Banana Oat Muffins
Serves 12 | Serving size: 1 muffin
Prep Time: 15 min
Cook Time: 25-28 min

Ingredients
¼ cup canola oil + 1 tbsp
¼ cup honey
2 eggs
3 ripe bananas, mashed
¼ cup 1% milk
1 tsp vanilla extract
1 ½ cups whole wheat flour
½ cup large flake oats + 2 tbsp for garnish
1 tsp baking soda
½ tsp salt
½ tsp ground cinnamon

Directions
• Preheat oven to 325ºF.
• Grease a muffin tin using 1 tbsp canola oil with either your hands or a paper towel.
• In a large bowl, whisk canola oil and honey. Add eggs and beat well. Mix in the mashed bananas, milk and vanilla extract.
• In a medium bowl, whisk together flour, oats, baking soda, salt and cinnamon.
• Fold dry ingredients into wet ingredients, stirring until just combined. There may be lumps.
* If adding any nuts, fruit or chocolate, fold in ½ cup now.
• Divide the batter evenly between the 12 muffin cups. Lightly sprinkle the tops of the muffins with oats, using about 2 tbsp.
• Bake muffins for 25-28 minutes, until a toothpick inserted into a muffin comes out clean.
• Let sit until cool enough to touch. Remove muffins by running a butter knife along the outer edge to loosen them from the pan. Transfer to a cooling rack to cool completely.
• Store in an air tight container lined with paper towel.

Nutrition Tip
Whole wheat flour contains more fiber than white flour and will keep you fuller longer.

Make it your own!
Switch this recipe up by trying these tasty add-ins:

Nuts and seeds – Walnuts, pecans, pumpkin seeds, sunflower seeds

Fruit –
• Fresh or frozen blueberries, cranberries or raspberries
• Diced fresh apples, strawberries or peaches
• Dried cranberries, raisins or apricots

Chocolate chips or dark chocolate chunks

Stretch Your Budget
• Don’t throw away over-ripe bananas! Peel, slice and freeze to use for baking or in smoothies. For baking, ensure bananas are completely thawed before using.
• Make a double batch of these muffins and freeze them for an easy breakfast or snack.
Marvelous Minestrone
Serves 4

Ingredients
2 tbsp/30 mL oil
1/2 medium onion, finely chopped
1 clove garlic, minced
3 cups/750 mL chicken stock, vegetable stock or water
2 medium carrots, peeled and thickly sliced
1 x 19 oz/540 mL can of tomatoes, with their juice, chopped
1 tsp/5 mL dried basil
1/2 tsp/2 mL dried sage
2 small zucchini, thinly sliced
1 x 14 oz/398 mL can kidney, pinto or navy beans, rinsed and drained
1/2 cup/125 mL small pasta
to taste salt and pepper
1/4 cup/50 mL Parmesan cheese, grated

Directions
• In a large pot, heat the oil over medium heat. Add the onion and garlic and cook until the onion is lightly browned. Add the stock or water, carrots, tomatoes, basil and sage. Bring to a boil. Turn down to a simmer and cook, partially covered, for 15 minutes.
• Add the zucchini, beans and pasta. Cook for 10 minutes longer. Season with salt and pepper.
• Thin the soup out with water if it seems too thick and adjust the seasoning. Sprinkle cooked soup with Parmesan.

Useful Tips
• Serve with a whole wheat bun to increase your fibre.
• To lower your salt intake use low sodium chicken stock or make your own stock.

Modifications
• Add a variety of seasonings. This version uses Italian seasonings because it is an Italian soup but a curry version could be made with cumin, turmeric or a curry powder.
• For more vegetables try adding 1 celery stalk thickly sliced and 1 cup shredded cabbage.
• Dried oregano can be substituted for sage.

Budget Considerations
• Make extra and use for another meal during the week or freeze.
• Legumes are an inexpensive source of protein.
• Purchase dried herbs from the bulk food section.

Courtesy of Many Hands - Community Kitchens Share Their Best.
HUMMUS

Serves 10 | Serving size: ¼ cup per person

INGREDIENTS

19 oz/540 mL can chickpeas, drained and rinsed
1 or 2 cloves garlic, minced
½ cup/125 mL low fat plain yogurt
dash hot pepper sauce
½ tsp/2 mL cumin
freshly ground pepper to taste
2 tbsp/30 mL lemon juice

DIRECTIONS

• Blend all ingredients in a food processor or blender.

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SIDE DISHES

Pita Chips
• Separate four whole wheat pita breads, into two rounds each. Cut into 8 wedges. Spread in a single layer on a baking sheet and bake in a preheated 400°F/200°C oven for 8 to 10 minutes or until crisp. Makes about 6 cups.

OR

Raw Veggies
• Wash and remove seeds from green pepper and yellow pepper. Cut into strips. Wash and cut celery into sticks. Wash cherry tomatoes. Wash and cut broccoli and cauliflower into florets. Rinse mini carrots if necessary
• Place hummus in a bowl and put in centre of large serving platter. Arrange vegetables and pita chips around hummus. Serve. Cover and refrigerate leftover hummus and vegetables.

USEFUL TIPS

• If you have neither a food processor nor a blender, mash ingredients together with a potato masher.
• Choose a variety of vegetables to add colour and crunch and for appearance.
• To reduce the salt content rinse canned beans well before using.
• Hummus is great in a lettuce, tomato and cucumber sandwich.

MODIFICATIONS

• Try adding a few drops of hot pepper sauce if you like spicy foods.
• This dip is also great with crackers or as a spread for bread.
• Other canned legumes, such as canned lentils, black beans and white beans can be substituted.

BUDGET CONSIDERATIONS

• This recipe costs about half as much as hummus bought commercially.
• Check prices for the best buy on ingredients.
• Making your own chips is cheaper and just as tasty as prepared chips.
SALMON DIP
Serves 10 | Serving size: ¼ cup per person

INGREDIENTS
1 can (7 ¾ oz) salmon
1 pkg (8 oz) light or fat free cream cheese
1 tbsp/15 mL lemon juice
2 tbsp/30 mL onion, chopped finely
1 tbsp/15 mL horseradish
dash pepper
1 tsp/5 mL liquid smoke (to have a smoked flavour), optional

DIRECTIONS
• Measure and mix all ingredients together.

Encourage your family to eat more raw vegetables by serving them with dips other than creamy salad dressings.
Try this dip recipe that includes canned salmon which is a good source of protein.
ROASTED ROOT VEGETABLES

Serves 8 | Serving size: 2/3 cup
Prep Time: 20 min
Cook Time: 40 min

INGREDIENTS
3 carrots
2 parsnips
2 orange sweet potatoes
1 medium yellow onion
1 red onion
2 tbsp olive oil
½ tsp salt
½ tsp pepper

DIRECTIONS
• Preheat oven to 425°F.
• Line a baking sheet with parchment or tin foil.
• Thoroughly wash and cut unpeeled vegetables into bite sized chunks.
• In a large bowl, combine vegetables, oil, salt and pepper.
• Spread in an even layer on baking sheet.
• Bake for 40 minutes, tossing halfway.

Make it your own!
This recipe is great with a variety of vegetables.
They are an easy and delicious addition to any meal.
Give these veggies a try:
- Cauliflower
- Cherry tomatoes
- Peppers
- Asparagus
- Beet
- Eggplant
- Brussels sprouts
- Zucchini

Cooking times will vary for different vegetables. Here is a brief guide to roasting vegetables at 425°F:
- Soft or thin vegetables
  Zucchini, tomatoes, kale, asparagus, bell peppers, etc.
  10-20 minutes
- Cruciferous vegetables
  Broccoli, cauliflower, brussels sprouts, etc.
  15-25 minutes
- Root vegetables or squash
  Potatoes, carrots, beets, butternut squash, etc.
  25-50 minutes

Food Storage Tip
Fridge: 3-4 days

Recipe Tip
The versatility of roasted vegetables makes them great on pasta, rolled up in a pita or on top of a pizza.
Five Vegetable Curry

Serves 4

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 tbsp/15 mL</td>
<td>canola oil</td>
</tr>
<tr>
<td>3 cloves</td>
<td>garlic, finely chopped</td>
</tr>
<tr>
<td>1 tbsp/15 mL</td>
<td>grated fresh ginger</td>
</tr>
<tr>
<td>1 jalapeño pepper, seeded and finely chopped</td>
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</tr>
<tr>
<td>1 tsp/5 mL</td>
<td>ground cumin</td>
</tr>
<tr>
<td>¼ tsp/1 mL</td>
<td>ground turmeric</td>
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<tr>
<td>1 tsp/5 mL</td>
<td>salt</td>
</tr>
<tr>
<td>1 cup/250 mL</td>
<td>water (more can be added)</td>
</tr>
<tr>
<td>1 – 1 ½ pound</td>
<td>eggplant, unpeeled, cut into 1-inch cubes</td>
</tr>
<tr>
<td>3 potatoes, preferably Yukon Gold, peeled and cut into 1-inch cubes</td>
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<tr>
<td>2 sweet potatoes, peeled and cut into 1-inch cubes</td>
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<tr>
<td>1 cup/8 ounces</td>
<td>tomatoes, preferably plum tomatoes, seeded and coarsely chopped</td>
</tr>
<tr>
<td>½ cup/4 ounces</td>
<td>green beans, cut into 2-inch pieces</td>
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<tr>
<td>1-2 tbsp/15-30 mL</td>
<td>chopped blanched almonds, ground to a coarse powder</td>
</tr>
<tr>
<td>2 tsp/10 mL</td>
<td>garam masala or curry powder (see Useful Tips)</td>
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</tbody>
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Method

1. Heat oil in a large high-sided skillet or Dutch oven over medium heat until very hot. Add garlic and ginger and cook until golden, about 1 minute. Add jalapeño, cumin and turmeric and stir to distribute evenly.
2. Add salt and water. Increase heat to high and bring to a boil. Add eggplant, potatoes, sweet potatoes and tomatoes. Reduce heat and simmer, covered, stirring occasionally for 15 to 20 minutes. Add green beans and simmer, covered, until the vegetables are tender, 15 to 18 minutes more.
3. Mash a few of the potatoes and sweet potatoes with the back of a spoon and mix into the sauce. Stir in almonds and garam masala (or curry powder). Remove from the heat. Let stand 10 minutes before serving to allow flavors to develop.

Useful Tips

- Make it a meal: top with plain non-fat yogurt and serve with brown basmati rice.
- Garam masala is a blend of spices used in Indian cooking, usually including cardamom, black pepper, cloves, nutmeg, fennel, cumin and coriander. Garam masala is available in the spice section of most supermarkets.

Modifications

- Select any other vegetables such as carrots, squash or cauliflower.