



An Oil with a Difference

Rapeseed oil is increasing in popularity – and with good reason! From salads to stir fries, chips to roast potatoes, and even cakes, rapeseed oil can be used in so many ways. Rapeseed oil is also one of the healthiest vegetable oils available.

Look out for cold pressed rapeseed oil with its subtle, nutty flavour, which is especially good to use in salad dressings and marinades. Try **Salmon and Avocado Salad** for a deliciously simple summer supper that takes just minutes to prepare and has only just over 400 kcals per portion. You can also use cold pressed rapeseed oil in mayonnaise and croutons.

Rapeseed oil is often simply labelled as ‘vegetable oil’, so do check out the labels. With its delicate flavour, rapeseed oil is ideal for frying, baking or roasting. **Ginger and Chilli Stir Fry** is a colourful combination with a tasty zing. Serve as an accompaniment, or add meat or fish for a speedy main meal with rice. Roast potato wedges or Mediterranean vegetables like peppers, in rapeseed oil for a great barbecue accompaniment; or simply drizzle over cherry tomatoes and sliced ciabatta to make **Tomato Bruschetta** - an ideal summer starter.

Not only does rapeseed oil have the lowest level of saturated fatty acids in comparison to other oils, but it also contains Omega-3, 6 and 9 fatty acids. This makes rapeseed oil a good choice particularly for people who are trying to improve and control their blood cholesterol levels.¹

For more information on rapeseed oil, including recipes visit: www.hgca.com/nutrition

For further information, images and recipes contact:

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¹ British Nutrition Foundation *Rapeseed Oil* April 2008