

# 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 325°F.
- 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.

### 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**

## Nutrition Tip

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



Information is per 1 muffin serving:

<b>220</b> CALORIES	<b>7g</b> TOTAL FAT	<b>1g</b> SAT FAT	<b>0g</b> TRANS FAT	<b>220mg</b> SODIUM	<b>33g</b> CARBS	<b>5g</b> FIBRE	<b>10g</b> SUGAR	<b>6g</b> PROTEIN
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## 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.



# ROASTED ROOT VEGETABLES

Serves 8 | Serving size: 2/3 cup

Prep Time: 20 min

Cook Time: 40 min

Information is per 2/3 cup serving:

<b>70</b> CALORIES	<b>3.5g</b> TOTAL FAT	<b>0g</b> SAT FAT	<b>0g</b> TRANS FAT	<b>75mg</b> SODIUM	<b>9g</b> CARBS	<b>2g</b> FIBRE	<b>5g</b> SUGAR	<b>2g</b> PROTEIN
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## INGREDIENTS

- 3 carrots
- 2 parsnips
- 2 orange sweet potatoes
- 1 medium yellow onion
- 1 red onion
- 2 tbsp olive oil
- 1/2 tsp salt
- 1/2 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:

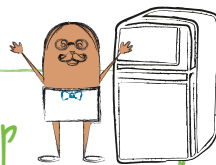
- Cauliflower
- Cherry tomatoes
- Peppers
- Asparagus
- Beet
- Eggplant
- Brussels sprouts
- Zucchini

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.

# MARVELOUS MINESTRONE

Serves 7

## INGREDIENTS

2 tbsp canola oil  
½ medium yellow onion, finely chopped  
1 clove garlic, minced  
1 carton (~900 mL) low sodium vegetable stock  
2 medium carrots, peeled and sliced  
1 can (796 mL) diced tomatoes, no salt added  
2 tsp dried parsley  
1 tsp dried oregano  
½ tsp pepper  
¼ tsp salt  
2 small zucchinis (about 3 cups sliced)  
1 can kidney beans  
⅔ cup small whole wheat pasta (dry)

## DIRECTIONS

- Drain and rinse beans to remove excess salt.
- Prepare all vegetables and set aside.
- In a large pot, heat the oil over medium heat.
- Add the onion and garlic, cook until slightly translucent.
- Add stock, carrots, canned tomatoes with juices, parsley, oregano, pepper and salt.
- Add the zucchini, beans and pasta.
- Cook for 15-20 minutes, or until pasta is done.

## USEFUL TIPS

- Serve this soup with a dollop of plain yogurt and a piece of whole wheat bread or a side salad.
- Using reduced-sodium or no-salt-added broth is a good way to lower the sodium content of your diet.
- Season soups using herbs and spices before adding salt.

## MAKE IT YOUR OWN

- 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.

## STRETCH YOUR BUDGET

- 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



# 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.



## Five Vegetable Curry

Serves 4

### Ingredients

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

### 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.