

Natural  
**Hi-maize**

The 5-in-1 Fiber

Natural Resistant Starch

# *The New Fiber Story*

*It's Your Little Secret*





**I**magine creating an irresistible meal for your family and guests with a nutritional secret lurking inside. Watch as they sip a refreshing fruit medley smoothie to start, munch parmesan crusted salmon as the main course and devour scrumptious chocolate sponge cake for dessert – all with an invisible fiber boost.

The new fiber story is natural resistant starch, and nutritional studies show its health benefits are many. Not only does it act like any dietary fiber, it has also been shown to assist with calorie reduction and weight control, help keep blood sugar and energy on an even keel and protect colon health.

Each of these tasty recipes uses Hi-maize® 260 resistant starch, a natural ingredient from corn containing 55-60% insoluble dietary fiber. Originally used to help food processors raise the fiber content of popular packaged foods, the ingredient is now available to home cooks. When you add Hi-maize resistant starch to recipes like those in this booklet you'll see there is no change to the taste or texture of your favorite foods, and your guests will get the health benefits without even knowing it. You can easily update your own recipes with a little experimentation by substituting 10-25% of flour with Hi-maize resistant starch.

So become part of the new fiber story and make a wonderful meal with these delicious, healthful recipes. Only you will know the difference.

*To learn more about natural resistant starch, please visit [www.resistantstarch.com](http://www.resistantstarch.com).*

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## Cranberry-Nut Waffles

Offers 5 grams of fiber per waffle (87 g)

### Ingredients

- 1/3 cup Hi-maize® 260 resistant starch
- 1 1/4 cup cultured low fat buttermilk
- 3/4 cup all-purpose flour
- 1/3 cup eggs, whole
- 1/4 cup canola oil
- 1 1/4 teaspoon baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 1/3 cup dried sweetened cranberries, finely chopped
- 1/3 cup walnuts, finely chopped



### Preparation:

1. Combine all ingredients in a KitchenAid® mixer.
2. Mix on low speed for approximately 2 minutes or until batter is uniform.
3. Cook on waffle iron until golden brown.

Makes approximately 8 waffles or 4 Belgian waffles

*For frozen waffles, cook the batter until waffles are lightly browned, firm and dry on the surface. Freeze individually. Reconstitute by heating in a conventional oven, a toaster oven, or toaster.*

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## Fruity Medley Smoothie

Offers 7 grams of fiber per 1 cup serving (187 g)

### Ingredients

- 2 cups fresh or frozen fruits – bananas, apples, orange
- 2 tablespoons Hi-maize® 260 resistant starch
- 1/4 cup fresh lemon juice
- 3 tablespoons superfine sugar
- 3/4 cup vanilla yogurt

If using fresh fruit, add ice to desired consistency

### Preparation:

Pour lemon juice, Hi-maize resistant starch, yogurt and sugar in blender and stir at low speed until smooth consistency. Add fruit (and ice if using fresh fruit) and blend at high speed until smooth.

Serves 3



## Pea and Bacon Soup

Offers 9 grams of fiber per 3/4 cup serving (245 g)

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### Ingredients

1 cup dried split green peas	Dash ground black pepper
2/3 cup diced prosciutto, pancetta, or bacon	1/4 cup chopped cilantro
32 oz nonfat, low salt chicken broth	Garlic croutons
1 onion, finely chopped	4 slices white bread (day old is best), cut into
2 cloves garlic, finely chopped	1/4 inch pieces
<b>1/3 cup Hi-maize® 260 resistant starch</b>	2 cloves garlic, finely chopped
1 teaspoon salt	Olive oil spray

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### Preparation:

Boil a pot of water, add the dry beans, cover and take off of the heat. Let soak for one hour. Drain. Place prosciutto, onion and garlic in a saucepan and cook until crisp. Add the peas and stock, cover and bring to a boil. Reduce the heat and cook for one hour. Remove 1/4 cup of stock and stir in Hi-maize resistant starch, 1 tablespoon at a time until smooth. Pour back into pot and add cilantro and serve with garlic croutons.

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### Croutons

Toss bread with garlic and spray with olive oil so a thin layer of oil coats the bread. Bake or grill until golden.

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### Crock pot method (best results with ham bone)

After cooking prosciutto, onion and garlic, place in crock pot, add salt, split peas and broth and turn on low setting for six hours. Before serving, pull out a cup of soup and add Hi-maize resistant starch, 1 tablespoon at a time until smooth. Stir back into pot, add cilantro, black pepper, and top with croutons.



## ***Parmesan Crusted Salmon***

*Offers 2 grams of fiber per filet (431 g)*

### **Ingredients**

4 salmon filets, skin removed  
¼ cup mayonnaise  
**1 tablespoon Hi-maize® 260 resistant starch**  
1/8 teaspoon cayenne pepper  
2 tablespoons grated parmesan cheese  
2 teaspoons lemon juice  
½ cup buttery cracker or herbed crouton crumbs



### **Preparation:**

Preheat oven to 400° F. Combine mayonnaise and Hi-maize resistant starch until smooth. Add cayenne and parmesan and stir until well blended.

Line shallow baking pan with parchment paper or spray with non-stick cooking spray. Place salmon on top and lightly sprinkle over with lemon juice. Spread Hi-maize resistant starch mixture evenly over salmon. Sprinkle with crumbs.

Bake 12-15 minutes; salmon should flake with fork.

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## ***Layered Roast Vegetable Salad***

*Offers 10 grams of fiber per 2/3 cup serving (279 g)*

### **Ingredients**

2 red peppers  
1 large eggplant  
2 zucchini  
1 cup sweet potato  
3 Roma tomatoes  
2-3 tablespoons extra virgin olive oil  
1 tablespoon balsamic vinegar  
½ cup mixed fresh herbs (oregano, thyme, basil, rosemary.)  
or ¼ cup dried mixed herbs  
½ teaspoon salt  
¼ cup pine nuts, roasted  
**2 tablespoons Hi-maize® 260 resistant starch**  
½ cup reduced fat ricotta cheese



### **Preparation:**

Slice red peppers into ¼-inch slices, discarding seeds, stem, and membrane. Slice zucchini into ¼-inch slices as well. Peel skin from eggplant and sweet potato and slice into ¼-inch pieces. Sauté or grill red peppers, eggplant, zucchini, and sweet potato until tender. Slice tomato into ¼-inch slices and sauté (or grill) until slightly softened. Combine the oil, vinegar, herbs and salt, then set aside. Combine the Hi-maize resistant starch and ricotta cheese. Stack all the vegetables on a serving plate. Top with the ricotta then drizzle the oil and vinegar dressing over the ricotta and vegetables. Sprinkle with pine nuts.

Serves 6

## Spicy Indian Curry with Raita

Offers 9 grams of fiber per 1 1/3 cup serving (371 g)

### Ingredients

16 oz lean lamb, cubed	2 cloves garlic, chopped
1/3 cup Hi-maize® 260 resistant starch	2 carrots, diced
1 tablespoon canola oil	14 oz can reduced-salt tomatoes, undrained
2 tablespoons mild or hot Indian curry paste	Brown or white rice
2 onions, chopped	Raita yogurt (recipe follows)

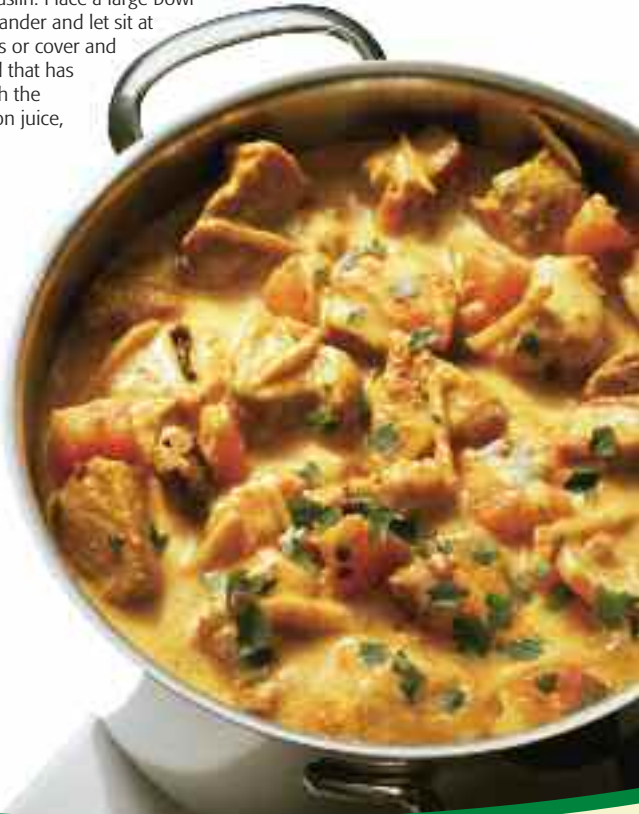
### Preparation:

Place the lamb in a plastic bag and toss with the Hi-maize resistant starch. Heat the oil in a large saucepan and cook the curry paste, onions, garlic, and carrots for five minutes over medium heat. Add the lamb with the Hi-maize resistant starch and the tomatoes. Cover and bring to a boil. Reduce heat to low and cook for 1 hour or until the meat is tender and the broth is slightly thick. Serve with lots of rice and cucumber raita yogurt.

### Raita Yogurt Recipe

2 cups plain lowfat yogurt	1/4 cup lemon juice
1 red onion, quartered and thinly sliced	1 tablespoon fresh chopped mint leaves
1 cucumber peeled, seeded, and grated	1 tablespoon fresh chopped cilantro leaves

Line a colander with cheesecloth or muslin. Place a large bowl under the colander. Place yogurt in colander and let sit at room temperature for about four hours or cover and refrigerate overnight. Discard the liquid that has drained into the bowl and proceed with the recipe. Add the onion, cucumber, lemon juice, mint and cilantro and mix well.



## **Tuscan Flavored Frittata**

*Offers 8 grams of fiber per slice (190 g)*

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### **Ingredients**

1 tablespoon olive oil	1/2 cup chopped herbs
1 onion, finely chopped	1/2 cup reduced fat soy/rice milk
2 cloves garlic, finely chopped	1/2 cup grated low fat cheddar cheese, separated
8 eggs	6-12 slices white bread
1/3 cup Hi-maize® 260 resistant starch	1/4 cup sliced olives (optional)
1/2 teaspoon salt	1/4 cup dried tomatoes (optional)

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### **Preparation:**

Heat the oil in a small 8-9 inch non-stick frying pan over a low heat. Cook the onion and garlic until just tender. While the onion is cooking, break the eggs into a large bowl. Sprinkle and stir the Hi-maize resistant starch into the milk until smooth. Add salt, herbs and 1/2 the cheese. Add olives and/or dried tomatoes, if desired.

Add this mixture to the pan and cook over a low heat for approximately 15 minutes or until just firm. Brown the top under the grill or flip the Frittata and cook until golden. Top with remainder of cheese. Serve immediately or cold with wedges of white bread, either fresh or toasted.

To reduce cholesterol in this recipe, use four whole eggs and six egg whites.

Serves 6

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### **Southwestern Frittata**

Substitute one can (8 oz) of green chilies for the olives. After browned, top with cheese and then chunky tomato salsa.



## Shepherd's Pie

Offers 6 grams of fiber per 1 1/2 cup serving (294 g)

### Ingredients

1 tablespoon canola oil  
1 onion, finely chopped  
16 oz lean beef, lamb, or chicken, minced or ground  
2 cloves garlic, finely chopped  
1 14 oz can reduced salt tomatoes, undrained  
1 tablespoon reduced-salt tomato paste  
1 carrot, diced  
2 sticks celery, cut into 1/4 inch slices  
1/2 cup fresh or frozen peas  
**2 tablespoons Hi-maize® 260 resistant starch**  
1 teaspoon salt

### Mashed Potato Topping

2 cups potatoes, peeled and chopped  
**1 tablespoon Hi-maize® 260 resistant starch**  
1/2 cup reduced fat milk or soy milk  
1 tablespoon margarine  
1 tablespoon chopped chives  
1/2 teaspoon of salt



### Preparation:

Preheat oven to 350°F. Heat oil in a large saucepan and cook the onion until soft. Add the meat and garlic and cook for five minutes over a medium heat. Add the tomatoes, tomato paste, carrots and celery. Cover and cook for 20 minutes, cooking occasionally. Stir in the peas, salt and Hi-maize resistant starch then transfer it to a six cup capacity casserole dish.

While the pie filling is cooking, cook the potatoes in boiling water until very soft. Drain and mash potatoes. Combine the milk and Hi-maize resistant starch until smooth. Add salt, margarine and chives. Mix in the Hi-maize resistant starch mixture. Spread over the filling and bake for 40 minutes until golden.

Serves 6

## Home-style Chocolate Chip Cookies

*Offers 3 grams of fiber per cookie (29 g)*

### Ingredients

- 2 1/3 cup dark chocolate chip morsels
- 1 cup all purpose flour
- 1 1/2 sticks sweet butter (room temp.)
- 1/2 cup light brown sugar (packed)
- 1/2 cup granulated sugar
- 2 whole medium eggs (room temp.)
- 1 cup Hi-maize® 260 resistant starch**
- 1 1/2 teaspoon vanilla extract
- 1/2 teaspoon salt
- 1/2 teaspoon baking soda

### Preparation:

1. Sift together the flour, salt, baking soda and Hi-maize resistant starch.
2. Cream the butter and sugar in a mixing bowl with the paddle attachment.
3. Add the vanilla and eggs and blend until uniform.
4. Add the dry blend of flour, salt, baking soda and Hi-maize resistant starch and mix until uniform.
5. Add the chocolate chips and mix until they are dispersed evenly.
6. Drop by teaspoonfuls on to an ungreased cookie sheet.
7. Bake 8-10 minutes at 375°F.

Makes approximately 4 dozen cookies



## **Chocolate Sponge Cake**

*Offers 3 grams of fiber per slice (43 g)*

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### **Ingredients**

- 4 eggs, whole
- 1 cup granulated sugar
- 1 1/2 tablespoon margarine, melted
- 1/4 cup cocoa, sifted
- 4 tablespoons boiling water
- 1 1/8 teaspoon self rising flour
- 1/3 cup Hi-maize® 260 resistant starch**

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### **Preparation:**

1. Pre-heat oven to 350°F.
2. Lightly grease a 9-inch cake pan and line the base with waxed paper.
3. Beat eggs with an electric mixer until fluffy, then gradually add the sugar and beat for 15 minutes.
4. Combine the butter, cocoa and boiling water, and fold into egg mixture.
5. Sift flour and then sift again over the egg mixture.
6. Add the Hi-maize resistant starch and gently fold them together.
7. Spoon the mixture into the prepared cake pan.
8. Bake for approximately 50 minutes or until just firm to touch.
9. Cool

Makes 1 cake (serves 12)



*For health professionals, please visit  
[www.resistantstarch.com](http://www.resistantstarch.com)*

*For food manufacturers, please visit  
[www.5-in-1-fiber.com](http://www.5-in-1-fiber.com)*

*To order Hi-maize® resistant starch,  
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at [www.kingarthurflour.com](http://www.kingarthurflour.com)*



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