Let’s Get Cookin’
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Snacks
YOGURT PARFAIT

INGREDIENTS:

½ cup 1-2% vanilla yogurt (portioned into two ¼ cups)
½ cup frozen or fresh fruit (e.g., any berries, banana, pineapple, mango)
¼ cup low-fat granola

PREPARATION:

1. In a glass or container, place ¼ cup of the vanilla yogurt on the bottom.
2. Follow with the fresh or frozen fruit.
3. Next, layer the remaining ¼ cup of yogurt on top of the fruit.
4. Lastly, top with granola.
INFUSE FLAVOUR INTO YOUR WATER!

RASPBERRY MINT
Ingredients:
- Fresh mint
- Frozen or fresh raspberries
- Water

In a jug muddle the washed mint to release the flavour. Add raspberries and fill the jug with water. Allow at least 4 hours for the flavours to infuse.

SPARKLING CRANBERRY
Ingredients:
- 1 cup 100% cranberry juice
- 3 cup carbonated water

Combine cranberry juice and carbonated water in a jug and voilà!

SPARKLING GINGER & LEMON
Ingredients:
- 2 inches ginger, sliced
- 3 lemons, (2 juiced + 1 sliced)
- Carbonated water

In a jug add sliced ginger and lemon, plus the lemon juice. Fill the jug with carbonated water. Allow at least 4 hours for the flavours to infuse.

BERRY TEA LEMONADE
Ingredients:
- 2 berry tea bags
- 1 cup lemonade
- 2-3 cups water

Steep the tea bags in 1 cup of boiling water. Allow to sit for at least 2 hours. Remove the tea bags. In a jug add tea and lemonade. Fill the jug with water. Allow at least 4 hours for the flavours to infuse.
DILL YOGURT VEGGIE DIP

INGREDIENTS:

½ cup 1-2% M.F. regular or Greek plain yogurt
¼ cup light mayo
2 tsp Dijon mustard (e.g. white wine Maille mustard; add more if you think it needs it)
Dried or fresh dill to taste
Salt, garlic powder and onion powder to taste

PREPARATION:

1. Place all ingredients in the bowl of a food processor and whirl until smooth.
MORNING GLORYOUS MUFFINS

12 servings

INGREDIENTS:

1 ½ cups all-purpose flour
¾ cup whole wheat flour
2 tsp baking soda
2 tsp ground cinnamon
½ tsp each ground nutmeg and salt
1 cup well-drained crushed pineapple
1 cup finely grated carrots
½ cup unsweetened applesauce
½ cup packed brown sugar
¼ cup high-quality vegetable oil
1 egg
1 tsp vanilla
½ cup sweetened shredded coconut
½ cup raisins
1/3 chopped walnuts or pecans

PREPARATION:

1. Preheat oven to 375°F. Spray a 12-cup muffin tin with cooking spray and set aside.
2. In a large bowl, combine both flours, baking soda, cinnamon, nutmeg, and salt. Mix well and set aside.
3. In a medium bowl, whisk together pineapple, carrots, applesauce, sugar, oil, egg, and vanilla. Add wet ingredients to dry ingredients and stir just until ingredients are moistened. Fold in coconut, raisins, and nuts.
4. Divide batter among 12 muffin cups. Bake for 20 minutes, or until a wooden pick inserted in the center of the muffin comes out clean. Cool on a wire rack.

Recipe source: Looneyspoons Collection cookbook by Janet & Greta Podleski
QUINOA SALAD WITH Pears, FETA AND HERBS

INGREDIENTS:
1 cup (250 mL) quinoa
¼ cup (50 mL) olive oil
1 lemon, juice of one lemon
2 cloves garlic, minced
½ tsp (2 mL) dried oregano leaves
pepper (to taste)
1 red, orange, or green pepper, cored and diced
2 green onions, thinly sliced
¾ cup (175 mL) light feta cheese, crumbled
mixed fresh herbs e.g., mint, chives, basil & parsley, chopped
2 pears/apples, cored and chopped

PREPARATION:

1. Rinse quinoa in cold water and drain well. Set aside.
2. In a saucepan, bring 2 cups of water to a boil. Gradually add quinoa. Cover and reduce heat to low; cook until water is absorbed and grain is transparent (13 to 15 minutes). Let stand, covered, for 5 minutes, then fluff with fork. Transfer to large bowl and let cool to room temperature.
3. Meanwhile, in a small bowl, whisk together oil, 2 Tbsp of lemon juice, garlic, oregano and pepper (to taste).
4. Stir sweet pepper, green onions, feta and herbs into cooled quinoa. Toss with dressing. To serve, core and chop pears; stir into salad. Taste and add a little more lemon juice if desired.

Recipe source: www.foodland.ca
SALMON DIP

INGREDIENTS:

1 can of salmon, drained, bones crushed
2 Tbsp low fat mayonnaise
2 Tbsp 1% yogurt
juice of ¼ - ½ of a lemon
1 Tbsp capers

PREPARATION:

1. Mix all ingredients together.
2. Cut up fresh vegetables. Try something new - i.e., radishes, kohlrabi, cherry tomatoes, snap peas, baby carrots.
3. Also serve with whole wheat flat bread, pita, or crackers.
YUMMY HUMMUS

INGREDIENTS:

1 can (19 oz/540 mL) chickpeas, drained and rinsed
¼ cup (75 mL) light sour cream
2 Tbsp (30 mL) tahini
2 Tbsp (30 mL) freshly squeezed lemon
2 tsp (10 mL) minced garlic
1 tsp (5 mL) lemon zest
½ tsp (2 mL) toasted sesame oil
½ tsp (2 mL) each salt and granulated sugar
¼ tsp (1 mL) each ground cumin and ground coriander

PREPARATION:

Place all ingredients in the bowl of a food processor and whirl until smooth.

Recipe source: Eat! Shrink! And Be Merry! by Janet & Greta Podleski

Did you know chickpeas are a good source of protein and fibre? This yummy dip goes well with cut-up veggies, crackers or as a spread in sandwiches.
MIXED BEAN SALAD

4 servings

INGREDIENTS:

1 can of mixed beans (e.g. pinto, chickpea, black beans, kidney beans)
1 red pepper, chopped
2 green onions, sliced
Fresh Italian parsley, chopped
1 Tbsp red wine vinegar
1 Tbsp olive oil

PREPARATION:

1. In a medium bowl combine mixed beans, red pepper, green onions, and Italian parsley.
2. Add red wine vinegar and olive oil. Stir well and serve.
Snacks made easy

1. Choose wholesome foods
2. Aim to include 2 food groups
3. Snack to refuel, not as a treat
4. Limit snacks to no more than 3 each day

- Glass of 1% milk and fruit
- Small bowl of high fibre cereal and 1% milk with or without fruit
- Raw vegetables with hummus, tzatziki, or homemade dip
- ½ sandwich made with whole grain pita
- Banana dipped in yogurt, rolled in crushed cereal and frozen
- Egg salad on a small whole grain bun
- Fresh fruit dipped in 1% flavored yogurt
- Toasted whole grain English muffin with a thin slice of cheese and tomato slices
- Hardboiled egg with raw vegetable sticks
- One handful of unsalted nuts or seeds and an apple
- Plain popcorn and a glass of milk
- ½ bagel with salmon, celery, and a small amount of mayonnaise
PEANUT BUTTER & HONEY OAT BALLS

INGREDIENTS:

1-½ cups old fashioned rolled oats
½ cup unsweetened shredded coconut
¼ cup hemp hearts (see hint below)
2 Tbsp ground flaxseeds
1/3 cup chocolate chips
1 Tbsp cinnamon or vanilla
½ cup natural peanut butter
1/3 cup honey

PREPARATION:

1. Stir all dry ingredients together in a medium bowl until well combined.
2. Add peanut butter and honey and mix until all ingredients are combined.
3. Cover and let chill in the fridge for 30 minutes to 1 hour.
4. Once chilled, roll into balls of whatever size you would like (about 1 inch in diameter.)
5. Store in an airtight container and keep refrigerated for up to 1 week, or in the freezer for up to 3 months.

Recipe source: www.berrynourished.com

Tip: You can substitute a mix such as Qi’a super seeds (found in the cereal aisle of the grocery store) for the hemp seeds.
BANANA-BLUEBERRY OAT MUFFINS

12 muffins

INGREDIENTS:
1-½ cup quick-cooking rolled oats
½ cup all-purpose flour
½ cup whole wheat flour
1/3 cup brown sugar
1 tsp baking powder
1 tsp cinnamon
½ tsp baking soda
¼ tsp salt
1-½ cup mashed ripe bananas (about 3 bananas)
½ cup plain low fat yogurt
3 Tbsp canola oil
1 egg
1 tsp vanilla extract
1 cup fresh or frozen blueberries

PREPARATION:

1. Preheat oven to 375°F. Spray a 12-cup muffin tin with cooking spray and set aside.
2. Combine oats, both flours, sugar, baking powder, cinnamon, baking soda and salt in a large bowl. Mix well and set aside.
3. In a medium bowl, whisk together bananas, yogurt, oil and egg. Add banana mixture to dry ingredients and stir just until dry ingredients are moistened. Gently fold in blueberries.
4. Divide batter among 12 muffin cups. Bake for 15-16 minutes, or until a wooden pick inserted in the center comes out clean. Cool on a wire rack.

Recipe source: Looneyspoons Collection cookbook by Janet & Greta Podleski
BANANA AND OAT GRANOLA BAR

9 granola bars

INGREDIENTS:

2 bananas
1 tsp vanilla
2 cups rolled oats
¼ cup dried fruit
¼ cup chopped nuts
Cinnamon (optional)

PREPARATION:

1. Preheat oven to 350°F. Lightly grease a 9in x 9in baking dish with vegetable oil.
2. Peel the bananas and mash well until no chunks remain. Stir in vanilla, oats, dried fruit, and nuts.
3. Put mixture into baking dish. Sprinkle the top with cinnamon if desired. Bake for about 30 minutes or when mixture becomes golden brown.
4. Cut evenly into 9 pieces and enjoy.

Recipe source: www.thekitchn.com
PUMPKIN BANANA BREAD

INGREDIENTS:

2 bananas, mashed
2 eggs, beaten
1/3 cup grapeseed or canola oil
1 1/3 cup pumpkin puree
1/2 cup honey
1 cup whole wheat flour
1 1/4 cup white flour
1/4 cup flaxseed
1 tsp baking soda
1 tsp baking powder
1/4 tsp salt
1 tsp cinnamon
1 tsp ground ginger
1 tsp ground nutmeg
1 tsp allspice

PREPARATION:

1. Preheat oven to 350°F.
2. In a large bowl combine bananas, eggs, oil, pumpkin, honey and sugar.
3. In a second bowl combine flours, flaxseed, baking soda and powder, salt, cinnamon, ginger, nutmeg and allspice.
4. Pour all of the flour mixture into the pumpkin mixture and stir until just combined.
5. Pour into a greased loaf pan and bake for 60 minutes or until toothpick inserted into centre comes out clean.
YAM FRIES

5-6 servings

INGREDIENTS:

2 sweet potatoes, medium-sized
3 Tbsp corn starch
3 Tbsp olive oil
salt, to taste
pepper, to taste
cayenne pepper or paprika, to taste

PREPARATION:

1. Preheat the oven to 425°F. Peel the sweet potatoes and cut them into fry-shaped pieces.
2. In a plastic bag, put the olive oil, corn starch, salt, pepper and spices together. Mix and shake well so that everything is evenly coated on the sweet potatoes.
3. Place the fries onto a baking sheet. Try not to overlap the fries. Bake for 15 minutes, the flip the fries over so they can cook on all sides. Bake for another 10-15 minutes.

ZUCCHINI FRIES

5-6 servings

INGREDIENTS:

- 2 zucchini, medium sized
- panko bread crumbs
- corn starch
- salt, to taste
- pepper, to taste
- 2 large eggs

PREPARATION:

1. Preheat the oven to 425°F. Cut zucchini into fry-shaped pieces.
2. On a plate, put corn starch, salt, and pepper together, mix the zucchini into the mixture.
3. Dip the zucchini fries into the egg mixture, then press into bread crumbs. Place the breaded zucchini onto a baking sheet.
4. Bake for 15 minutes or until fries are golden brown.
CHINESE-STYLE PICKLED CUCUMBERS

5 servings

INGREDIENTS:

- 10 small cucumbers
- 1/4 cup of vinegar
- 1/4 cup of sugar
- 1/8 cup of water
- 2 cloves of garlic, minced
- 1 tsp of seasoning sauce
- Hot sauce (optional)

PREPARATION:

1. Cut cucumbers into small pieces, and marinate in salt for about 5 minutes. Wash off the salt solution.
2. Mix vinegar, sugar, water and seasoning sauce together.
3. Mix cucumbers with sauce mix. Refrigerate the mix overnight.
MINI HAM AND CHEESE QUINOA CUPS

INGREDIENTS:

- 2 cups cooked quinoa (about 3/4 cup uncooked)
- 2 eggs
- 2 egg whites
- 1 cup shredded zucchini
- 1 cup shredded sharp cheddar cheese
- 1/2 cup diced ham
- 1/4 cup loosely packed parsley, chopped
- 2 Tbsp shredded or grated parmesan cheese
- 2 green onions, chopped
- salt & pepper

PREPARATION:

1. Preheat oven to 350°F. Combine all ingredients in a large bowl and mix to combine.
2. Liberally spray a mini muffin tin with non-stick spray and spoon mixture to the top of each cup.
3. Bake for 15-20 minutes, or until the edges of the cups are golden brown. Let cool for at least 5 minutes before removing from the mini muffin tin. (For regular-sized muffin tins: Bake for 25-30)

To freeze: Place baked cups on a baking sheet then freeze until solid and transfer to a freezer bag. Microwave for 20-40 seconds depending on how many you’re reheating.

Recipe source: [http://iowagirleats.com/2012/02/16/mini-ham-cheese-quinoa-cups/](http://iowagirleats.com/2012/02/16/mini-ham-cheese-quinoa-cups/)
Salads/Soups
ASIAN EDAMAME SALAD

6 servings

INGREDIENTS:

3 cups shelled edamame beans, cooked and cooled
1 red pepper, diced
1 orange pepper, diced
1 cup shredded carrots
1/2 head of purple/red cabbage, shredded
3 cloves of garlic, minced
1/3 cup reduced sodium soy sauce
1 tsp ginger, minced
1/2 cup fresh chopped cilantro
1/4 cup toasted almonds

PREPARATION:

1. Combine edamame, peppers, cabbage, carrots, and cilantro in large bowl.
2. To make your dressing combine soy sauce, spices, and garlic in a small bowl. Add dressing mixture to edamame salad and combine until salad is fully coated.
3. Add in cilantro and mix again. Sprinkle toasted almonds on top if desired.

Source: Monique of Ambitious Kitchen
MEXICAN CHOPPED SALAD

6-8 servings as a side

INGREDIENTS:

Dressing
¼ cup fresh lime juice
2 Tbsp honey
½ tsp cumin
1 clove garlic, finely minced
½ tsp salt
2 Tbsp canola oil
2 Tbsp extra virgin olive oil
black pepper, freshly ground
salt, if needed after a taste

Salad
1 medium head romaine lettuce, chopped in approximately ½ inch pieces
1 medium bell pepper, diced in ¼-inch pieces. Use whichever colour you want.
½ medium red onion, diced in ¼-inch pieces**
½ medium jicama, peeled and diced in ¼-inch pieces
4 medium tomatoes, seeded and diced into ¼-inch dice
1½ cups of sweet, tiny frozen corn
1½ cups canned black beans, drained and rinsed
½ cup finely chopped cilantro, plus whole cilantro leaves for garnish, if desired

PREPARATION:

1. For the dressing, combine lime juice, honey, cumin garlic and salt. Stir to combine. In a slow, steady stream, add the oils, stirring continuously with a fork or small whisk. Taste and add more salt and pepper, if needed. Set aside.

2. For the salad, Combine all salad ingredients in a large bowl. Stir to combine. Add dressing and stir to coat all ingredients. Garnish with cilantro leaves, if desired.

Adapted from: http://thecafesucrefarine.com/2014/05/mexican-chopped-salad/
WATERMELON AND FETA SALAD

6 servings

INGREDIENTS:

Half of a large watermelon
¼ cup of red onion, chopped finely
¼ cup of basil
¼ cup of mint
¼ cup of feta cheese
Juice of 1 lime

PREPARATION:

1. Cut the watermelon into approximately 1 inch cubes. Thinly slice the red onion.
2. Tear basil and mint into small pieces.
3. Combine watermelon, basil, mint, and cheese into a medium sized bowl. Add juice of 1 lime and lightly toss.

Recipe source: http://www.zestnutrition.ca/refreshing-watermelon-feta-salad/
WARM SALADE NIÇOISE WITH BAKED EGGS

4 servings

INGREDIENTS:

1 lb (450 g) fingerling or red-skinned potatoes, quartered
1/2 lb (225 g) green beans, tough ends removed
2 cups (500 mL) grape or cherry tomatoes, halved
1/3 cup (80 mL) pitted Kalamata olives
2 Tbsp (30 mL) extra-virgin olive oil
1/4 tsp (1 mL) salt
1/4 tsp (1 mL) ground black pepper
4 large organic eggs
Lemon wedges, for serving

PREPARATION:

1. Cut Preheat oven to 425°F (220°F).
2. On large baking sheet, toss potatoes, green beans, tomatoes, and olives with oil, salt, and pepper. Roast for 20 minutes, until vegetables are tender.
3. Crack eggs into 4 – 4 oz ovenproof ramekins and nestle onto baking sheet between vegetables; roast for about 10 minutes longer, until eggs are set to your liking.
4. Using oven mitts, remove eggs and set on plates; serve alongside vegetables and fresh lemon wedges.

Tip: Switch up fingerling potatoes with sweet potato rounds or quartered golden beets. If you desire more protein, cook eight eggs instead of four, or add fresh tuna steaks to the baking sheet when the eggs go in.
ANCIENT GRAINS SALAD

4 servings

INGREDIENTS:

Salad
1 cup kamut kernels
1 cup spelt kernels
1 cup drained canned corn
1 cup diced red bell pepper
1 cup currants
¼ cup scallions, sliced

Vinaigrette
¼ cup rice vinegar
2 tsp liquid honey
½ tsp Dijon mustard
1 tsp salt
½ cup olive oil
2 Tbsp shallot, finely chopped
2 tsp fresh ginger, minced
2 Tbsp fresh cilantro, chopped
Salt and black pepper, to taste

PREPARATION:

1. In a medium saucepan, bring 1L water to boil. Add kamut and spelt kernels and return water to boiling.
2. Reduce heat to low, cover, and simmer for 45 minutes or until kernels are tender (they will still be chewy).
3. Let kernels drain in a sieve, then spread on a cookie sheet to cool to room temperature.
4. Combine cooked kamut and spelt kernels with remaining salad ingredients.
5. Whisk together vinegar, honey, mustard, salt, and pepper. Gradually whisk in oil. Whisk in remaining ingredients.
6. Drizzle vinaigrette over salad; toss to coat.
7. Taste and adjust seasonings. Cover tightly and refrigerate overnight or until chilled.
BEETROOT SOUP

4 servings

INGREDIENTS:

beetroot, 1 piece
corn, 1 piece
carrot, 1 piece
onion, 1 piece
dried fruit peel, 1 piece
cashews, 200g
water, 2 litres
salt, pinch

PREPARATION:

1. Soak the cashews and the fruit peel in water until soft. Peel the beetroot and cut into large pieces. Peel and cut the carrots and onion as well.
2. Place beetroot, onion, carrot, corn, cashews and fruit peel into a large pot with the water.
3. Bring to a boil on high heat, and then turn down to medium heat to cook for another 30 minutes.
4. Add salt to taste.

BLACK BEAN, CORN AND TOMATO SOUP

INGREDIENTS:

2 tsp (10 mL) olive oil  
2 onions, chopped  
2 tsp (10 mL) mild chili powder  
28 oz can stewed or diced tomatoes  
2 cups (500 mL) low sodium vegetable or chicken broth  
1 - 19 oz can black beans  
1 ½ cups (375 mL) corn kernels, fresh, frozen or canned  
2 Tbsp (30 mL) fresh cilantro, chopped or 2 tsp (10 mL) dried coriander  
Optional: pinch of salt, pepper and sugar

PREPARATION:

1. In a large pot, heat oil over medium heat. Cook onions and chili powder for 5 to 8 minutes.  
2. Add the rest of the ingredients and bring to a boil. Lower the heat to med-low. Cook, covered, for 20 to 30 minutes.

Adapted from: New Light by Anne Lindsay
Mealtime: Breakfast
BREAKFAST IDEAS

• 1-2 slices whole grain toast with natural peanut butter & sliced bananas
• High fibre cereal with skim or 1% milk or fortified plain soy beverage with fresh fruit such as blueberries, raspberries, sliced strawberries or peaches
• Smoothie and a medium whole grain muffin
• Oatmeal (steal cut or quick cooking) topped with warm berries, cinnamon, raisins, sliced almonds or fresh fruit
• Whole grain pancakes topped with a scoop of vanilla yogurt and warm berries or fresh fruit.
• Scrambled or boiled egg, 1 slice whole grain toast and orange slices
• Yogurt Parfait

Cold Cereal Suggestions and Guidelines

• Aim for less than 5 grams of sugar per servings and more than 5 grams of fibre per serving
• Some recommended cold cereals include Heritage Flakes or Flax Plus by Nature’s Path, Spoon Size Shredded Wheat, Corn Bran, Plain Cheerios and Life Multigrain.
FRUIT SMOOTHIE

INGREDIENTS:

1 cup fresh or frozen mixed berries
1 banana
½ cup plain 2% yogurt
1 cup skim/1% milk or unsweetened soy milk
½ cup ice

PREPARATION:

1. Place all ingredients in blender, mix until smooth.
ALMOND BUTTER, BANANA AND CHIA OVERNIGHT OATMEAL

INGREDIENTS:

1/3 cup quick cooking or large flake rolled oats
1 Tbsp raisins
½ banana sliced
1 tsp ground flaxseeds
1 tsp chia seeds
½ tsp cinnamon
½ cup plain, 0-2% greek yogurt
½ cup 1% milk. You may add more or less milk depending on the consistency you prefer.
2 tsp natural almond butter or natural peanut butter
1 tsp honey

PREPARATION:

1. Place all ingredients into a mason jar or an airtight container. Stir with a spoon until mixed well.
2. Place lid on and refrigerate overnight.
3. Enjoy cold in the morning.

Recipe source: www.berrynourished.com
OATMEAL PANCAKES

INGREDIENTS:

1 1/2 cups (375 mcg) quick-cooking rolled oats
2 cups (500 mL) milk
1/2 cup (125 mL) whole wheat flour
1/2 cup (125 mL) all-purpose flour
1 Tbsp (15 mL) packed brown sugar
1 Tbsp (15 mL) baking powder
1/2 tsp (2 mL) salt
1/2 tsp (2 mL) ground cinnamon
2 eggs, beaten
1/4 cup (60 mL) butter, melted
Butter, for cooking

PREPARATION:

1. In a large bowl, combine rolled oats and milk, let stand 5 minutes.
2. In a large bowl, whisk together whole wheat flour, all-purpose flour, sugar, baking powder, salt and cinnamon.
3. Whisk eggs and 1/4 cup (60 mL) butter into milk mixture until blended. Pour over flour mixture and stir just until combined.
4. Heat a large nonstick skillet over medium heat. Brush with a thin layer of butter. Ladle about 1/4 cup (60 mL) batter per pancake into skillet. Cook for 2 to 3 min or until bottoms are golden and edges look dry; turn and cook for 1 to 2 min longer or until golden and puffed. Repeat with remaining batter, adjusting heat as necessary to prevent burning.

Tips:
• Let extra pancakes cool on a wire rack then layer with waxed or parchment paper and freeze in a resealable bag for up to 1 month. Pop in the toaster for a quick, weekday breakfast.
• Add 1 to 2 cups (250 to 500 mL) fresh blueberries to the batter.

Adapted from: Dairy Farmers of Canada
BANANA PANCAKES

INGREDIENTS:

2 medium bananas
½ cup of skim or 1% milk
2 eggs
½ cup white flour
¼ cup whole wheat flour
¼ cup ground flax seed
1 tsp baking powder
½ tsp baking soda

PREPARATION:

1. Puree the bananas with a potato masher or fork until smooth. Add milk and eggs – whisk until smooth.
2. Add flours, flax seed, baking powder and baking soda. Mix the batter until just combined, do not over mix.
3. Using a ¼ cup as a measure, scoop the batter onto a non-stick skillet on medium heat. Cook until bubbles appear, flip pancake and fry for another minute. Repeat this step with remaining batter.
4. Garnish with fresh bananas and a drizzle of maple syrup. Another option is top with 2% vanilla yogurt and warm berries.

Adapted from: www.cookoria.com
Mealtime: Lunch/Dinner
Pack a Safe Lunch

- Read labels to see that prepared foods do not contain nuts/peanuts
- Use clean kitchen equipment to prepare lunches (e.g. don’t use a knife that has been used to spread peanut butter)
- Fix lunches ahead and refrigerate
- Use an insulated bag with a freezer pack or chilled thermos to keep food cool. Chill milk or freeze drinking water in plastic containers to keep food cool
- Make sandwiches ahead and freeze (without vegetables or mayonnaise) to thaw for lunch
- Wash all vegetables thoroughly, even those in packages labelled “pre-washed” or “triple washed”
- Wash lunch containers every night to keep bacteria from growing and, once a week, clean them with baking soda to get rid of odours.
- Choose a thermos and reusable plastic dishes; don’t reuse plastic bags – they can harbour bacteria.
- Wash hands before and after eating.
Lunches to Go: Cool Ideas for Warmer Days

**Instead of Sandwiches**
- Whole grain pancakes, fruit and plain yogurt
- Homemade bran muffin, yogurt, vegetable sticks
- Whole wheat pasta salad, milk, peach
- Hard cooked egg, whole wheat crackers, red pepper strips
- Soft taco with bean dip, veggies
- Rolled up sliced meat, bread, orange
- Cheese strings and a pear
- Whole wheat hot dog bun, sliced lean meat, cheese, tomato, lettuce

**Muffin-wiches**
- Banana bran muffin and cheese
- Apple and nut muffin and cottage cheese
- Cornmeal muffin, peanut butter and honey

**Bagel-wiches**
- Turkey slices with lettuce, thinly sliced tomato
- Salmon, red pepper, thinly sliced cucumber and light cream cheese

**Children can help build lunches from their favourite foods!**

**Fresh Fruit**
- Melon Balls
- Cherries
- Berries
- Kiwi Fruit
- Grapes
- Pears
- Peaches

**Peanut Butter Partners**
- Banana in a whole wheat hot dog bun (banana dog)
- Raisins, grated carrot
- Crushed pineapple
- Unsweetened applesauce, grated cheese
- Chopped celery

**Cool Veggies**
- Turnip sticks
- Carrot sticks or baby carrots
- Celery sticks
- Cauliflowerettes
- Broccoli
- Baby corn
- Radishes

**For a change from Bread**
- Whole grain bagels or rolls
- Whole grain English muffins
- Whole grain flat bread
- Whole wheat pita bread
- Whole grain crackers

**Pepper strips (yellow, green, red, orange, purple)**
- Cherry tomatoes
- Pack lettuce, tomato or cucumber in a bag

**Salads**
- Pasta
- Green
- Curried rice
- Bulgur or cracked wheat
- Mixed beans
- Potato

**Thermos or Chilled**
- Milk or yogurt, 1%MF
- Cottage cheese dip for vegetables
- Plain yogurt with fruit
- 1% MF chocolate milk

*Some foods must be kept cold (see ‘Pack a Safe lunch’)*
Lunches to Go: Hot Ideas for Cooler Days

**Sandwich Set Up**
- Bread or Rolls
- Whole Wheat
- Pumpernickel
- Cracked Wheat
- Rye
- Multigrain
- Flaxseed

**Fillings**
- Salmon
- Hard Cooked Egg

**Freezer Friendly Fillings**
- Thin slices of hard cheese – cheddar, mozzarella, Swiss
- Cold lean roast beef, pork, chicken, turkey, ham or meatloaf

**Versatile Veggies**
- Vegetable sticks
- Cold vegetable salad
- Coleslaw
- Spinach salad
- Carrot raisin salad

**Fast Fruits**
- Canned fruit
- Applesauce
- Banana
- Apple
- Orange
- Kiwi Fruit

**Cold Returns**
- One slice of pizza (or English muffin or pita shell with topping)
- Burrito with refried beans, cheese and tomato

**Salad or Pita Pocket Combos**
- Hard cooked egg, chopped cucumber, onion
- Chicken chunks, sliced seedless grapes
- Turkey chunks, chopped nuts, lettuce
- Salmon or tuna or cooked fish, red and green pepper slices
- Ricotta cheese, fruit
- Chopped ham, pineapple
- Hummus (tahini and ground chickpea dip), vegetables
- Shredded cheese, grated carrot
- Cheese, tomato, lettuce

**Thermos or Chilled**
- Milk or yogurt, 1 %MF
- Cottage cheese dip for vegetables
- Plain yogurt with fruit
- 1% MF chocolate milk

**Some foods must be kept cold**
- Sunflower or pumpkin seeds
- Peanuts, almonds or other nuts
- Peanut butter with crackers
- Cheese with crackers
- Pepperoni stick or beef jerky
- Pretzels
- Non-sugar-coated cereal
- Air popped popcorn
- Pickles or olives
- Special napkin or straw
- Raisins, dried fruit

Adapted from Fraser Health: ‘Lunches to Go’
CHICKEN SALAD SANDWICH

INGREDIENTS:

whole grain, high fibre bread with at least 3g of fibre per 30g serving (e.g. Silver Hills)
1 pre-roasted chicken, skin removed, chopped or shredded
1-2 red peppers, diced
3-6 celery stalks, diced
3-4 green onions
½ cup plain yogurt (Greek yogurt works really well)
½ cup low fat mayonnaise
1 tsp Dijon mustard (try the white wine flavour)

PREPARATION:

1. In a large bowl, combine chicken, peppers, and celery. Stir in yogurt, mayonnaise, and mustard until well combined.
2. Spread filling between 2 slices of King's Bread and serve.
SPINACH AND HUMMUS WRAP

INGREDIENTS:
Whole wheat wraps (or other high fibre choice)
Garlic/olive hummus (homemade or store-bought)
Yellow peppers, sliced into thin strips
Baby spinach leaves

PREPARATION:

1. Spread 2 Tbsp of hummus on a whole wheat wrap. Leave edges clear.
2. Generously layer slices of yellow pepper and spinach leaves on top of the hummus on half the wrap.
3. Fold in the outer edges and then roll and serve.
MEALTIME: LUNCH/DINNER

TUNA/SALMON MELT

2 servings

INGREDIENTS:

1 (120 g) can of tuna or salmon (packed in water)
2 tsp light mayonnaise or plain greek yogurt
2 tsp Dijon mustard
2 tsp minced capers
Fresh cracked black pepper, to taste
2 slices sprouted grain bread
1 medium tomato
4 thin slices cheddar cheese

PREPARATION:

1. Drain tuna/salmon and mix with the mayo, Dijon, capers and pepper.
2. Divide in half and spread over the 2 slices of bread. Top with sliced tomato and thin slices of cheese.
3. Broil in oven for 5 minutes, or until cheese has fully melted and sides of bread are browned.
SKILLET CHILI

6 servings

INGREDIENTS:

1 lb ground turkey
1 cup chopped onions
1 clove garlic, minced
1 cup chopped green bell pepper
1 cup diced carrots
1 ½ cups tomato sauce
1 ½ cup salsa
1 can (19oz) black beans, drained and rinsed
1 ½ tsp chili powder
1 tsp ground cumin
½ tsp oregano
12 oz bowtie pasta, uncooked (about 7 cups dry)
½ cup low fat sour cream
½ cup (2 oz.) shredded sharp cheddar cheese (light)
½ cup green onions

PREPARATION:

1. Spray a large, non-stick skillet with non-stick spray. Add ground turkey and cook over medium-high heat until no longer pink. Break up any large chunks with a fork.
2. Add onions, garlic, green pepper, and carrots. Cook and stir for about 4-5 minutes, until vegetables have softened.
3. Stir in tomato sauce, salsa, beans, chili powder, cumin, and oregano.
4. Bring mixture to a boil, then lower heat and simmer for 10 minutes, stirring occasionally.
5. Meanwhile prepare pasta according to package directions. Drain well.
6. Divide pasta among serving plates. Ladle chili over pasta.
7. Place a dollop of sour cream on the center. Then sprinkle with cheese and onions. Serve immediately.

Adapted from: Crazy Plates cookbook
PITA PIZZA

INGREDIENTS:

8 (4-inch) whole wheat pita pockets or naan flatbread
2 cups (500 mL) tomato sauce*
2 cups (500 mL) thinly sliced (or grated) part-skim mozzarella cheese

For a balanced meal select one item from each column to add to your pizza. Or add your own ideas!

<table>
<thead>
<tr>
<th>VEGETABLES/FRUIT</th>
<th>MEAT AND MEAT ALTERNATIVE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tomato</td>
<td>Pineapple</td>
</tr>
<tr>
<td>Peppers</td>
<td>Zucchini</td>
</tr>
<tr>
<td>Mushrooms</td>
<td>Artichoke</td>
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<tr>
<td>Onion</td>
<td></td>
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<tr>
<td>Spinach</td>
<td></td>
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<tr>
<td>Low sodium ham</td>
<td>Black beans</td>
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<tr>
<td>Lean ground beef</td>
<td>Chickpeas</td>
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<tr>
<td>Ground chicken</td>
<td></td>
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<tr>
<td>Prawns</td>
<td></td>
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<tr>
<td>Salmon</td>
<td></td>
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</tbody>
</table>

⭐ Add dried or fresh herbs to take it up a notch! Try dill, basil, rosemary, cilantro, or parsley.

⭐ Check sodium content in bottled sauce and choose lowest %D.V.

PREPARATION:

1. Pre-heat oven to 400°F.
2. Spread the sauce over the pita and come to within about ¼ inch to the edge.
3. Place selected toppings on pita.
4. Sprinkle cheese.
5. Place pizzas on a foil-lined baking sheet and bake until the cheese melts and begins to brown, about 5–10 minutes.
6. Cool pizzas before serving.
STIR FRY MIX-UP (aka Create Your Own Stir Fry)

MIX AND MATCH from each column. Serve alone or with whole grains such as quinoa, brown rice, whole wheat spaghetti noodle or whole grain couscous.

<table>
<thead>
<tr>
<th>Meat and Alternates</th>
<th>Vegetables</th>
<th>Extras</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allow ¾ pounds of meat, chicken or</td>
<td>asparagus, carrots, celery, bell peppers, and _</td>
<td>canned Asian vegetables: baby corn, bamboo shoots, water chestnuts</td>
</tr>
<tr>
<td>seafood or 14-ounce package of tofu</td>
<td>zucchini, cut up or sliced</td>
<td></td>
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<tr>
<td>for 4 servings.</td>
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<td></td>
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<tr>
<td>flank steak or sirloin, thinly</td>
<td>broccoli and cauliflower florets</td>
<td>fresh basil or cilantro leaves</td>
</tr>
<tr>
<td>sliced</td>
<td></td>
<td></td>
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<tr>
<td>pork tenderloin, cut in strips</td>
<td>cabbage, shredded</td>
<td>fresh hot chile peppers chopped</td>
</tr>
<tr>
<td>boneless, skinless, chicken breast,</td>
<td>onions and mushrooms sliced</td>
<td>mung bean sprouts</td>
</tr>
<tr>
<td>sliced in bite size pieces</td>
<td></td>
<td></td>
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<tr>
<td>shrimp, peeled</td>
<td>snow peas and sugar peas</td>
<td>cashews or peanuts</td>
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<tr>
<td>scallops</td>
<td></td>
<td></td>
</tr>
<tr>
<td>firm fish fillets, such as cod,</td>
<td>tender greens, such as spinach, chard and bok</td>
<td>toasted sesame seeds</td>
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<tr>
<td>halibut or snapper, sliced</td>
<td>choy</td>
<td></td>
</tr>
<tr>
<td>extra firm tofu, drained and pressed</td>
<td>eggplant, cubed</td>
<td>Chinese five-spice powder</td>
</tr>
<tr>
<td>pressed, cubed</td>
<td></td>
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</tbody>
</table>

Choose from one of these delicious sauces!

**Classic:**
Whisk 2 tsp cornstarch into ½ cup reduced-sodium chicken broth, and then add 2 Tbsp each oyster sauce and reduced-sodium soy sauce along with 2 tsp each sherry and sugar.

**Double Sesame:**
Whisk 1 ½ tsp cornstarch into ½ cup reduced-sodium chicken broth. Add 2 Tbsp oyster sauce, 1 Tbsp reduced-sodium soy sauce, 2 tsp each toasted sesame seeds and sherry, 1 ½ tsp each sesame oil and sugar, and ½ tsp rice wine vinegar.

**Spicy Orange:**
Whisk 1 ¼ tsp cornstarch into ¼ cup reduced-sodium chicken broth. Add ¼ c orange juice and ½ tsp orange zest, 2 Tbsp each hoisin and reduced-sodium soy sauce, 2 tsp sherry, 1 ½ tsp sugar, and ½ tsp chili-garlic sauce.

Recipe source: [www.prevention.com/stir-fry](http://www.prevention.com/stir-fry)
BAKED CHICKEN STRIPS

INGREDIENTS:

- 2 large chicken breasts (boneless & skinless)
- 1 large egg
- 2/3 cup whole wheat breadcrumbs*
- 1 tsp garlic powder
- 1/2 tsp chili powder
- 1/4 tsp cumin
- 1/2 tsp sea salt

PREPARATION:

1. Preheat oven to 400°F.
2. Chop chicken breasts into strips.
3. Beat egg in a large bowl.
4. In a separate bowl combine breadcrumbs and spices.
5. Dip 1 strip into egg with left hand and place into breadcrumb mixture and mix to coat with right hand.
6. Place onto a parchment or silicone-lined baking sheet.
7. Repeat with remaining strips.
8. Bake for 20 minutes.

Tip: To make your own whole wheat breadcrumbs, preheat oven to the lowest setting (usually 170°F). Place slices of whole grain bread on 1-2 cookie sheets, depending on how much bread you have. Bake for 4-5 hours, or until bread is very brittle. Remove from oven and break into pieces into the bowl of a food processor. Process until fine breadcrumbs are formed.

Modified from: http://www.thehealthymaven.com/2015/06/cashew-crusted-chicken-fingers.html
BUTTER CHICKEN

6-8 servings

INGREDIENTS:

1 onion
5 garlic cloves, minced
1 tsp cumin seeds
2 Tbsp water
1 Tbsp vegetable oil
2 tomatoes, ripe
1 Tbsp ginger, minced
1 green chili, minced
⅛ cup chopped cilantro
1 ½ tsp salt
1 ½ tsp sugar
1 Tbsp tandoori masala
1 ½ tsp dried fenugreek
1 cup Half & Half cream
1 cup 2% milk
1 ½ lbs chicken breast, cooked tandoori style, cut in pieces
1 tsp garam masala

PREPARATION:

1. Puree onion, garlic, and cumin with water in a blender. Warm oil in a heavy bottom pot on medium heat. Add onions and sauté for 10-12 minutes until caramelized.
2. Puree tomatoes, ginger, and green chili together. When oil separated from the onions, stir in pureed tomato, cilantro, salt, sugar, and tandoori masala. Sauté for 10 minutes.
3. Mix in fenugreek, milk, and Half & Half; bring to a boil. Simmer for 10-15 minutes. (You may freeze the sauce at this point to use at a later time).
4. Add chicken and simmer until heated through. Sprinkle with garam masala.

Tip: If you don’t have tandoori chicken, just add plain cooked chicken and adjust seasonings as needed.

Recipe source: Dhaal-icious by Satnam Sekhon, RD
SALSA CHICKEN

INGREDIENTS:
4 boneless, skinless chicken breasts
4 tsp low sodium taco seasoning
1 cup salsa
3/4 cup shredded aged cheddar cheese
1-2% fat plain Greek yogurt

PREPARATION:

1. Preheat oven to 375°F.
2. Place chicken breasts in a lightly greased 9×13 baking dish and sprinkle both sides of breasts with taco seasoning.
3. Top each breast with 1/4 cup salsa.
4. Bake in preheated oven 25-35 min, or until internal temp reaches 165°F.
5. Sprinkle chicken evenly with cheese and bake for another few minutes until the cheese melts.
6. Top with Greek yogurt and serve.

Adapted from: www.allrecipes.com
CHICKEN CHILE VERDE

INGREDIENTS:

2 Tbsp canola oil
1 large onion, chopped
2 garlic cloves, chopped
1 tsp cumin
½ tsp coriander
¼ tsp cayenne pepper
840 mL/25 oz can whole tomatillos, drained
¼ cup water
8 skinless, boneless chicken thighs, thinly sliced
540 mL can navy beans, drained and rinsed
4 cups packed baby spinach

Optional toppings:
• Chopped avocado
• Sliced jalapenos
• Grated cheddar
• Chopped cilantro
• Crumbled tortilla chips

PREPARATION:

1. Heat a pot over medium. Add oil, then onion. Cook until soft, about 6 min. Add garlic and spices. Cook for 30 sec. Add tomatillos, breaking them up into chunks with a wooden spoon. Reduce heat to medium-low. Simmer for 5 min.
2. Stir in water and chicken. Increase heat to medium. Gently boil, stirring often, until chicken is cooked through, 7 to 8 min. Stir in beans and spinach until just wilted, about 1 min. Spoon into bowls and serve with desired toppings.

Recipe source: http://www.chatelaine.com/recipe/dinner/chicken-chili-verde/
**MEALTIME:** LUNCH/DINNER

**SALMON CAKES**

4 servings (of 2 patties)

**INGREDIENTS:**

- 1 lb (454 g) (about 2 large) potatoes
- 3 green onions, chopped
- ¼ cup (60 mL) chopped fresh coriander
- 1 Tbsp (15 mL) Dijon mustard
- ½ tsp (2 mL) salt
- ¼ tsp (1 mL) grated lemon rind
- ¼ tsp (1 mL) pepper
- ¼ tsp (1 mL) hot pepper sauce
- 1 egg, beaten
- 2 cans (7.5oz/213g) salmon, drained and flaked
- 2 tbsp (30 mL) canola oil
- 4 lemon wedges

**PREPARATION:**

1. Peel and cut potatoes in half crosswise. In 6-cup (1.5 L) microwaveable dish, cover and microwave potatoes with 1 cup (250 mL) water at High for 10 minutes or until tender. (Or cover and cook in saucepan of boiling salted water for 15 to 20 minutes or until tender.) Drain.
2. In large bowl, mash potatoes until smooth; stir in onions, coriander, mustard, salt, lemon rind, pepper and hot pepper sauce. Blend in egg. Fold in salmon. Let cool for 5 minutes.
3. Shape into eight - 3/4-inch (2 cm) thick patties.
4. In large nonstick skillet, heat half of the oil over medium heat; cook the patties for about 5 minutes per side or until golden. Repeat with remaining patties.

*Adapted from: [www.canadianliving.com](http://www.canadianliving.com)*
CHILI-RUBBED GRILLED SALMON WITH AVOCADO SALAD

INGREDIENTS:

Chili-Rubbed Salmon:
4 salmon fillets
1 Tbsp olive oil
3 Tbsp packed brown sugar
1.5 Tbsp chili powder
1 tsp ground cumin
1 tsp black pepper
1 tsp salt

Avocado Salsa:
2 avocados, diced into 1 cm cubes
4 Tbsp chopped cilantro
½ cup cherry tomatoes, quartered
juice of one lime

PREPARATION:

Chili-Rubbed Salmon
1. Rinse salmon and pat dry. Brush salmon fillets with olive oil.
2. In a small bowl, combine brown sugar, chili powder, ground cumin and pepper. Spread generously over the salmon fillets.
3. For BBQ, cook salmon on medium heat grill (over direct heat) for 12-15 minutes. For oven-baked, bake salmon on parchment-lined baking sheet for 12-15 minutes in a 425°F oven, until cooked through.

Avocado Salsa
1. Combine all ingredients and serve immediately.

GRILLED FISH TACOS

6 servings (2 tacos each)

INGREDIENTS:

Adobo-Rubbed Fish:
4 tsp chili powder
2 Tbsp lime juice
2 tsp extra-virgin olive oil
1 tsp ground cumin
1 tsp onion powder
1 tsp garlic powder
1 tsp salt
1/2 tsp freshly ground pepper
2 lb mahi-mahi, Barramundi, cod or Pacific halibut, 1/2″-3/4″ thick, skinned, cut into 4 portions

Coleslaw:
1/4 cup reduced-fat sour cream
1/4 cup low-fat mayonnaise
2 Tbsp chopped fresh cilantro
1 tsp lime zest
2 Tbsp lime juice
1/8 tsp salt
Freshly ground pepper to taste
3 cups finely shredded red or green cabbage
12 small corn or whole grain tortillas

Tips:
- Prepare coleslaw up to 4 hours ahead or use bagged coleslaw.
- Warm tortillas & wrap in a clean towel to keep hot: 1) Microwave: Wrap stacks of up to 12 tortillas in barely damp paper towels; microwave on High for 30-45 seconds. 2) Oven: Wrap stacks of 6 tortillas in foil; place in a 375°F oven for 10-15 minutes

PREPARATION:

1. **Fish:** Combine chili powder, lime juice, oil, cumin, onion powder, garlic powder, salt and pepper in a small bowl. Rub adobo rub all over fish. Let stand 20 minutes for the fish to absorb the flavor.
2. **Coleslaw:** Combine sour cream, mayonnaise, cilantro, lime zest, lime juice, salt and pepper in a medium bowl; mix until smooth and creamy. Add cabbage and toss to combine. Refrigerate until ready to use.
3. Preheat grill to medium-high.
4. Oil the grill rack. Grill the fish until it is cooked through and easily flakes with a fork, 3-5 mins. per side. Transfer fish to a platter and separate into large chunks.
5. Serve by passing the fish, tortillas, coleslaw and taco garnishes separately.

COCONUT PEANUT TOFU

4 servings

INGREDIENTS:
14 oz. extra-firm tofu, drained
2 Tbsp canola oil
1/2 cup thinly sliced shallots
1 jalapeño, seeded and minced
2 tsp brown sugar
2/3 cup light coconut milk
1 Tbsp Thai fish sauce (can substitute with low sodium soy sauce)
1 Tbsp fresh lime juice
1/4 cup salted peanuts, chopped
2 cups cooked brown rice
1 lb. steamed sugar snap peas

PREPARATION:

1. Cut the tofu into 12 three-quarter-inch-thick slabs. Blot well with a paper towel.
2. In a large non-stick pan, sauté the tofu in 1 Tbsp. of the oil until golden brown, 3-5 minutes per side. Remove the tofu.
3. Sauté the shallots in the remaining 1 Tbsp. of oil until they start to brown, about 3 minutes.
4. Stir in the jalapeño, sugar, coconut milk, fish sauce, and lime juice. Simmer for 1-2 minutes.
5. Pour the sauce over the tofu and garnish with the peanuts. Serve with rice and snap peas.

Recipe source: http://www.nutritionaction.com/daily/healthy-recipes/coconut-peanut-tofu/
VEGETABLE EGG SCRAMBLE WITH FETA

2 servings

INGREDIENTS:

- 2 tsp avocado or grapeseed oil
- 1 small red onion, cut into ½-inch wedges
- 1 plum tomato, seeded and diced medium
- ½ small zucchini, diced medium
- 2 oz baby spinach (1 cup)
- 2 large eggs plus 4 large egg whites, lightly beaten
- coarse salt and ground pepper, to taste
- 1 oz feta, crumbled

PREPARATION:

1. In a large frying pan, heat oil over medium-high heat. Add onion, tomato, and zucchini and cook until vegetables are just tender, about 5 minutes. Stir in spinach and cook until beginning to wilt, 1 minute.
2. Season eggs with salt and pepper and add to skillet. Cook, stirring with a rubber spatula, until eggs are set, about 2 minutes. To serve, divide between plates and sprinkle with feta.
CRISPY BLACK BEAN TACOS WITH FETA & SLAW

4 servings

INGREDIENTS:

1 15-ounce can black beans, rinsed and drained
½ teaspoon ground cumin
5 teaspoons olive oil, divided
1 tablespoon fresh lime juice
2 cups coleslaw mix
2 green onions, chopped
1/3 cup chopped fresh cilantro
4 white or yellow corn tortillas
1/3 cup crumbled feta cheese
1/3 cup Pico de Gallo or Salsa

PREPARATION:

1. Place beans and cumin in small bowl; partially mash. Add Pico de Gallo or salasa, green onions and salt to taste.
2. Mix 2 teaspoons olive oil and lime juice in medium bowl; add coleslaw, green onions, and cilantro and toss to coat. Season slaw to taste with salt and pepper
3. Heat 3 teaspoons olive oil in large nonstick skillet over medium-high heat. Add tortillas in single layer. Spoon 1/4 of bean mixture onto half of each tortilla; cook 1 minute. Fold tacos in half. Cook until golden brown, about 1 minute per side. Fill tacos with feta and slaw.

LENTIL-QUINOA BURGERS

4 servings (2 patties per serving)

INGREDIENTS:

1 ½ cup water  ½ tsp chili powder
½ cup dried lentils  ¾ tsp salt, divided
Cooking spray  ¾ cup cooked quinoa
1 cup onion, chopped  ½ cup panko (Japanese breadcrumbs)
¼ cup carrot, grated  ¼ cup fresh parsley, finely chopped
2 tsp garlic, minced  ½ tsp coarsely ground black pepper
2 Tbsp tomato paste  2 large eggs whites
1 ½ tsp ground cumin  1 large egg
¾ tsp dried oregano  3 Tbsp canola oil, divided

PREPARATION:

1. Combine 1 ½ cups of water and lentils in a saucepan; bring to a boil. Cover, reduce heat, and simmer for 25 minutes or until lentils are tender.
2. Drain and place half the lentils in a large bowl. Place the remaining lentils in a food processor, process until smooth. Add processed lentils to lentils in bowl.
3. Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add onion and carrot; sauté 6 minutes or until tender, stirring occasionally.
4. Add garlic; cook 1 minute, stirring constantly. Add tomato paste, cumin, oregano, chili powder, and ¼ tsp salt; cook 1 minute, stirring constantly.
5. Add onion minute to the lentils. Add remaining ½ tsp salt, quinoa, panko, parsley, ground black pepper, eggs whites, and egg. Stir well. Cover and refrigerate 1 hour or until firm.
6. Divide mixture into 8 portions, shaping each into a ½ inch-thick patty.
7. Heat 1 ½ tbsp oil in a large nonstick skillet over medium-high heat. Add 4 patties; cook 3 minutes on each side or until browned. Repeat procedure with remaining 1 ½ tbsp oil and 4 patties.

Recipe source: Cooking Light
DHAAL TURKA

4 servings

INGREDIENTS:

1 cup lentils (any variety)
6 cups water
1 Tbsp ginger, minced
1 tsp turmeric
2 Tbsp vegetable oil
4 garlic cloves, minced
1 tsp cumin seeds
1 onion, finely diced
1 chili pepper, diced (optional)
1 tomato, chopped
1 tsp salt
½ tsp garam masala (optional)
¼ cup chopped cilantro

PREPARATION:

5. Remove any grit and pebbles from lentils and rinse in several changes of water.
6. Place lentils, water, ginger, and turmeric in a large pot and bring to a boil on high heat. Stir, partially cover, reduce heat and simmer for 30 minutes, stirring occasionally. The lentils should not become dry; add more boiling water if needed.
7. Warm oil in frying pan on medium heat. Add garlic, cumin, and onion and sauté for 5-7 minutes until onions are translucent and golden.
8. Add chili, tomato, and salt and sauté for another 5 minutes until tomatoes are blended in and oil starts to separate from the onions. Transfer to cooked lentils and stir to mix.

Recipe source: Dhaal-icious by Satnam Sekhon, RD
SPINACH & MUSHROOM LASAGNA

8 servings

INGREDIENTS:
9 whole wheat lasagna noodles
1 Tbsp olive oil
1 red onion, diced
4 cups mushrooms, sliced
3 cloves garlic bulb, minced
1 bag (10oz) baby spinach, washed and dried
1 jar (about 2 ¼ cups) tomato sauce
Pepper to taste
1 cup feta cheese
1 container (475g) light ricotta cheese
2 cups partly skimmed grated mozzarella

PREPARATION:

1. Preheat oven to 375º F (190º C).
2. Cook the lasagna noodles according to package directions. Drain and set aside.
3. To make the sauce: Heat oil in a large sauce pan over medium heat. Add onions and mushrooms and cook for 10 minutes. Add garlic and spinach. Cover and cook until the spinach is wilted. About 5 minutes. Uncover and cook on medium heat for about 10 minutes or until most of the liquid has evaporated. Add the tomato sauce and pepper.
4. To make the lasagna: Line the bottom of a 9x13 inch baking dish with 3 noodles. Top with ½ of the ricotta cheese, ½ of the sauce and ½ of the feta cheese. Repeat. Place the final 3 noodles on top and cover with mozzarella cheese.
5. Bake for 30 minutes or until the cheese is starting to brown.

Recipe source: Dietitians of Canada
WHOLE WHEAT COUSCOUS WITH ROASTED VEGETABLES AND CHICKPEAS

6 servings

INGREDIENTS:

1 lbs carrots, sliced 3/4 inch thick on the diagonal
1 head cauliflower (3 lbs), cored and cut into florets
1 ½ teaspoons ground cumin
3 tablespoons olive oil
Coarse salt and ground pepper
1 cup whole-wheat couscous
1 tablespoon lemon zest
1/2 cup fresh lemon juice (from 3 lemons)
1 can (15 ounces) chickpeas, rinsed and drained
6 scallions, thinly sliced
5 oz baby arugula
Sprinkle of feta (optional)

PREPARATION:

1. Preheat oven to 450 degrees. Place carrots and cauliflower on a rimmed baking sheet; toss with cumin and 2 tablespoons oil. Season with salt and pepper. Spread half the vegetables on a second baking sheet. Roast until browned and tender, 25 to 30 minutes, rotating sheets and tossing halfway through. Cool to room temperature.

2. Meanwhile, in a medium saucepan, bring 1 1/4 cups salted water to a boil. Stir in couscous; cover and remove from heat. Let stand until tender, 5 minutes. Fluff with a fork; set aside to cool, uncovered.

3. Make dressing: In a small bowl, whisk together lemon zest and juice and remaining tablespoon oil; season with salt and pepper.

4. In a large bowl, combine roasted vegetables with couscous, chickpeas, and scallions. Place arugula on a serving platter, and drizzle with 1 tablespoon dressing. Add remaining dressing to couscous mixture, and toss; serve over arugula.

AFRICAN PEANUT STEW

INGREDIENTS:

- 2 tsp grapeseed or canola oil
- 1 medium sweet onion, diced
- 3 cloves garlic, minced
- 1 red bell pepper, diced
- 1 jalapeno, diced (optional)
- 1 medium sweet potato, chopped into ½ inch pieces
- 1 (19 oz) can diced tomatoes, with their juices
- ½ cup natural peanut butter
- 6 cups low sodium vegetable broth
- 1.5 tsp chili powder
- ¼ tsp cayenne pepper (optional)
- 1 (19 oz) can of chickpeas, drained and rinsed
- 1 small bunch of kale, de-stemmed
- Salt and pepper, to taste

PREPARATION:

1. Heat oil medium heat and sauté onions and garlic in a large saucepan.
2. Add bell pepper, jalapeno, sweet potato, and tomatoes (with juices). Increase heat to high and simmer for 5 minutes.
3. Add peanut butter, vegetable broth, chili powder, and cayenne pepper to saucepan. Cover with a lid and reduce heat to medium-low and simmer for 10-20 minutes or until the sweet potato is tender.
4. Cover the saucepan with a lid, reduce heat to medium-low and simmer for 10-20 minutes or until the sweet potato is tender.
5. Stir in the chickpeas and kale and simmer for a few more minutes. Season with salt and pepper to taste.

Tips:
- Leftovers freeze well for up to 3 months
- This is a vegan dish and is very inexpensive to make. The protein sources include chickpeas, peanuts & peanut butter.
- Kale is nutrient dense: high in beta carotene, iron, vitamins K and C, carotenoids and is a source of calcium.

Recipe source: www.ohsheglows.com
AFRICAN THAI STEW

6 servings

INGREDIENTS:

1 tsp olive oil
1 white onion, chopped
1 medium sweet potato or yam, diced
2 stalks celery, chopped
1 green pepper, diced
2 cloves garlic, minced
1 can light coconut milk
1 cup low sodium chicken or vegetable broth
28oz can diced tomatoes
19oz can chickpeas, rinsed & drained
1 tsp each cumin, coriander, curry powder and chili powder
2 Tbsp ginger, minced
¼ tsp black pepper
3 Tbsp lime juice
2 Tbsp sweet chili sauce
¼ cup raisins
¼ cup natural peanut butter
Season with salt to taste

PREPARATION:

1. Heat olive oil in a large pot over medium heat. Add onion, yam, celery, green pepper and garlic. Cook until onions start to soften. Add tomatoes, chicken broth, coconut milk and chickpeas.

2. Add cumin, coriander, chili, ginger, pepper, lime juice and chili sauce. Stir to combine and bring to a boil. Reduce heat to low and simmer, covered. Simmer for 20-25 minutes until vegetables are cooked.

3. Stir in raisins and peanut butter. Cook 2 minutes longer. Serve warm with rice, quinoa or another grain, if you desire.

Something Sweet
STRAWBERRY RHUBARB CRISP

INGREDIENTS:

Filling:
1 lb strawberries, hulled and quartered
1 lb rhubarb stalks (about 5 or 6) cut into 1” pieces
1/2 orange, zested and juiced
1 tbsp cornstarch
1/4 cup sugar or honey

Topping:
1 cup Quaker quick oats
1/2 cup 100% white whole wheat flour
1/2 cup light brown sugar, not packed
1/2 tsp cinnamon
1/4 cup butter, melted

PREPARATION:

1. Heat oven to 375°F.
2. Combine strawberries and rhubarb in an oven safe dish.
3. Add sugar or honey.
4. Add orange juice and orange zest; sprinkle with cornstarch and toss until fruit is well coated.
5. Mix remaining ingredients for the topping in a medium bowl then spread over fruit.
6. Bake until topping is golden brown and fruit is bubbling, about 40 minutes.
7. Serve dollop French vanilla yogurt and enjoy!
APPLE CRISP

INGREDIENTS:

Filling:
2 lbs apples (~ 8 medium)*
1/2 lemon, juiced
1 Tbsp sugar (optional)

Topping:
1 cup quick oats
1/2 cup 100% white whole wheat flour
1/3 cup light brown sugar, not packed
1/2 tsp cinnamon
1/4 cup butter, melted

For Serving:
2% MF Greek yogurt**

PREPARATION:

1. Heat oven to 375°F.
2. Slice apples. Combine in an oven safe dish.
3. Toss with sugar if using, and lemon juice until well coated.
4. Mix remaining ingredients for the topping in a medium bowl then spread over fruit.
5. Bake until topping is golden brown and fruit is bubbling, about 40 minutes.
6. Serve with a dollop of French vanilla yogurt and enjoy!

*Optional: replace half the apples with frozen mixed berries

Tip: Mix together plain Greek yogurt with equal amounts of vanilla Greek yogurt to cut down on the sugar.
SOMETHING SWEET

RASPBERRY YOGURT FLAN

12 servings

INGREDIENTS:

1 ½ cups (375 mL) all-purpose flour
½ cup (125 mL) granulated sugar
1 ½ tsp (7.5 mL) baking powder
1/3 cup (80 mL) soft margarine
2 egg whites
1 tsp (5 mL) pure vanilla extract
3 cups (750 mL) fresh raspberries or 1 pkg
(10 oz/300 g) individually frozen (not thawed) or
other berries

Topping:
2 Tbsp (30 mL) all-purpose flour
2 cups (500 mL) low-fat plain yogurt
1 egg lightly beaten
2/3 cups (160 mL) granulated sugar
2 tsp (10 mL) grated lemon rind
1 tsp (5 mL) pure vanilla extract

PREPARATION:

1. In food processor or mixing bowl, combine flour, sugar, baking powder, margarine,
   egg whites and vanilla; mix well.
2. Press onto bottom of 10-inch (3 L) square cake pan, springform or flan pan;
sprinkle with raspberries.
3. Topping: In bowl, sprinkle flour over yogurt. Add egg, sugar, lemon rind and
   vanilla; mix until smooth. Pour over berries.
4. Bake in 350°F (180°C) oven for 70 minutes or until golden. Serve warm or cold.
MANGO LASSI

2 servings

INGREDIENTS:

1 cup plain yogurt
1 cup chopped mango; fresh or frozen
2-3 tsp honey, to taste
6 ice cubes (2-3 if using frozen fruit)
Pinch cardamom powder (optional)

PREPARATION:

1. Blend yogurt, mango, honey, and ice-cubes together.
2. Serve chilled over ice in a large tumbler. Garnish with cardamom powder.

Recipe source: Dhaal-icious by Satnam Sekhon, RD