

Recipe Sheets

Please use these recipe sheets to go along with the Newcomers Curriculum. They are a great way to help participants keep their new books clean!

Insert these recipes into the plastic sleeves you previously received. Wipe them clean after each session to re-use them for your next program! If you need additional plastic sleeves please let us know and we will happily ship them with your next program package.

Happy Cooking,

The Food Skills for Families Team

HUMMUS

Serves 10

INGREDIENTS

- 1 can (540 mL) chickpeas, drained and rinsed
- 2 cloves garlic, minced
- 3 tbsp olive oil
- ¼ tsp salt
- 2 tbsp lemon juice
- 2 tbsp parsley

DIRECTIONS

Blend all ingredients, except parsley, in a food processor or blender. Garnish with chopped parsley. Serve with pita chips (see recipe below) and raw vegetables.



SIDE DISHES

Pita Chips

- Separate four whole wheat pita breads into two rounds each. Cut each round into 8 wedges. Spread chips 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. If only one oven is available, serve pita wedges cold and unbaked.

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.

STRETCH YOUR BUDGET

- This recipe costs about half as much as hummus bought commercially.
- Check prices for the best buy on ingredients.
- Making your own chips is more affordable and just as tasty as prepared chips.

USEFUL TIPS

- If you have neither a food processor or a blender, mash ingredients together with a potato masher.
- Choose a variety of vegetables to add colour and crunch and for appearance.
- Chopped up vegetables are a great addition to a child's lunch. Put them in a plastic containers or a small bag that seals.
- Hummus is great in a lettuce, tomato and cucumber sandwich.
- To reduce the sodium content rinse canned beans well before using.

MAKE IT YOUR OWN

- Add ½ tsp sesame oil for a nutty flavour.
- Add ½ cup plain lower fat yogurt for a creamier, lighter texture.
- Try adding a few drops of hot pepper sauce if you like spicy foods or ½ tsp ground cumin.
- 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.

FRESH GREEN SALAD

Serves 8

INGREDIENTS

Salad

- 10 cups spinach or mixed greens
(½ a large bag or box)
- 1 medium orange
- ¼ cup dried cranberries
- 2 tbsp raw sunflower seeds

Dressing

- 3 tbsp olive oil
- 2 tbsp apple cider vinegar
- 2 tsp Dijon mustard
- 1 tsp honey
- ⅛ tsp salt
- ⅛ tsp pepper

DIRECTIONS

Prepare Orange:

- Peel orange and using your thumbs, split the orange in half.
- Place flat on a cutting board and using a sharp knife, cut each half crosswise into ½" (1 cm) thick slices.
- Separate slices into smaller segments.

Assemble Salad:

- Wash and thoroughly dry greens using a salad spinner or clean tea towel.
- Add greens, orange, cranberries and sunflower seeds to a large salad bowl.
- In a small bowl add olive oil, apple cider vinegar, mustard, honey salt and pepper. Using a fork or whisk, mix well.
- Right before serving pour half the dressing over greens and toss well. Add more dressing if desired.

USEFUL TIPS

Add in Grains:

Cooked quinoa, rice or barley

OR

Add in Protein Foods:

Beans, chickpeas, tofu, fish, hard-boiled egg, grilled chicken or steak

MAKE IT YOUR OWN

- Try adding in a variety of salad toppings:
 - **Fresh Vegetables:** Tomatoes, cucumbers, shredded carrots, red onion, peppers, cabbage, beets, celery, radishes
 - **Fresh Fruit:** Apple, berries, pear, pomegranate, grapes
 - **Dried Fruit:** Cranberries, cherries, apricots, raisins
 - **Fresh Herbs:** Basil, dill, cilantro, chives, parsley
 - **Raw Nuts or Seeds:** Pecans, almonds, pumpkin seeds, walnuts
 - **Cheese:** Feta, cheddar, goat cheese, parmesan, blue cheese

STRETCH YOUR BUDGET

- Fresh spinach/lettuce can often be more affordable than pre-washed, bagged greens.



ROASTED VEGETABLES

Serves 6

INGREDIENTS

2 carrots, peeled and cut into bite-size chunks
1 parsnip, peeled and cut into bite-size chunks
1 green pepper cut into 1½ inch (4 cm) chunks
1 red or yellow pepper cut into 1½ inch (4 cm) chunks
1 sweet white or red onion cut into chunks
2 tbsp olive oil
1½ tsp Italian seasoning (optional)
Salt and ground black pepper

DIRECTIONS

- Preheat oven to 425°F (220°C).
- Wash, cut and combine vegetables in a large bowl.
- Add oil and Italian seasoning. Sprinkle lightly with salt and pepper. Toss to coat.
- Place vegetables in a shallow roaster or a cookie sheet lined with foil or parchment paper.
- Bake, stirring occasionally, for 30-40 minutes or until vegetables are golden and slightly brown.

USEFUL TIPS

- These vegetables are very versatile! Add them to a spaghetti sauce, stuff them in a pita with tzatziki or try on top of a pizza.
- Vegetables with thicker skins such as sweet potatoes, turnips, beets, parsnips can be scrubbed well or peeled.
- Use vegetables that are the same texture so that they will take about the same amount of time to cook, such as zucchini and eggplant or carrots, potatoes and sweet potatoes.

MAKE IT YOUR OWN

- For a sweet taste, drizzle with small amount of honey or maple syrup.
- For a change of seasonings, try rosemary, sage or parsley.
- In the fall and winter months, use a different combination of vegetables such as potato, turnip, and winter squash. Note: You may need to shorten or lengthen the cooking times depending upon what vegetables you use.

STRETCH YOUR BUDGET

- Use vegetables in season or buy what is on sale.





SKILLET LASAGNA

Serves 6

INGREDIENTS

1 medium onion, diced
2 cloves garlic, minced
1 tbsp oil, such as canola or olive oil
1 lb (450 g) lean or extra lean ground beef
10 lasagna noodles, uncooked, broken into 1" (2.5 cm) pieces
2 cans (398 mL) no-salt-added diced tomatoes, drained
½ cup water
1 tbsp dried oregano
1 cup ricotta or cottage cheese
¼ cup Parmesan cheese, grated

NOTE

Refrigerate any leftovers within two hours and keep for a maximum of three days.

DIRECTIONS

- Heat oil in a non-stick electric frying pan on medium-high heat. Add the onion and garlic and cook, stirring often, about 5 minutes or until the onion is translucent. Add the ground beef, stir to break up and cook until browned, about 5 minutes. Add noodles, tomatoes, water and seasoning.
- Cover and simmer for 20 minutes. (Check once or twice during the cooking to see if more water is needed. If so, add another approximately ¼ to ½ cup.)
- Drop large spoonfuls of ricotta cheese over the lasagna. Sprinkle Parmesan on top and let it melt briefly.

USEFUL TIPS

- An electric frying pan is the best choice to use for this recipe because it has a large flat bottom and a tight fitting lid. If you do not have an electric frying pan any large pot or saucepan with a lid will work.
- To brown the beef use a wooden spoon or flat-sided spatula to scramble-fry. Stir frequently to cook the beef quickly; cook until there is no pink. Use lean beef to reduce fat content in the recipe and drain off excess liquid fat after frying.
- For easier eating, you can break the lasagna noodles into pieces before cooking.
- Do not remove lid repeatedly while cooking noodles because the heat and steam need to be kept in to cook the noodles quickly.

MAKE IT YOUR OWN

- Other herbs that go well with this dish are basil and rosemary.
- To increase fibre, use whole wheat noodles. (May have to increase the water and cooking time.)
- To increase vegetables, fry chopped green or red pepper with the onion and garlic.

- Smaller pasta such as whole wheat rotini can be substituted (about 2 cups uncooked) for the lasagna noodles.
- To reduce the sodium content look for canned diced tomatoes with 'no salt added.'
- To reduce saturated fat, use ground game meat (elk, deer) or lean ground turkey or chicken.
- Increase vegetables by adding 1 package (300 g) frozen chopped spinach, defrosted and drained to the tomato sauce.

STRETCH YOUR BUDGET

- Leftovers can be frozen in single servings for fast meals to take to work or to eat when you have nothing in the fridge.
- Although the ricotta cheese gives this recipe a gourmet twist, it works as well with cottage cheese.
- Make the recipe with veggie ground round instead of meat or poultry. In this case add the ground round after the noodles are cooked and heat through; no need to cook the veggie ground round. Add the ricotta/cottage and Parmesan cheese as usual.

PEACH BERRY COBBLER

Serves 6

INGREDIENTS

- 1 can (540 ml) sliced canned peaches (no sugar added or in juice), drained
- 4 cups mixed fresh or frozen berries
- $\frac{3}{4}$ cup whole wheat flour
- $\frac{3}{4}$ cup all purpose flour
- 3 tbsp sugar
- 2 tsp baking powder
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp grated lemon zest
- 1 tsp vanilla extract
- $\frac{1}{4}$ cup margarine or butter
- $\frac{1}{2}$ cup buttermilk

DIRECTIONS

- Preheat oven 350°F (180°C).
- Mix peaches and fresh or frozen berries on the bottom of a 9" x 13" (23 cm x 33 cm) pan.
- In a bowl mix together whole wheat flour, all purpose flour, sugar, baking powder, salt, lemon zest and vanilla extract. Blend in margarine or butter until mixture resembles coarse crumbs.
- Add buttermilk to crumb mixture. Stir until batter forms a smooth ball. Break dough into bite-size pieces and place on top of fruit.
- Bake 45 minutes or until dough is cooked and lightly brown.

USEFUL TIPS

- Cut fruit the same size so they cook evenly.

STRETCH YOUR BUDGET

- Use fresh seasonal fruit.
- Purchase whole wheat flour from bulk food section.

MAKE IT YOUR OWN

- **Crisp Topping:** Mix together 1 cup rolled oats, 1 cup brown sugar, $\frac{1}{2}$ cup flour, $\frac{1}{4}$ cup butter and a pinch of salt. Rub together with fingertips to form crumbs. Spoon evenly and bake at 350°F (180°C) for 25 minutes to 30 minutes or until top is golden brown.
- Try different flavourings, such as almond extract, nutmeg, pumpkin pie spice, cinnamon or ginger. These can be mixed in with the flour or sprinkled over the fruit before baking.
- To increase fibre, add bran cereal (flakes, buds or all-bran types) or raw bran (oat or wheat) to the flour mixture.
- Any firm, textured fruit can be substituted. Try apples, pears, apricots, plums or berries – canned, frozen or fresh. (Very soft or high-water content fruit, like melons and bananas, are not suitable.)
- Use fresh, peeled peaches in the summer.
- Canned and frozen fruit and vegetables are readily available in Canadian grocery stores. They keep much longer than fresh and are generally just as nutritious. Avoid those packaged with sugary syrups and pre-made sauces

A cobbler or a crisp?

A cobbler is fruit with a dough-like topping while a crisp has a crunchier layer. Try them both! The crisp recipe appears as the first modification in this recipe.

CREAMY KALE SALAD

Serves 6

INGREDIENTS

2 bunches green curly kale, washed and dried

Dressing

1 clove garlic + ¼ tsp salt
¾ cup 0% plain Greek yogurt
2 tbsp lemon juice, about ½ a lemon
3 tbsp olive oil
2 tbsp Dijon mustard
1 tbsp Worcestershire sauce
½ tsp pepper
⅛ tsp salt

DIRECTIONS

Prepare Kale:

- Thoroughly wash kale leaves and pat dry or use a salad spinner.
- Remove the ribs from the kale by ripping the leaves away from the stem into large pieces.
- Add kale to a large salad bowl. Using your hands, massage the kale by rubbing the leaves together between your fingers, similar to kneading dough. While massaging, rip the kale into bite-sized pieces.
- Continue to massage for about 3 minutes, until the leaves have softened and become vibrant green.

Make Dressing:

- Crush a clove of garlic using the side of a knife to remove skin. Top with ¼ tsp salt and set aside. The salt will draw water out of the garlic and help break it down.
- Combine remaining dressing ingredients in a small bowl. Whisk until creamy.
- Finely mince salted garlic and whisk into the dressing.

Assemble Salad:

- Pour half the dressing over the kale and toss well. Add additional dressing as desired.

USEFUL TIPS

- This dressing can be used on any greens – romaine, mixed greens, arugula or spinach.

MAKE IT YOUR OWN

- Add chickpeas or grilled chicken to make this salad a balanced and easy weeknight meal.



Dark, leafy kale is a good source of vitamin A, C and calcium.



CHICKEN STRIPS

Serves 4

INGREDIENTS

1 lb (450 g) boneless skinless chicken breasts
1 clove garlic, minced
1 cup bread crumbs
2 tbsp Parmesan cheese, grated
1 tbsp fresh parsley, chopped
½ tsp paprika
¼ tsp dried oregano
½ tsp ground black pepper
¼ cup 1% milk

Optional honey mustard sauce:
2 tbsp honey and 1 tsp Dijon mustard

DIRECTIONS

- Preheat oven to 425°F (220°C).
- Remove fat from chicken breasts using a sharp knife and cut chicken into 1 inch strips.
- Combine garlic, bread crumbs, cheese, parsley, paprika, oregano and pepper in a small bowl.
- Dip chicken into milk and roll in bread crumbs.
- Place in a single layer on a lightly greased baking sheet.
- Bake for 5 minutes.
- Turn and bake 3-5 more minutes or until chicken is cooked.
- Place tray with cooked chicken on a wire rack to cool.
- Serve with honey mustard sauce.

USEFUL TIPS

- Set up the two bowls for dipping followed by the baking tray so you can work like an assembly line.
- Wear oven mitts when handling hot baking trays.
- One pound of chicken tenders can be used instead of chicken breasts.
- To add vegetables to the meal, serve chicken strips with raw veggies and a dipping sauce, or on top of a salad or with homemade fries.

MAKE IT YOUR OWN

- Fish can be used instead of chicken.
- A pinch of different herbs and spices can be added to the bread crumbs such as cumin, chili powder and oregano.

STRETCH YOUR BUDGET

- Chicken thighs are less expensive but just as tasty; however, they won't have the same strip-like appearance. They will also require a longer cooking time.
- Purchase a whole chicken and cut into pieces, it may be cheaper than buying chicken breasts.
- Make your own breadcrumbs by freezing bread ends and stale bread. Place bread in the oven at 300°F (145°C) for 10-15 minutes and then pulse in a food processor or blender

OVEN BAKED FRIES

Serves 4

INGREDIENTS

4 medium sized russet potatoes
1 tbsp olive oil
To taste rosemary, salt and pepper

DIRECTIONS

- Cut potatoes into wedges. Place in large bowl, toss with olive oil, rosemary, salt and pepper.
- Lay potatoes in single layer on baking sheet.
- Bake at 425°F (220°C) for 30 minutes, or until crisp.

Note: another way to coat the potatoes is to put them in a baggie or container and add the tablespoon of oil and herbs to the bag, toss and then spread on the sheet and bake.

USEFUL TIPS

- Wash well but do not peel the potatoes.
- Yukon Gold potatoes can be used instead of Russet potatoes

STRETCH YOUR BUDGET

- Canola oil can be substituted for olive oil.
- Purchase large quantities of potatoes when on sale and store in cool dark spot for 2-4 months.

MAKE IT YOUR OWN

- Try other flavours by using garlic, basil, oregano, paprika, thyme, Parmesan cheese or Mexican seasonings.
- Yams are also good baked this way. Scrub and wash yams, peel them and slice into wedges. Yams may not require any seasonings as they are quite flavourful on their own.





FRUIT SALAD

Serves 4

INGREDIENTS

4 cups of fruit (bite sized)

Use an assortment of fresh, frozen or canned fruit

Examples:

- Banana, peel removed and cut into ½" (1 cm) slices
- Grapes, washed
- Cantaloupe or honeydew melon, peeled and cut into cubes or balls
- Orange, peeled and cut into small wedges
- Fresh or canned pineapple chunks
- Fresh or frozen berries
- Fresh or frozen mango chunks

DIRECTIONS

- Wash all fruits and peel oranges. Cut fruits into similar bite-sizes. Mix together in a large bowl.

USEFUL TIPS

- If adding bananas, add just before eating because they will go brown when exposed to air.
- If using frozen fruit, thaw in the refrigerator 6-8 hours to slow the growth of bacteria. To maintain a better texture and shape do not thaw fruit completely.
- Keep salad in the refrigerator until ready to serve.
- To increase the fibre, eat the peels when possible.
- Make fruit kebobs for lunches by threading fruit pieces on wooden skewers.

STRETCH YOUR BUDGET

- Use fruits that are in season.
- Purchase cans of fruit when on sale.

MAKE IT YOUR OWN

- Top with granola cereal, add a drizzle of honey or maple syrup or serve with 1 cup vanilla flavoured low fat yogurt mixed with ¼ tsp cinnamon and 1 tbsp honey.
- Add a can of fruit salad, mandarins, peaches or pears if fresh fruit is not available.
- Add 1 tbsp of fresh squeezed lemon juice to fruit salad.

BANANA OAT MUFFINS

Makes 12 muffins

INGREDIENTS

- ¼ cup canola oil + 1 tbsp
- ¼ cup honey
- 2 eggs
- 3 ripe bananas, mashed
- ¼ cup 1% milk
- 1 tsp vanilla extract
- 1½ 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 (165°C).
- Line muffin cups with liners or grease with canola oil using your hands or 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 unsweetened cranberries, raisins or apricot
 - **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.

Whole wheat flour contains more fibre than white flour and will keep you feeling full for longer.

FRESH FRUIT SMOOTHIES

TROPICAL GREEN SMOOTHIE

Serves 4

INGREDIENTS

- 1½ cups fresh pineapple, chopped
- 2 ripe bananas
- 2 cups fresh packed spinach
- 1 cup 0% plain Greek yogurt
- 1 cup unsweetened fortified soy beverage
- 1 cup ice (if not using frozen bananas)

DIRECTIONS

Place all ingredients in a blender and blend until smooth.

USEFUL TIPS

- Green smoothies are an easy way to get in an extra portion of vegetables. Spinach and kale are a colorful addition to any smoothie.
- When having a smoothie for breakfast, make sure to include some extra protein (yogurt, nut butter, tofu, hemp seeds) and healthy fats (avocado, flax seed, chia seed) to keep you full longer and have it alongside a piece of whole grain toast with peanut butter.
- If all the fruits used are fresh, add ice to cool and thicken the smoothie.
- If all fruits used are frozen, you may need some extra liquid (water, milk) to blend properly.

STRETCH YOUR BUDGET

- Smoothies are a great way to use up the odds and ends in your fridge or freezer before they go bad – throw in those mushy berries, wilted kale or that last bit of milk.
- Don't throw away over-ripe bananas! Peel, slice and freeze them to give your smoothie a delicious creamy texture.
- Stock up on fresh and frozen fruit when it is on sale. When buying fresh berries in season, mango or pineapple, chop up and freeze on a baking sheet then transfer to an air tight container.

STRAWBERRY BANANA SMOOTHIE

Serves 4

INGREDIENTS

- 1½ cups frozen strawberries
- 2 ripe bananas
- 1 cup unsweetened fortified soy beverage
- 1 cup 0% plain Greek yogurt

DIRECTIONS

Place all ingredients in a blender and blend until smooth.

MAKE IT YOUR OWN

- For a dairy-free smoothie, take out the yogurt and use more unsweetened fortified soy beverage.





BLACK BEAN QUESADILLAS

Serves 6

INGREDIENTS

- 1 can (540 mL) black beans, drained and rinsed
- 1½ tsp ground cumin
- 1½ tsp chili powder
- 1 clove garlic, minced
- 1 medium tomato, seeded and diced
- 1 jalapeño pepper, seeded and finely diced
- ⅓ cup fresh cilantro, chopped
- 4 green onions, thinly sliced (white and green parts)
- ½ lime, juiced
- 2 cups reduced-fat cheddar cheese, grated
- 6 x 10" whole wheat tortillas

Optional Toppings:

Salsa, plain Greek yogurt, avocado, cilantro

DIRECTIONS

- Add beans to a large mixing bowl and mash until roughly half of the beans remain whole.
- Add cumin, chili powder and garlic and mix well.
- Seed tomato by turning it on its side and cutting in half crosswise. Remove the seeds using your thumbs or a spoon.
- Add tomato, jalapeño, cilantro, green onion, lime juice and cheese into the bowl and mix well.
- Place 6 tortillas on a clean working surface and spread ¾ cup of filling evenly on one half of the tortilla. Fold unfilled half of tortilla over the filled side and press firmly.

Cooking:

Oven: Bake quesadillas in a single layer on a baking sheet or casserole dish in a preheated 400°F (200°C) oven for 8-10 minutes until crispy.

Stovetop: Heat a large skillet or frying pan on medium heat. Add quesadilla and cook for 3-5 minutes on each side, until golden brown and cheese is melted.

USEFUL TIP

- This recipe can use smaller corn or whole wheat tortillas, but instead of folding the quesadilla over, sandwich filling between two tortillas.

MAKE IT YOUR OWN

- Use up your leftovers. Try building a quesadilla from these tasty flavours:
 - **Vegetables:** Tomatoes, avocado, roasted sweet potato squash, corn, zucchini, spinach, kale, mushrooms or caramelized onion.
 - **Protein Foods:** Crumbled tofu, pinto beans, refried beans, lentils, shredded meat, cheddar or mozzarella.

Packed with fibre and protein, these flavourful quesadillas are an easy and healthy go-to meal.



SALMON CHOWDER

Makes 9 cups

INGREDIENTS

2 cups sodium-reduced chicken broth
1 tbsp olive oil
1 large onion, diced
1 fennel bulb, trimmed and diced
2 carrots, peeled and diced
2 tsp minced garlic (about 2 cloves)
1 large russet potato, skin on, diced
1½ cups frozen corn
1 bay leaf
½ lb (225 g) fresh salmon, cut in half-inch pieces, skin removed
2 cups lower fat canned milk or fat-free half-and-half
Salt and pepper to taste
Optional fresh thyme or chive

DIRECTIONS

- Bring the broth to a boil in the microwave. (Skip this step if you're not in a rush.)
- Heat a large pot or Dutch oven on medium high. Add the oil, once it's hot, add the vegetables as they're prepped, stirring well with each addition.
- Add the bay leaf and broth and bring to a boil. Cover, reduce heat to medium and simmer until vegetables are tender, about 10 minutes.
- Stir in the fish, place fully in the broth so it'll cook through. Cook for 10 minutes or until fish is cooked. Add the milk or half-and-half and bring to eating temperature but do not allow to boil.
- Season to taste with salt and pepper.
- Top bowls with fresh thyme or chive if desired.

USEFUL TIPS

- This recipe doubles easily.
- Do not over boil the soup or the milk and cream will curdle.
- Skin and bones can be removed from the salmon prior to cooking.
- To increase fibre, leave the skins on the potatoes, particularly if new potatoes are used.
- Always cook fresh fish 1-2 days after purchasing.

MAKE IT YOUR OWN

- Add other spices such as parsley, dill or tarragon.
- Use a red onion or sweet white onion instead of regular onions.
- This recipe has reduced the saturated fat by using lower fat milk products.
- To increase vegetables, add two handfuls of frozen green beans, peas, mixed vegetables or corn.

STRETCH YOUR BUDGET

- The most expensive salmon is Sockeye; it has a lovely colour for this soup but all types of salmon will taste good.
- Use canned salmon instead of fresh.





SAVORY FRITTATA MUFFINS

Makes 12 muffins

INGREDIENTS

- 8 eggs
- 1 medium tomato
- ¼ medium yellow onion, finely diced
- 2 cloves garlic, minced
- 4 mushrooms, sliced
- 1 cup fresh spinach, chopped
- ½ cup reduced fat cheddar cheese, grated
- ½ tsp dried oregano
- ½ tsp dried thyme
- ½ tsp pepper
- ⅛ tsp salt

DIRECTIONS

- Preheat oven to 400°F (200°C).
- Line 12 muffin tin with liners or canola oil.
- Whisk eggs in a large bowl.
- Prepare tomato by cutting into quarters and discarding seeds and juice. Dice, and then add to egg mixture.
- Add remaining ingredients to egg mixture.
- Divide batter evenly between 12 muffin cups.
- Bake for 15 minutes.
- Test muffins with a thermometer to ensure internal temperature has reached 74°C. If the top of the frittatas still looks wet, it is due to some of the vegetables releasing water during the baking.
- Allow to cool for at least 10 minutes.

MAKE IT YOUR OWN

- Frittata muffins can take on any flavour you give them. Use this ratio for the perfect frittata every time:
 - 6-8 eggs, beaten
 - 2-4 cups of "add-ins":
 - **Vegetables:** onion, peppers, broccoli, potatoes, kale, squash, zucchini, etc.
 - **Protein Foods:** chicken, pork or beef, tofu, sausage
 - **Grains:** leftover rice, leftover pasta, etc.
 - **Herbs and Spices:** garlic, thyme, oregano, basil, paprika, chili powder, etc.
 - **Grated Cheese**
 - Use up leftovers in your fridge – vegetables, cooked rice, pasta, cheese, etc. and you can use frozen instead of fresh vegetables.

Packed with protein from the eggs, frittata muffins are a healthier option compared to quiche, which usually has a high fat crust.





CHOCOLATE PUDDING

Serves 4

INGREDIENTS

½ cup white sugar
⅓ cup cocoa such as Fry's
3 tbsp cornstarch
1 tsp all purpose flour
pinch salt
2 cups 1% milk
1 tsp vanilla extract

DIRECTIONS

- Mix first 5 ingredients in a saucepan. Add 1 cup milk and whisk to dissolve cornstarch. Whisk in remaining milk. Mix thoroughly. Heat mixture over medium heat, constantly stirring until thickened. Remove, add vanilla.
- Cool in refrigerator or enjoy while pudding is still warm.

USEFUL TIPS

- Stir constantly while cooking as pudding thickens suddenly. Use a whisk and be sure to stir all around the edges of the pan. Failure to stir constantly will result in the pudding burning on the bottom of the pan.
- Premium cocoa, such as Fry's works best in this recipe.
- Refrigerate leftovers.
- Store-bought pudding mixes are higher in sodium and sugars compared to homemade pudding.

MAKE IT YOUR OWN

- Try almond extract instead of vanilla (use ½ tsp or to taste).
- If you want to further reduce saturated fat use skim milk and this pudding will still be delicious!

STRETCH YOUR BUDGET

- This homemade recipe is less expensive than store bought varieties and tastes every bit as good.





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



HEARTY BEEF CHILI

Serves 8

INGREDIENTS

- 1 lb (500 g) lean ground beef
- 1 tbsp canola oil
- 1 medium yellow onion, diced
- 3 cloves garlic, minced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 small jalapeño pepper, seeded and minced (optional)
- 2 tbsp chili powder
- 1 tbsp ground cumin
- 1 tsp dried oregano
- ½ tsp salt
- 1 can (796 mL) no-salt-added diced tomatoes
- 1 can (156 mL) tomato paste (no-salt-added if available)
- 1 can (540 mL) red kidney beans, drained and rinsed
- 1 cup frozen corn kernels

Optional Toppings:

Salsa, plain Greek yogurt, avocado, cilantro

DIRECTIONS

- Add ground beef to a large pot over medium heat and use a wooden spoon to break beef into small pieces. Cook until browned and no signs of pink.
- Using a sieve (mesh strainer), drain the beef into a small bowl lined with paper towel. Set aside and discard or compost when cooled.
- Add oil to the same pot over medium heat. Add onion and garlic and sauté for 5 minutes, stirring frequently.
- Add red, green and jalapeño peppers and cook for another 5 minutes.
- Add the drained beef back to the pot, then add chili powder, cumin, oregano and salt and cook for 2 minutes.
- Add diced tomatoes (with juices), tomato paste, kidney beans and frozen corn. Mix well.
- Bring to a boil and cook for 5 minutes, then reduce heat to medium-low and simmer for 30 minutes.
- Taste and adjust seasonings if desired.

USEFUL TIPS

- Chili freezes well so make a double batch and freeze half for a ready-made weeknight meal in a flash.

MAKE IT YOUR OWN

- A chili recipe is more of a template to use up ingredients you have in your fridge and pantry. It will take on almost any ingredient and flavour you add. Try these different ingredients however you'd like:
 - **Vegetables:** Carrots, celery, sweet potato, squash, mushrooms.
 - **Protein Foods:** Black beans, white beans, chickpeas, lentils, tofu, veggie ground round, ground turkey, ground or shredded chicken.

This chili serves up almost
1/3 of your daily fibre needs
in one serving.





GRILLED FISH WITH TROPICAL SALSA

Serves 4

INGREDIENTS

1 lb (450 g) fish

1 tbsp olive oil

Tropical Salsa

2 cups fresh or canned pineapple,
cut into small cubes

1 cup fresh melon, cubed small

½ cup red bell pepper, diced small

½ cup red onion, chopped fine

2 tbsp fresh lime juice

½ tsp salt

¼ tsp red pepper flakes (optional)

¼ cup fresh cilantro, minced

Salt and pepper to taste

DIRECTIONS

- In a bowl, combine pineapple, melon, red bell pepper, red onion, lime juice, salt, red pepper flakes. As some people in the group may not like cilantro, serve it on the side.
- Place fish in a single layer on a baking tray or glass dish. Lightly brush fish with olive oil, then sprinkle with salt and pepper. Broil for 6 to 8 minutes or bake at 450°F (230°C) for 7-10 minutes or until opaque and fish will flake with a fork. Serve with tropical salsa.
- The fish can also be barbecued, taking approximately 10 minutes for a 1" thick piece.

USEFUL TIPS

- Homemade salsa has lower sodium compared to store-bought salsa.

BUDGET CONSIDERATIONS

- Try a tomato salsa for a low cost alternative:

Tomato Salsa

5 roma tomatoes, diced

1 jalapeno pepper, seeded and finely chopped

¼ medium red onion, finely chopped

½ cup fresh cilantro, chopped

1 clove garlic, minced

1 tablespoon fresh lime juice

Salt and pepper to taste

Mix all ingredients together and serve.



STIR-FRIED TOFU WITH VEGETABLES

Serves 4

INGREDIENTS

Sauce

- ½ cup sodium-reduced chicken or vegetable broth
- 2 tbsp soy sauce
- 1 tbsp frozen orange juice concentrate
- 1 tbsp sherry cooking wine or rice vinegar
- ¼ tsp pepper
- 1 tbsp cornstarch
- 1 tsp sesame oil

Stir-Fry

- 1 tbsp canola oil
- 3 cloves garlic, finely chopped
- 1 tbsp fresh ginger, finely chopped or grated
- 3 green onion, cut ½" (1 cm) pieces
- 1 onion cut in eight pieces
- 1 stalk celery, sliced diagonally, ½" (1 cm) thick
- 1 sweet red pepper, cut into strips ¼" (0.5 cm) thick
- ½ lb mushrooms, sliced in half
- ¼ lb snow peas, ends trimmed
- 1 350 g pkg extra-firm tofu, cut in ½" (1 cm) cubes

DIRECTIONS

- Combine broth, soy sauce, orange juice concentrate, rice vinegar, pepper, cornstarch and sesame oil. Blend well and reserve.
- Heat canola oil on high heat in wok or large non-stick skillet until very hot. Swirl oil around wok to distribute evenly. Add garlic, ginger and green onions. Stir-fry for 10-15 seconds or until fragrant.
- Add onion, celery, red peppers and mushrooms and toss lightly over high heat for 1 minute. Add snow peas. Stir-fry for 30 seconds.
- Stir sauce mixture and add to vegetables. Cook, stirring constantly for about 45 seconds or until thickened.
- Pat tofu dry, cube and add to vegetables. Toss gently and cook for a few minutes to heat and coat with sauce.

What is tofu?

Tofu or bean curd is curdled soybean milk that has been pressed into a custard-like cake. Look for whole pieces covered with water and check the expiration date before buying.

USEFUL TIPS

- Before cooking be sure you have everything ready.
- Cut all ingredients before cooking. Cut vegetables in large pieces, on the diagonal. Group the ingredients to be cooked together and position groups in cooking order.
- Canola oil can stand up to the high heat of stir-frying. Use high heat while cooking a stir-fry and stir often but not constantly.
- Extra firm tofu is normally used in stir-fries as it hold its shape
- Have serving dish ready ahead of time, then stir-fry can be placed on the platter when it is hot.
- Brown basmati rice goes well with the stir-fry. Bring 2 cups of water to boil, stir in 1 cup brown basmati rice, when water begins to boil again, stir and cover. Lower heat to simmer and let rice cook 30-35 minutes.

MODIFICATIONS

- If time does not permit making the sauce, try a little oyster sauce, black bean sauce, teriyaki or chili sauce.
- Use whatever vegetables are available. Be sure to cook the firmer vegetables first. Use chicken instead of tofu. Add it with the firmest vegetables as it takes a while to cook.

BUDGET CONSIDERATIONS

- Frozen broccoli, carrots and cauliflower are fairly good in this recipe. Add while still frozen and stir gently so they don't lose their shape.



NO-BAKE GRANOLA BITES

Makes 36 squares

INGREDIENTS

- 1¼ cups packed dates, pitted
- 1½ cups large flake oats
- ⅓ cup sliced raw almonds
- ⅓ cup raw unsalted sunflower seeds
- ½ cup peanut butter
- 2 tbsp honey
- ¼ cup mini chocolate chips, semi-sweet or dark chocolate



DIRECTIONS

- Line a shallow square (9" x 9" or 8" x 8") baking pan or casserole dish with parchment paper, set aside.
- In a small bowl, soften dates by covering with very hot tap water and soaking for 15 minutes.
- Meanwhile, in a large bowl, combine oats, almonds and sunflower seeds.
- Drain dates and discard water.
- Add drained dates to a blender or food processor. Pulse dates, scraping the sides with a rubber spatula as needed, until broken down and few chunks remain. If difficult to break down, add 1-2 tbsp hot water and continue pulsing.
- Add dates to the oat mixture. Using your hands, break down the dates so they mix evenly throughout the other ingredients.
- In a microwave-safe bowl, add peanut butter and honey and stir. *Tip: to prevent honey and peanut butter from sticking to spoons, lightly oil measuring equipment first. Microwave on high for 25 seconds.* Stir and immediately pour over the oat-date mixture. Stir quickly to evenly coat using a wooden spoon. Fold in chocolate chips and continue to mix.
- Transfer mixture to the pan and using another piece of parchment or plastic wrap, spread the mixture evenly into the corners. To ensure it binds together, pack the mixture firmly into the pan until level.
- Place in the freezer for 30 minutes.
- Lift the entire square out of the pan by the parchment. Using a sharp knife, cut into 36 bites (6 by 6).
- Store in the fridge in an air-tight container.

USEFUL TIPS

- Store-bought granola bars are usually high in saturated fat and sugars but homemade bars can have lower levels.
- Cool before cutting to avoid crumbling.
- Freeze leftover bites for a healthy snack in a pinch.

STRETCH YOUR BUDGET

- These bites are less expensive and tastier than store-bought granola bars. This recipe, which makes 36 bites, costs about the same as buying one box of granola bars.

MAKE IT YOUR OWN

- Have a nut allergy? Use sunflower seed butter instead of peanut butter and sunflower or pumpkin seeds instead of almonds
- Try mixing it up and making Cranberry Orange Granola Bites.
 - Substitute sunflower seeds for dried cranberries.
 - Add 1 tsp orange zest and ½ tsp cinnamon.



SPARKLING PARTY WATER

BERRY BASIL BUBBLY

Serves 8

INGREDIENTS

2 litres of soda water
1/3 cup strawberries, sliced, chopped and slightly mashed
3 basil leaves, torn

DIRECTIONS

- Slice strawberries and add to large punch bowl or jug.
- Tear basil in medium to large pieces and add to bowl or jug with strawberries.
- Add soda water.
- If adding ice cubes, add right before serving.

LEMON ZINGER

Serves 8

INGREDIENTS

2 litres of soda water
1/2 lemon, juiced
1-inch (1 cm) ginger, peeled and sliced

DIRECTIONS

- Juice lemon into large punch bowl or jug. Toss in the lemon after juicing.
- Poke each slice of ginger with a fork to release flavor and add into bowl or jug with lemon juice.
- Add soda water.
- If adding ice cubes, add right before serving.

USEFUL TIPS

- Flavoured waters can be made with either soda water or plain water. Get creative with frozen berries for ice cubes.
- Ginger can be found dried, fresh, in tea and chews. Use it dried for baking, fresh in hot tea or add it to your favourite stir fry or smoothie

STRETCH YOUR BUDGET

- Don't let the leftover basil go to waste. Make a pesto, add a few leaves to your olive oil to infuse flavor or make a healthy tomato mozzarella salad by layering tomato slices with fresh mozzarella, basil leaves and a drizzle of olive oil.





COLESLAW FIT FOR COMPANY

Serves 8

INGREDIENTS

4 cups cabbage, finely grated
2 large carrots, grated
½ cup purple onion, minced
2 medium apples, diced
¼ cup sunflower seeds
½ cup celery, finely chopped
½ cup plain yogurt
½ cup light mayonnaise
3 tbsp apple cider vinegar
1 tbsp honey
Salt and pepper to taste

DIRECTIONS

- Mix together yogurt, mayonnaise, apple cider vinegar and honey in a small bowl.
- Combine all other ingredients in a large bowl.
- Toss with half of the dressing and add more if needed. Season with salt and pepper.

MAKE IT YOUR OWN

- Also try crushed pineapple, raisins, grated jicama, chopped sweet pickles and other types of cabbage (purple, savoy, Chinese) thinly sliced red or green peppers or a touch of hot banana peppers.

STRETCH YOUR BUDGET

- Have leftovers for lunch the next day.
- Purchase sunflower seeds from bulk food section.



BEEF TACOS

Serves 8

INGREDIENTS

10 taco shells

Filling

1 tsp canola oil

1 lb (450 g) ground beef

½ medium onion, chopped fine

½ red, yellow or green bell pepper, chopped fine

2 cloves garlic, minced

3 tsp ground cumin

1 tsp paprika

½ cup tomato sauce

¼ cup cilantro, chopped (optional)

Salt and pepper to taste

Toppings

Lettuce, shredded

Cheddar cheese, grated

Tomatoes, chopped

Tomato salsa

Lower fat sour cream

DIRECTIONS

- In a large skillet heat 1 teaspoon oil over medium high heat add onions, bell pepper and garlic and sauté until soft about 3-5 minutes. Add beef and cook until no longer pink, stirring, about 10 minutes. Drain off any fat. Add cumin and paprika and stir 1 minute. Add tomato sauce and stir. Mix in cilantro if using. Season with salt and pepper.
- Heat taco shells in a low heat oven until slightly warm, 5-10 minutes.
- Spoon ¼ cup of beef filling into each taco and let everyone layer on their desired toppings.

USEFUL TIPS

- Choose lean or extra lean ground beef for lower saturated fat. The only difference will be that there will be less fat drained off (and more cooked beef) from the leaner versions.
- Packaged taco spices and taco kits are high in sodium. Adding your own spices will limit the sodium content.

MAKE IT YOUR OWN

- Instead of taco shells use 6 flour tortillas.
- For a vegetarian option use a can of refried beans or a package of vegetarian ground round.

STRETCH YOUR BUDGET

- Double recipe and freeze extra.
- Try the tomato salsa recipe on page 54.
- Purchase small quantities of spices in bulk.



HOMEMADE WHOLE WHEAT PIZZA

Makes 2 pizza crusts

INGREDIENTS

2¼ tsp active dry yeast (8 g)
1 tsp granulated sugar
1 cup warm water
2½ cups whole wheat flour
1 tsp salt
1 tbsp olive oil
2 tbsp cornmeal



HOMEMADE PIZZA SAUCE

Serves 16 (4 pizzas)

INGREDIENTS

1 can (796 mL) no-salt added crushed tomatoes
2 cloves garlic, minced
2 tbsp fresh basil, chopped
½ tsp dried oregano
¼ tsp salt
¼ tsp pepper
2 tsp olive oil

DIRECTIONS

- Combine all ingredients in a large bowl and mix thoroughly.
- Use ½ cup sauce per pizza.
- Store remaining sauce in the fridge for up to a week or freeze in muffin tins, storing for up to three months.

DIRECTIONS

Proof the Yeast:

- In a small bowl, combine the yeast, sugar and warm water. Gently stir and let sit for 5-10 minutes, until the yeast is foamy and dissolved.
- * *If the yeast doesn't dissolve, start again with fresh active yeast.*

Make the Dough:

- In a large bowl, add flour, salt and olive oil. Add the yeast mixture and mix with a large rubber spatula until the dough starts to come together.
- Sprinkle a clean surface lightly with flour. Turn the dough out onto the surface and knead for 5 minutes, adding more flour to the surface as needed so the dough does not stick.
- * *If the dough is too wet, add a tbsp more whole wheat flour and keep kneading.*
- After kneading, the dough should be smooth and elastic. Poke it with your finger – if it slowly bounces back, the dough is ready to rise. If not, keep kneading.
- Once ready, grease a large mixing bowl lightly with olive oil. Shape dough into a ball and place in the bowl, turning it over to coat all sides in oil. Cover with a clean towel and let stand in a warm place until doubled in volume, about 1 hour.
- * *A warm place can be on top of an oven near the vent or near a heater.*

Shape Pizza Crust:

- Prepare pans by lining with parchment paper. Sprinkle cornmeal on top of parchment.
- Punch the dough down and turn it out onto a clean surface. Cut the dough into 2 equal halves. Using your hands, carefully press out the dough and stretch each half to make a ¼" thin crust to fit the pan.
- Transfer pizza crust onto pan.

Top and Bake Pizza:

- Preheat oven to 450°F (230°C).
- Spread on toppings or your choice, or try the **Veggie** or **Margherita Pizzas** on the next page.
- Bake, **one pizza at a time** in a **hot** oven for 15 minutes. Let cool for 3 minutes before slicing.





VEGGIE PIZZA

Serves 4

INGREDIENTS

1 **Whole Wheat Pizza Dough** crust
½ cup **Homemade Pizza Sauce**
½ green pepper, sliced
¼ small onion, thinly sliced
1 medium tomato, thinly sliced
1 cup mozzarella cheese (18% M.F.), grated

DIRECTIONS

- Make Whole Wheat Pizza dough and while crust is rising make Homemade Pizza Sauce.
- Preheat oven to 450°F (230°C).
- Prepare pans by lining with parchment paper. Sprinkle cornmeal on top of parchment.
- Once crust is shaped spread an even layer of pizza sauce on the dough.
- Sprinkle ½ cup of cheese on top of the sauce to ensure toppings won't slide off, then top with green pepper, onion and tomato.
- Top with remaining ½ cup cheese, making sure to leave a little room at the edges so a crust forms.
- Bake **one pizza at a time** in a **hot** oven for 15 minutes. Let cool for 3 minutes before slicing.

MARGHERITA PIZZA

Serves 4

INGREDIENTS

1 **Whole Wheat Pizza Dough** crust
½ cup **Homemade Pizza Sauce**
1 medium tomato, thinly sliced
1 cup mozzarella cheese (18% M.F.), grated
1 sprig fresh basil, thinly sliced

DIRECTIONS

- Make Whole Wheat Pizza dough and while crust is rising make Homemade Pizza Sauce.
- Preheat oven to 450°F (230°C).
- Prepare pans by lining with parchment paper. Sprinkle cornmeal on top of parchment.
- Once crust is shaped spread an even layer of pizza sauce on the dough.
- Sprinkle ½ cup of cheese on top of the sauce to ensure toppings won't slide off, then place sliced tomato.
- Top with remaining ½ cup cheese, making sure to leave a little room at the edges so a crust forms.
- Bake **one pizza at a time** in a **hot** oven for 15 minutes. Let cool for 3 minutes before slicing.
- Before serving, top with sliced fresh basil.





CARROT CAKE

Serves 10

INGREDIENTS

1 cup all purpose flour
½ cup whole wheat flour
1 tsp baking powder
½ tsp baking soda
1 tsp ground cinnamon
1 tsp ground ginger
½ tsp salt
3 eggs
½ cup canola oil
1 cup lightly packed brown sugar
2 cups carrots, grated
½ cup raisins
1 cup pineapple tidbits, drained
½ cup chopped walnuts (optional)
Icing sugar (optional)

DIRECTIONS

- Preheat oven to 350°F (180°C). Lightly grease or line with parchment paper a 13 x 9 inch (3L) baking pan.
- In a small bowl combine flour, whole wheat flour, baking powder, baking soda, cinnamon, ginger and salt.
- In a large bowl, beat eggs, oil and brown sugar until well combined. Fold in dry ingredients. Stir in carrots, raisins, pineapple and walnuts if using. Pour into prepared pan.
- Bake for 30-35 minutes or until tester inserted in the centre comes out clean. Let cool. Dust with icing sugar if using.

USEFUL TIPS

- Packaged cakes are high in sodium. By making your own, you can control the sodium content.
- This cake uses oil instead of hard fat.
- Unlike a muffin batter, this cake needs to be blended into a smooth batter.
- Test for doneness: insert a toothpick or wooden skewer into the center of the cake then withdraw it to see if it is clean. If clean, cake is done. If toothpick has batter or damp crumbs on it, return to oven and cook 3-4 more minutes.

MODIFICATIONS

- Vary spices by adding a touch of ginger, cloves or allspice.
- Replace walnuts with sunflower seeds.
- Bake as muffins rather than a cake. Baking time will be shorter – try 20 minutes and test for doneness.

