source of selenium
- ✓ source of omega-3 fatty acids
- ✓ a source of fibre
- ✓ a source of iron, magnesium, manganese and phosphorus

One teaspoon (5 ml/5 g) of prepared yellow mustard is:



- ✓ saturated and trans fat free
- ✓ cholesterol free
- ✓ low calorie
- ✓ low in sodium
- ✓ sugar free

For more information and recipe ideas, visit saskmustard.com



SASK MUSTARD

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 Canadian Mustard

1. US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 27 (revised). Version Current: May 2015.
2. Health Canada. Health Products and Food Branch. Food Directorate. Nutrition Research Division. Canadian Nutrient File, 2010 Version.
3. World Health Organization. Healthy Diet, Factsheet No I394, updated September 2015.