

Teaching KITCHEN

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Make-Ahead Breakfast Scrambles

Servings: 4

Ingredients

60 g (2 oz)	Ham, diced
½ cup	Bell pepper, diced
¼ cup	Onion, diced
½ cup	Cheese, shredded
2 tsp	Butter
½ tsp	Seasoning salt
8	Large eggs

Directions

Prep time = 10 minutes

Cook time = 1 minute

1. Divide the ham, bell pepper, onion, and cheese between 4 resealable containers. Add ½ tsp butter and 1/8 tsp salt to each container. Seal and store for up to 5 days.
2. When you're ready to eat, pour the ingredients into a microwaveable container, add 2 large eggs, and stir to combine.
3. Loosely cover with a paper towel or microwave-safe object and microwave on high for 30 seconds. Stir the contents and microwave for 15 seconds more. Stir again and continue to microwave for 15-second intervals, stirring after each, until the eggs are mostly set, but still moist. Enjoy!

Nutrition Tip

To add more fiber, serve with a slice of whole grain/whole wheat toast.

Storing/Freezing Instructions

Store the prepared make-ahead containers for up to 5 days in the refrigerator. Once microwaved with the egg, can store in refrigerator up to 3-4 days.

Serving Tips

Breakfast burrito: Add microwaved mixture to a tortilla with salsa or sour cream.

Ingredient Swap

Ingredient	Substitutions
Ham	Leftover roasted/cooked meat, canned beans, canned lentils
Bell Pepper	Any frozen/canned/fresh vegetable (ex. Corn, peas, mushrooms)
Onion	1 tsp onion or garlic powder, 1 tbsp onion flakes, garlic
Butter	Margarine, any other oil (ex. Vegetable oil, canola oil, olive oil)
Seasoning Salt	Salt and paprika, any other seasoning blend

Hot Oatmeal

Servings: 2

Ingredients

1 cup Oats
2 cups Milk
Optional toppings: peanut butter, fruit
(fresh/canned/dried/frozen), nuts, seeds, yogurt,
cinnamon, or cocoa powder.

Directions

Prep time = 5 minutes

Cook time = 5 minutes

1. Mix the oats and milk together in a small saucepan.
2. Cook over a medium hear for about 5 minutes, stirring often.
3. Serve with the toppings of your choice.

Nutrition Tip

To add more protein, serve with peanut butter, nuts, seeds, or yogurt.

Storing/Freezing Instructions

Store cooked oatmeal in the refrigerator for up to 4-6 days.

Serving Tips

Reheat leftover oatmeal in the microwave until warm.
Serve with different toppings to change the flavors.
Enjoy cold with yogurt or cottage cheese and fruit.

Ingredient Swap

Ingredient	Substitutions
Oats	1 pack of instant oatmeal
Milk	Any milk or milk alternative

Recipe adapted from: <https://www.ottawafoodbank.ca/wp-content/uploads/2022/07/Recipes-6.pdf>

No Bake Toasted Oat Granola Bars

Servings: 12

Ingredients

1 ½ cups	Oats
½ cup	Chopped nuts (optional)
1 cup	Bran flakes
1 cup	Dates, pitted (about 12 dates)
¼ cup	Honey
¼ cup	Peanut butter

Directions

Prep time = 10 minutes

Cook time = 8 minutes

1. In a large nonstick skillet, toast oats and nuts (if using) over medium heat, stirring often for about 8 minutes or until light golden and fragrant. Pour into a large bowl and let cool slightly; stir in bran flakes.
2. Chop the dates into small pieces.
3. In a small saucepan, heat together honey and peanut butter over medium low heat until melted and smooth. Add dates and stir to combine. Pour into oat mixture and stir together until dates are distributed evenly throughout and oats are coated well.
4. Press mixture into a 9-inch parchment or foil lined baking pan and press to flatten evenly. Cover and refrigerate for at least 1 hour or until firm. Cut into bars and wrap individually with plastic wrap and store in refrigerator.

Nutrition Tip

To add more protein, serve with Greek yogurt. Add a serving of fruit by gently pressing a ¼ cup of chopped dried berries (i.e. cranberries, blueberries, etc.) into the top of the bars before refrigerating.

Storing/Freezing Instructions

Store in an airtight container for up to 7 days in the refrigerator.
Store in the freezer for up to 3 months in an airtight container.

Serving Tips

Serve with toppings (fresh/canned/dried/frozen fruit, nuts, seeds) to change the flavors.
Enjoy cold crumbled over yogurt or cottage cheese with fruit.

Ingredient Swap

Ingredient	Substitutions
Oats	2 packages instant oatmeal (if packages already contain sugar, do not add the sugar in the ingredients list)
Bran Flakes	Oat bran, rice bran, flax seeds, or cornmeal
Dates	Raisins, dried apricots, or prunes
Peanut Butter	Any other nut butter or non-nut alternative
Honey	Maple syrup, granulated sugar, brown sugar, etc.

Spinach, Cheese & Mushroom Strata

Servings: 6

Ingredients

1 loaf	Stale or hearty bread
2 tbsp	Butter
2 cloves	Garlic, minced
1 cup	Mushrooms
1 pinch	Salt and pepper
1 cup	Fresh spinach
1 cup	Cheese
6	Large eggs
1 ½ cups	Milk
1 tbsp	Dijon mustard
⅛ tsp	Ground nutmeg (optional)

Directions

Prep time = 25 minutes (+ refrigerate 8 hours)

Cook time = 50 minutes

1. The day before, prepare the strata so it can refrigerate overnight.
2. Preheat the oven to 300°F. Tear the bread into ½ to 1-inch chunks and spread them out over a large baking sheet. Bake the bread chunks in the oven for 20 minutes, stirring once half-way through, to partially dry the bread.
3. Meanwhile, slice the mushrooms, then add them to large skillet with the butter, minced garlic, and a pinch of salt and pepper. Sauté the mushrooms over medium heat until they release all their moisture and begin to brown, 5-7 minutes.
4. Remove cooked mushrooms from skillet and add the spinach into the skillet with a couple tablespoons of water. Sauté until the spinach is wilted.
5. Coat the inside of a 3-quart casserole dish with butter or non-stick spray. Layer half the dry bread chunks in the bottom of the dish, then top with half the mushrooms, spinach, and cheese. Repeat all the layers a second time.
6. In a large bowl, whisk together the eggs, milk, Dijon mustard, nutmeg, and a pinch of salt. Pour the egg mixture over the prepared strata, making sure to drizzle over every surface of the strata. Cover and refrigerate for 8-24 hours.
7. The next day, allow the strata to sit at room temperature for 30 minutes. Preheat oven to 350°F. Bake the casserole for 50 minutes, or until the internal temperature reaches 160°F and the top is deeply golden brown.
8. Let the strata rest for 10 minutes, then slice into 6 pieces and serve!

Nutrition Tip

To add more fiber, use whole grain/wheat bread.

Storing/Freezing Instructions

Store in the refrigerator for 3-4 days in an airtight container.

Serving Tips

Serve with ketchup, sriracha, or salsa.

Ingredient Swap

Ingredient	Substitutions
Butter	Margarine, or any other oil (ex. Vegetable oil, canola oil, olive oil)
2 Garlic Cloves	½ tsp garlic or onion powder, onion
Mushrooms	Eggplant, bell peppers, zucchini, canned mushrooms
Spinach	Frozen spinach (1 cube/nugget) Any dark leafy vegetable (ex. Kale, Swiss chard, beet/turnip greens, etc.)
Milk	Any milk or milk alternative
Dijon Mustard	Regular or any mustard

Muesli

Servings: 8

Ingredients

3 cups	Oats
½ cup	Walnuts, chopped
½ cup	Dried cranberries
¼ cup	Sunflower seeds
½ tsp	Cinnamon

Directions

Prep time = 5 minutes

1. Combine the oats, walnuts, cranberries, sunflower seeds, and cinnamon in a bowl. Stir until evenly mixed.

Nutrition Tip

To add more protein, serve with a ½ cup of Greek yogurt and drizzle with peanut butter (or any other nut butter).

Storing/Freezing Instructions

Store dry muesli in an air-tight container in a cool dry place for up to 2-3 months.

Serving Tips

Overnight Oats: Combine a ½ cup muesli with a ½ cup milk or yogurt, chill in refrigerator overnight and top with nuts or fresh/frozen/canned fruit.

Parfait: Layer muesli with yogurt and fresh/frozen/canned fruit.

Hot Oatmeal: Cook ½ cup muesli with 1 cup milk on stovetop or microwave.

Ingredient Swap

Ingredient	Substitutions
Walnuts	Any other nut
Cranberries	Any other dried fruit
Sunflower Seeds	Pumpkin seeds or any other seed

Peanut Butter & Jelly Overnight Oats

Servings: 4

Ingredients

1 ⅓ cups	Oats
¼ cup	Peanut butter
1 ½ cups	Milk
1 tbsp	Honey
¼ cup	Strawberry jelly

Directions

Prep time = 10 minutes (+ overnight)

1. In a small bowl, beat peanut butter and honey until smooth. Gradually add the milk, whisking until smooth. Add the oats to combine.
2. Refrigerate covered overnight.
3. Whisk the jelly slightly and swirl 1 tbsp into each serving.

Nutrition Tip

To add more protein, top the overnight oats with nuts and seeds.

Storing/Freezing Instructions

Store in an airtight container in the refrigerator for up to 4 days.

Serving Tips

Serve with toppings like nuts, seeds or fresh/canned/dried/frozen fruit.
Substitute strawberry jelly with fresh/frozen/canned fruit.

Ingredient Swap

Ingredient	Substitutions
Oats	2 packages instant oatmeal (if packages already contain sugar, do not add the honey in the ingredients list)
Peanut Butter	Almond butter, or any other nut/seed butter
Milk	Any milk or milk alternative
Honey	Maple syrup, granulated sugar, brown sugar, etc.
Strawberry Jelly	Any other jam/jelly, fresh/frozen/canned fruit

Rise & Shine Parfait

Servings: 4

Ingredients

4 cups	Yogurt
2	Medium peaches, chopped
2 cups	Berries
1/2 cup	Granola

Directions

Prep time = 15 minutes

1. Layer half the yogurt, peaches, berries, and granola into 4 glasses. Repeat layers.

Nutrition Tip

To add more protein, use Greek yogurt instead of regular yogurt.

Storing/Freezing Instructions

Store in the refrigerator for up to 3-4 days in an airtight container.

Serving Tips

Layer with toppings like nuts, seeds, or fresh/canned/dried/frozen fruit.

Overnight Oats: Double the granola, mix all ingredients together and refrigerate overnight.

Ingredient Swap

Ingredient	Substitutions
Peaches	Any fresh/frozen/canned fruit
Berries	Any fresh/frozen/canned fruit
Granola	Muesli or cereal

Spicy Vegetable Frittata

Servings: 4

Ingredients

4 ½ cups	Baby spinach, washed
1	Bell pepper, diced
3 cloves	Garlic, minced
¼ tsp	Hot pepper flakes
2 tsp	Oil
5	Eggs
⅓ cup	Water or skim milk
2 tbsp	Grated parmesan cheese (optional)

Directions

Prep time = 5 minutes

Cook time = 10 minutes

1. In a 10-inch oven-safe skillet, cook spinach over medium heat, stirring for about 2 minutes or until wilted. Add pepper, garlic, and hot pepper flakes; stir to combine. Add oil and cook for 3 minutes or until softened.
2. In a bowl, whisk together eggs, water (or skim milk), and cheese. Pour into skillet and stir to combine with spinach. Lift edges with a rubber spatula and let eggs run to the bottom. Let cook, until edge starts to set.
3. Place skillet about 4 inches under broiler for about 3 minutes or until top is set and light golden.

Nutrition Tip

To add more fiber, add a serving of grains by cutting the frittata into large squares and tuck into a whole grain pita half or rolling into a whole grain tortilla.

Storing/Freezing Instructions

Refrigerate for 3-4 days in an airtight container.

Store leftovers in the freezer in an airtight container for up to 3 months.

Serving Tips

Breakfast Burrito: Add reheated frittata, cheese and salsa to a tortilla.
Serve with pasta sauce or salsa to add different flavours.

Ingredient Swap

Ingredient	Substitutions
Garlic Cloves	Minced garlic (½ tsp for every clove), garlic flakes (½ tsp for every glove), or garlic powder (⅓ tsp for every clove)
Oil	Olive oil, vegetable oil, canola oil, or butter
Hot Pepper Flakes	Cayenne pepper powder, chili powder, paprika, or chipotle powder
Bell Pepper	Any frozen/canned/fresh vegetable

Savory Oatmeal

Servings: 2

Ingredients

2 cloves	Garlic, minced
1 tsp	Ginger, minced
2 cups	Mushroom, sliced
2 tsp	Butter
2 cups	Vegetable broth
1 cup	Oats
1 cup	Spinach
1 tsp	Toasted sesame oil (optional)

Directions

Prep time = 5 minutes

Cook time = 10 minutes

1. Mince the garlic and ginger and slice the mushrooms.
2. Add the butter, garlic, and ginger to a small saucepan. Sauté over medium heat for 1-2 minutes.
3. Add the mushrooms and continue to sauté for a few minutes more, or until the mushrooms have wilted a bit.
4. Add the vegetable broth to the saucepan, turn up the heat to medium-high, and bring the broth to a boil.
5. When the broth reaches a boil, add the oats and stir to combine. Allow it to return to a boil, then reduce the heat to medium-low. Let the oats simmer for about 5 minutes, or until thickened.
6. While the oats are simmering, roughly chop the spinach. Stir the spinach into the thickened oats, along with the toasted sesame oil (optional).
7. Serve warm.

Nutrition Tip

To add more protein, serve with 1-2 eggs.

Storing/Freezing Instructions

Refrigerate in an airtight container and store up to 4 days.

Serving Tips

Egg Fried Oats: Add in leftover savory oats in place of rice in your favorite fried rice recipe! Sauté some onion, peas, and carrots, push to one side of the pan. Add in 1-2 whisked eggs to the other side of the pan and scramble. Once the eggs are cooked, add in the savory oats until warm. Top with soy sauce, green onion, and/or sesame seeds.

Ingredient Swap

Ingredient	Substitutions
2 Garlic Cloves	½ tsp garlic or onion powder, onion
Ginger	½ tsp ground ginger
Mushrooms	Eggplant, bell peppers, zucchini, canned mushrooms
Spinach	Any dark leafy vegetable (ex. Kale, Swiss chard, beet/turnip greens, etc.)
Vegetable Broth	Chicken/beef stock, water
Butter	Margarine, any other oil (ex. Vegetable oil, canola oil, olive oil)

Breakfast Rice Pudding

Servings: 2

Ingredients

1 ½ cups	Plain brown rice, cooked
1 cup	Milk
1 tbsp	Butter
½ tsp	Cinnamon
1 tbsp	Honey
1	Banana, half mashed, half sliced
Optional toppings	dried fruit, nuts, yogurt

Directions

Prep time = 1 minute

Cook time = 15 minutes

1. In a small saucepan, combine the brown rice, milk, butter, and cinnamon. Bring to a gentle simmer, stirring occasionally.
2. Stir in the mashed banana half and honey. Cook about 1 minute to thicken.
3. Divide between two bowls, and top with your choice of toppings and remaining banana slices.

Nutrition Tip

To add more protein, serve with peanut butter, nuts, seeds, or yogurt. Alternatively, use a higher-protein grain like quinoa instead of brown rice.

Storing/Freezing Instructions

Refrigerate in an airtight container and store up to 4 days.

Serving Tips

Serve with fresh/canned/dried/frozen fruit.

Ingredient Swap

Ingredient	Substitutions
Plain Brown Rice	Any plain, cooked grain (ex. Quinoa, white rice, farro, etc.)
Milk	Any milk or milk alternative
Butter	Margarine, any other oil (ex. Vegetable oil, canola oil, etc.)
Honey	Maple syrup, granulated sugar, brown sugar, etc.
2 Ripe Bananas	½ cup applesauce, any frozen fruit (thawed), canned fruit

Freezer Friendly Breakfast Burritos

Servings: 8

Ingredients

1 cup	Cheese, shredded
1	Onion, diced
1	Bell pepper, diced
2 Tbsp	Butter, divided
2 pinches	Salt and pepper
454 g (1 lb)	Cooked ham, diced
12	Eggs
8	Large tortillas

Directions

Prep time = 20 minutes

Cook time = 30 minutes

1. Add onion and bell pepper to a large skillet with ½ tbsp butter and sauté over medium heat until the onions are soft and translucent, about 5 minutes. Season the mixture with a pinch of salt and pepper. Transfer to a bowl, set aside.
2. Add the ham to the skillet with another ½ tbsp butter. Sauté the ham over medium heat until it is browned, 5 minutes. Transfer the ham to a separate bowl, set aside.
3. Crack 12 eggs into a bowl and lightly whisk. Add the last tbsp butter to the skillet and heat over medium. Once the skillet is hot, spread the butter to coat the surface, then pour in the whisked eggs.
4. Cook the eggs until they have set and season with a pinch of salt and pepper.
5. To assemble the burritos, add a scoop of the scrambled eggs to the middle of each tortilla, then top with a scoop of cooked bell pepper and onion, a handful of cheese and some of the cooked ham.
6. To roll the burritos, first fold up from the bottom, then fold in the sides, and finish rolling the burrito up until it is closed.

Nutrition Tip

To add more fiber, use a whole wheat tortilla and/or add in some greens (ex. spinach) to the vegetable mixture. To decrease the sodium, substitute with a different non-cured cooked meat (ex. Chicken, ground beef, etc.) or 3 cups of cooked beans or lentils.

Storing/Freezing Instructions

To freeze burritos, wrap each burrito in parchment (or plastic wrap). Label and date each burrito on parchment or masking tape. Transfer the wrapped burritos to freezer bags, label and date each bag, then place in the freezer for up to 3 months.

Serving Tips

Transfer breakfast burrito to the refrigerator the day before to thaw. Once thawed, remove parchment/plastic wrap and microwave on high for 1-2 minutes. Or heat on skillet over medium-low heat, about 5 minutes on each side, or until the tortilla is crispy and the insides are warm. To reheat from frozen: remove the parchment/plastic wrap, then use the microwaves defrost setting for 5 minutes, then microwave on high for 1-2 minutes, or until heated through.

Ingredient Swap

Ingredient	Substitutions
Ham	Leftover roasted/cooked meat, canned beans, canned lentils
Bell Pepper	Any frozen/canned/fresh vegetable (ex. Corn, peas, mushrooms)
Onion	1 tsp onion or garlic powder, 1 Tbsp onion or garlic flakes
Butter	Margarine, any other oil (ex. Vegetable oil, canola oil, olive oil)

Overnight Oats 3 Ways

Servings: 1

Ingredients

Banana peanut butter

½ cups	Oats
1 tbsp	Peanut butter
¼ tsp	Cinnamon
½	Banana, chopped
½ cup	Milk

Carrot cake

½ cup	Oats
1 tbsp	Unsweetened coconut
1 tbsp	Raisins
¼ cup	Shredded carrot
¼ tsp	Cinnamon
¾ cup	Milk

Peaches and cream

½ cup	Oats
¼ tsp	Cinnamon
½ cup	Peaches, canned
½ cup	Milk

Directions

Prep time = 5 minutes + overnight

1. Mix ingredients all together and refrigerate overnight.

Nutrition Tip

To add more protein, top the overnight oats with nuts and seeds or yogurt.

Storing/Freezing Instructions

Store in an airtight container in the refrigerator for up to 4 days.

Serving Tips

Serving with toppings like fresh/canned/dried/frozen fruit, nuts, or seeds to change the flavors. Substituting another fresh/frozen/canned fruit instead of the banana.

Ingredient Swap

Ingredient	Substitutions
Peanut Butter	Almond butter, or any other nut/seed butter
Milk	Any milk or milk alternative
Banana	Any fresh/frozen/canned fruit
Raisins	Dried dates or figs
Canned Peaches	Any canned, fresh, or frozen fruit

Cheesy Broiled Eggs on Toast

Servings: 2

Ingredients

2 slices	Whole grain bread
4	Eggs
¼ cup	Milk
1 pinch	Salt
1 pinch	Pepper
3 tbsp	Grated parmesan cheese

Directions

Prep time = 3 minutes

Cook time = 3 minutes

1. Toast bread and place on baking sheet.
2. Whisk eggs, milk, salt and pepper in small bowl.
3. Spray skillet with cooking spray. Heat over medium heat.
4. Pour in egg mixture. Cook, stirring constantly, just until eggs thicken but are still creamy and slightly undercooked. Spoon half of eggs onto each slice of toast. Sprinkle cheese over eggs.
5. Broil just until eggs set and cheese browns lightly, 1 to 2 minutes.

Nutrition Tip

For a balanced breakfast, serve with a fruit salad or any canned, fresh, or thawed frozen fruit.

Storing/Freezing Instructions

Refrigerate any leftovers as soon as possible and within 2 hours of cooking.

Refrigerate for 3-4 days in an airtight container.

Serving Tips

Chicken and Egg Salad Sandwich: Add reheated broiled eggs to a can of flaked chicken, mayonnaise, and curry powder and combine to form a filling. Add the filling to whole-grain bread to make a quick and easy lunch

Try new combinations of flavours by adding a dash of hot sauce to the eggs before cooking or spreading a thin layer of Dijon mustard over the toast before topping with scrambled eggs.

Ingredient Swap

Ingredient	Substitutions
Parmesan cheese	Cheddar, Swiss or Monterey Jack
Milk	Water or non-dairy alternative

Good Old-Fashioned Pancakes

Servings: 8

Ingredients

1 ½ cups	All-purpose flour
3 ½ tsp	Baking powder
1 tbsp	White sugar
¼ tsp	Salt, or more to taste
1 ¼ cups	Milk
3 tbsp	Butter, melted
1	Egg

Directions

Prep time = 5 minutes

Cook time = 15 minutes

1. Sift flour, baking powder, sugar, and salt together in a large bowl. Make a well in the center and add milk, melted butter, and egg; mix until smooth.
2. Heat a lightly oiled griddle or pan over medium-high heat. Pour or scoop the batter onto the griddle, using approximately ¼ cup for each pancake; cook until bubbles form and the edges are dry, about 2 to 3 minutes. Flip and cook until browned on the other side. Repeat with remaining batter.

Nutrition Tip

To add more fiber, use whole wheat flour instead of all-purpose flour. Serve with yogurt and fresh, canned, or frozen fruit for a balanced breakfast.

Storing/Freezing Instructions

Refrigerate any leftovers as soon as possible and within 2 hours of cooking.

Store leftover pancakes in an airtight container for up to a week and for 1-2 months in the freezer.

Store any leftover batter in an airtight container in the fridge for up to 2 days, or for up to 3 months in the freezer.

Serving Tips

Pancake French Toast: substitute pancakes for bread and make French toast. Dip your cooked pancakes into an egg, sugar, cinnamon mixture and cook on a pan until golden brown.

Ingredient Swap

Ingredient	Substitutions
Butter	Vegetable oil, canola oil, olive oil, or any other neutral flavor oil
Milk	Any milk, or milk alternative
All-purpose flour	Whole wheat flour

French Toast

Servings: 6

Ingredients

4	Egg whites
2 tbsp	Milk
½ tsp	Vanilla extract
1 pinch	Ground cinnamon
1 pinch	Ground nutmeg
6 slices	Bread

Directions

Prep time = 5 minutes

Cook time = 10 minutes

1. Beat together egg whites, milk, vanilla, cinnamon and nutmeg until frothy. Pour into large flat dish, dip both sides of bread slices into mixture.
2. In a large nonstick or lightly buttered skillet, cook bread over medium heat until brown on 1 side. Flip and cook other side.
3. Serve immediately.

Nutrition Tip

To add more fiber and protein, use whole grain bread and whole eggs in place of egg whites.

Storing/Freezing Instructions

Refrigerate any leftovers as soon as possible; within 2 hours of cooking.

Store leftover French toast in an airtight container for up to 3 days in the fridge and for 1-2 months in the freezer.

Serving Tips

Parfait-trifle: Cube the leftover French toast. In a sundae-style glass, layer the cubed pieces with yogurt and fresh, canned, or frozen fruit. Top with a dollop of low-fat whipped cream.

Breakfast Salad: Cube the leftover French toast and put the pieces on a parchment-lined baking sheet and bake in an oven at 350°F until crispy and lightly browned. Toss together baby spinach, seeds of choice, and fresh, canned (drained), or frozen (thawed) fruit. Add the French toast croutons and drizzle with a raspberry vinaigrette or other dressing of choice.

Sprinkle with fresh, canned, or thawed frozen berries and serve with yogurt.

Ingredient Swap

Ingredient	Substitutions
Egg Whites	Whole eggs
Milk	Dairy-free milk, or non-dairy alternative
Vanilla Extract	Maple syrup or honey, use 1 tbsp of honey to replace 1 tsp of vanilla extract.
Bread	Whole grain bread, whole wheat bread

Fruit Salad

Servings: 8-10

Ingredients

1 can (540ml)	Pineapple chunks
1 can (398ml)	Mandarin oranges
2 cans (398ml)	Fruit cocktail, drained
2 cups	Frozen sliced strawberries, thawed
2	Bananas

Directions

Prep time = 15 minutes

1. Add pineapple, oranges, drained fruit cocktail, and strawberries into a large bowl.
2. Mix well.
3. Slice peeled bananas into the salad right before serving

Nutrition Tip

For a protein boost, serve with Greek yogurt.

Storing/Freezing Instructions

Store leftover Fruit Salad in an airtight container for 3-5 days in the fridge.

Serving Tips

Fruit Smoothie: Add leftover fruit salad to a blender with ice and blend until smooth. For added protein, add yogurt before blending.

Fruit Compote (sauce): Add 2 cups leftover fruit salad and 1 tbsp sugar to a saucepan and cook while stirring occasionally until salad combines to a warm compote. Serve over pancakes, waffles, toast, or yogurt.

Try different combinations by adding any seasonal fruit or berries that you have on hand.

Ingredient Swap

Ingredient	Substitutions
Fruit	Any fresh/frozen/canned fruit

Easy Homemade Chili

Servings: 6

Ingredients

1 lb (464 g)	Lean ground beef
1	Medium onion, chopped
1 can (398 mL)	Tomato sauce
1 can (540 mL)	Kidney beans, drained
1 can (540 mL)	Stewed tomatoes
½ cups	Water
1 ½ tsp	Chili powder
1 tsp	Garlic powder
	Salt and pepper to taste

Directions

Prep time = 15 minutes

Cook time = 20 minutes

1. Place ground beef and onion in a large saucepan over medium heat; cook and stir until meat is browned and onion is tender, about 5 to 7 minutes.
2. Stir in tomato sauce, kidney beans, stewed tomatoes with juice, and water. Season with chili powder, garlic powder, salt, and black pepper. Bring to a boil, reduce heat to low, cover and let simmer for 15 minutes.

Nutrition Tip

Look for canned goods with the label “No salt added” or “Reduced sodium” to reduce your salt intake. Omit the meat and add in an additional can of beans to make the recipe vegetarian.

Storing/Freezing Instructions

Store it in your refrigerator in an airtight container for up to 4 days and up to 6 months in the freezer.

Serving Tips

Make some loaded potatoes by topping your baked potatoes with some chili, try it with a sweet potato

Ingredient Swap

Ingredient	Substitutions
Ground Beef	Ground moose, ground chicken, ground turkey, ground pork
Garlic Powder	Fresh garlic, minced (1 garlic clove = ½ tsp garlic powder)
Kidney Beans	Any caned/cooked beans or lentils

Beef Stew

Servings: 8

Ingredients

2 lbs	Stewing beef, trimmed and cubed
3 tbsp	Flour
½ tsp	Garlic powder
½ tsp	Salt
½ tsp	Black pepper
3 tbsp	Oil
1	Medium onion, chopped
6 cups	Beef broth
1 lb	Potatoes, peeled and cubed
4	Carrots, cut into 1-inch pieces
4	Celery stalks, cut into 1-inch pieces
3 tbsp	Tomato paste
1 tsp	Dried rosemary
2 tbsp	Cornstarch
2 tbsp	Water
1 cup	frozen peas

Directions

Prep time = 20 minutes

Cook time = 1 hour 10 minutes

1. Combine flour, garlic powder and salt & pepper. Toss beef in flour mixture.
2. Heat oil in a large Dutch oven or pot at medium high heat. Cook the beef and onions until browned for about 5 mins.
3. Add ½ cup of beef broth while scraping up any brown bits in the pan.
4. Stir in all remaining ingredients except for peas, cornstarch and water. Reduce heat to medium low, cover and simmer 1 hour or until beef is tender (up to 90 minutes).
5. Mix equal parts cornstarch and water to create a slurry. Slowly add the slurry to the boiling stew to reach desired consistency (you may not need all the slurry).
6. Stir in peas and simmer 5-10 minutes before serving. Season with salt & pepper to taste.

Nutrition Tip

To add more fiber, serve the stew over whole grain rice, pasta or quinoa, or serve with a side of whole wheat bread.

Storing/Freezing Instructions

Store it in your refrigerator in an airtight container for up to 4 days and up to 6 months in the freezer.

Serving Tips

Use the stew as pie filling for a delicious savory pastry.

Ingredient Swap

Ingredient	Substitutions
Beef	Any other cut of beef or other meat
Beef Broth	Vegetable broth or chicken broth
Garlic Powder	Fresh garlic, minced (1 garlic clove = $\frac{1}{8}$ tsp of garlic power)

Better Than Take-out Chicken Fried Rice

Servings: 6

Ingredients

2 tbsp	Sesame oil
2 tbsp	Oil
1lb (454 g)	boneless skinless chicken breasts, diced into 1/2-inch pieces
1 ½ cups	Frozen peas and diced carrots blend
3	Green onions, trimmed and sliced into thin rounds
3	Garlic cloves, finely minced
3	Large eggs, lightly beaten
4 cups	Cooked brown rice
3 tbsp	Soy sauce
	Salt and pepper, to taste

Directions

Prep time = 5 minutes

Cook time = 14 minutes

1. To a large non-stick skillet or wok, add the oils, chicken, and cook over medium-high heat for about 3 to 5 minutes, flipping intermittently so all sides cook evenly. Cooking time will vary based on thickness of chicken breasts and sizes of pieces.
2. Remove chicken with a slotted spoon (allow oils and cooking juices from chicken to remain in skillet) and place chicken on a plate; set aside.
3. Add the peas, carrots, green onions, and cook for about 2 minutes, or until vegetables begin to soften, stir intermittently.
4. Add the garlic and cook for 1 minute, stir intermittently.
5. Push vegetables to one side of the skillet, add the eggs to the other side, and cook to scramble, stirring, as necessary.
6. Add the chicken, rice, evenly drizzle with soy sauce, optional salt and pepper, and stir to combine. Cook for about 2 minutes, or until chicken is reheated through.

Nutrition Tip

To reduce the amount of salt, try using low sodium soy sauce. You can also increase your fiber by adding additional vegetables like bell peppers and broccoli.

Storing/Freezing Instructions

Store it in your refrigerator in an airtight container for up to a week and up to 6 months in the freezer.

Serving Tips

Use leftover rice to make your fried rice if you have any.

Ingredient Swap

Ingredient	Substitutions
Soy Sauce	Reduced sodium soy sauce
Cooked Brown Rice	Any plain, cooked grain (quinoa, farro, barley, other styles of rice etc.)
Peas and carrots	Any other vegetable (ex. cooked broccoli, cabbage, mushrooms, etc.)
Green onion	Any other type of fresh/frozen onion or 1 tbsp of onion flakes
Chicken Breast	Chicken thigh, pork, beef, moose, firm tofu
Garlic Cloves	Minced garlic (½ tsp for every clove), garlic flakes (½ tsp for every clove), garlic powder (⅓ tsp for every clove)

Grilled Chickpea Salad Sandwich

Servings: 4

Ingredients

1 can (540ml)	Chickpeas, rinsed and drained
1	Celery stalk, finely chopped
2	Sweet pickles, finely chopped
2 tbsp	Dried cranberries
2 tbsp	Finely chopped red onion
2 tbsp	Mayonnaise
2 tsp	Sweet pickle juice
½ tsp	Minced fresh parsley
¼ tsp	Salt
4 slices	Provolone cheese
8 slices	Multigrain bread

Directions

Prep time = 20 minutes

Cook time = 5 minutes

1. In a small bowl, mix all your ingredients together, except the cheese and bread.
2. Place cheese slices on 4 bread slices; top with chickpea mixture and remaining bread.
3. Preheat a pan on medium high heat.
4. Cook sandwiches, covered, until bread is browned, and cheese is melted, 3-5 minutes.

Nutrition Tip

To reduce the salt, eliminate the added salt from the recipe and use lemon juice instead of pickle juice.

Storing/Freezing Instructions

Store the chickpea mixture in your refrigerator in an airtight container for up to 4 days.

Serving Tips

Eat the chickpea mixture with some whole grain crackers for a quick snack.

Ingredient Swap

Ingredient	Substitutions
Dried cranberries	Any dried fruit (dates, raisins, chopped dried figs, apricots etc.)
Sweet pickle juice	Lemon juice or vinegar
Chickpeas	Any other canned/cooked beans or lentils
Provolone cheese	Any cheese you prefer

Tuna Noodle Skillet Casserole

Servings: 6

Ingredients

1 tbsp	Oil
1 cup	Onion, diced
2 tsp	Garlic, minced
4 cups	Vegetable broth
4 cups	egg noodles
1 can (284 ml)	Cream of mushroom soup
2 cups	Carrots and peas, frozen
	Salt and pepper, to taste
1 can (315 g)	White tuna in water, drained
½ cup	Marbled cheddar cheese, shredded

Directions

Prep time = 5 minutes

Cook time = 20 minutes

1. Heat a large skillet over medium heat and add oil. Sauté onion and garlic until tender, about 3 minutes
2. Add the chicken broth and soup and whisk until combined and turn the heat to high until it comes to a boil. Stir in the egg noodles and frozen peas and carrots. Season with salt and pepper to taste. Bring mixture to a boil then reduce heat. Simmer, stirring occasionally until the noodles are tender and the sauce has reduced, about 20 minutes.
3. Flake the tuna with a fork and gently fold into the pasta. Top the pasta with the cheese and simmer, covered until cheese melts and tuna is heated through.

Nutrition Tip

To add more fiber, try using whole wheat pasta instead of egg noodles or add in additional vegetables such as broccoli, spinach or bell peppers.

Storing/Freezing Instructions

Store it in your refrigerator in an airtight container for up to 4 days and up to 6 months in the freezer

Serving Tips

Tuna noodle casserole is great on its own, however served with warm garlic bread or a side of steamed/roasted veg like broccoli, asparagus or corn can enhance the meal.

Ingredient Swap

Ingredient	Substitutions
Tuna	Canned salmon, canned chicken, or any other cooked fish or chicken
Frozen peas and carrots	Drained canned peas and carrots, or any other cooked vegetable
Vegetable broth	Chicken broth or water
Cream of mushroom soup	Any type of canned creamed soups (ex. Cream of broccoli)
Egg noodles	Any pasta
Garlic cloves	Minced garlic (½ tsp for every clove), garlic flakes (½ tsp for every clove), garlic powder (⅓ tsp for every clove)

Southwest Black Bean Pasta Salad

Servings: 10

Ingredients

½ cup	Mayonnaise
2 tbsp	Lime juice
1 ½ tsp	Chili powder
1 tsp	Ground cumin
½ tsp	Salt
8 oz (227 g)	Rotini pasta, uncooked
1 can (341 ml)	Whole kernel corn, drained
1 can (540 ml)	Black beans, drained and rinsed
2 cups	Cherry tomatoes, halved
1 small can (127 ml)	Chopped green chilies, drained (optional)

Directions

Prep time = 20 minutes

Cook time = 10 minutes

1. Cook pasta according to package instructions. Drain; set aside.
2. In a large bowl, whisk together mayonnaise, lime juice, chili powder, cumin and salt.
3. Add cooked pasta and remaining ingredients; toss to combine and coat pasta.
4. Refrigerate covered until ready to serve.

Nutrition Tip

To add more protein, add in some extra black beans or lentils, or cooked chicken. To increase your fiber intake, use whole wheat pasta.

Storing/Freezing Instructions

Store it in your refrigerator in an airtight container for up to 4 days and up to 6 months in the freezer.

Serving Tips

Serve leftover pasta salad in a hollowed-out pepper, top with some cheese and bake until pepper is slightly tender, and filling heated through.

Ingredient Swap

Ingredient	Substitutions
Mayonnaise	Plain Greek yogurt
Lime juice	Lemon juice or vinegar
Canned corn	Frozen corn, frozen/canned peas
Rotini pasta	Any type of pasta
Canned green chilies	1-2 canned chipotle peppers, or a fresh jalapeno

Curried Lentil and Spinach Fritters

Servings: 4

Ingredients

Fritters

½ cup	Uncooked red split lentils
½ cup	Spinach, chopped finely
1	Egg
1 tsp	Curry powder
½ tsp	Black pepper
1 tbsp	Onion powder
½ tsp	Garlic powder
½ tsp	Baking soda
½ cup	Plain yogurt
⅓ cup	Whole wheat flour
1 tbsp	Oil

Cucumber dipping sauce

½ large cucumber, unpeeled
 ½ cup plain yogurt
 ¼ tsp cumin
 ¼ tsp chili powder
 salt and pepper to taste

Directions

Prep time = 20 minutes

Cook time = 10 minutes

Fritters

1. Rinse lentils well, drain and place in a large microwave safe bowl with 2 cups (500 mL) water. Cover and microwave for 4 to 5 minutes or until lentils have softened. Carefully drain any excess water and allow to cool.
2. Stir in spinach, egg, curry powder, black pepper, onion powder, garlic powder, baking soda, yogurt, and flour.
3. In a pan, add 1 tsp (5 mL) oil, swirl to cover pan, and heat over medium heat.
4. Drop ¼ of the fritter batter into the hot oil and pan fry for 2 minutes per side. Repeat until all batter is used.

Yogurt Dip

Grate cucumber into a bowl. Place grated cucumber into clean cloth to squeeze out all excess liquid, discard excess liquid. Place drained cucumber back in bowl and stir in yogurt, cumin, chili powder, and season with salt and pepper to taste.

Nutrition Tip

To add more protein, use plain Greek yogurt in place of plain yogurt.

Storing/Freezing Instructions

Store it in your refrigerator in an airtight container for up to 4 days

Serving Tips

Add the fritters to a burger or serve alongside brown rice or a salad

Ingredient Swap

Ingredient	Substitutions
Red lentils	Any canned/cooked lentils
Whole wheat flour	Any other type of flour or flour alternative
Cucumber	Zucchini
Garlic powder	Fresh garlic, minced (1 garlic clove = $\frac{1}{8}$ tsp of garlic power)

Inside Out Stuffed Cabbage

Servings: 4

Ingredients

1 lb (454g)	Ground beef
2 cups	Cubed peeled butternut squash
1	Medium green pepper, chopped
1 envelope	Onion soup mix
1 tbsp	Brown sugar
1 can (325 ml)	Tomato sauce
1 ¼ cups	Water
6 cups	Chopped cabbage (about 1 small head)
½ cup	Uncooked instant brown rice

Directions

Prep time = 10 minutes

Cook time = 25 minutes

1. In a pot or large saucepan, cook beef with squash and pepper over medium-high heat until no longer pink, crumble beef, drain.
2. Stir in soup mix, brown sugar, tomato sauce, water and cabbage, then bring to a boil. Reduce heat, simmer covered, until cabbage is tender, 8-19 minutes, stirring occasionally.
3. Stir in rice, return to a boil, and simmer covered for 5 minutes. Remove from heat, let stand covered, until rice is tender, about 5 minutes.

Nutrition Tip

To increase fiber, swap the ground beef for lentils.

Storing/Freezing Instructions

Store it in your refrigerator in an airtight container for up to 4 days and up to 6 months in the freezer

Serving Tips

For a quick, on-the-go lunch, place any leftovers in a tortilla wrap or pita half – add your favorite topping or sauce such as sour cream to boost the flavor.

Ingredient Swap

Ingredient	Substitutions
Fresh butternut squash	Frozen butternut squash, any other type of squash (ex. Acorn squash, pumpkin, etc.) or sweet potato
Ground beef	Ground chicken, ground moose, ground pork, any cooked/canned bean or lentil
Onion soup mix	Vegetable, chicken, or beef bouillon cube

Spaghetti and Turkey Meatballs

Servings: 6

Ingredients

1 lb (454 g)	Lean ground turkey
3 tbsp	Seasoned breadcrumbs
6 tbsp	Grated Parmesan cheese, divided
2 tbsp	Parsley, chopped
¼ tsp	Ground pepper
1 can (796 ml)	Tomatoes, pureed
1	Carrot, grated
1	Small onion, finely chopped
2	Cloves garlic, minced
2	Sprigs of basil (optional)
¼ tsp	Hot pepper flakes (optional)
1 pack (375 g)	Spaghetti pasta

Directions

Prep time = 20 minutes

Cook time = 40 minutes

1. Preheat oven to 350 °F (180°C).
2. In a large bowl, combine turkey, breadcrumbs, 3 tbsp of the cheese, parsley and pepper. Using a 1 tbsp measuring spoon, roll turkey mixture into meatballs and place on parchment paper lined baking sheet. Repeat with remaining mixture. Makes 24 meatballs. Bake for 10 minutes. Use a food thermometer to check that meatballs have reached an internal temperature of 74°C (165°F). Remove from oven.
3. Meanwhile, in a saucepan, bring pureed tomatoes, carrot, onion, garlic, basil and hot pepper flakes to a simmer. Add meatballs; cover saucepan slightly and simmer for about 30 minutes or until thickened.
4. In a pot of boiling water, cook spaghetti for about 10 minutes or until tender but firm. Drain well and return to pot. Add sauce and meatballs and toss until well coated. Sprinkle with remaining cheese to serve.

Nutrition Tip

To add more fiber, use whole wheat pasta, whole wheat breadcrumbs, extra vegetables or serve with a side salad.

Storing/Freezing Instructions

Store it in your refrigerator in an airtight container for up to 4 days and up to 6 months in the freezer.

Serving Tips

Spaghetti Bites: Preheat oven to 375 F (190 C) Add grated carrots, chopped spinach, or peas to leftover spaghetti and divide the mixture evenly in a muffin tin that has been sprayed with cooking spray. Top with grated cheese and bake for 20-25 mins or until the cheese has melted and the bites are crispy on the surface.

Meatball Sub: Add leftover meatballs and sauce to a toasted sub sandwich bread and top with grated cheese of choice.

For a quick meal using leftovers, whip up a double batch of meatballs (with or without the sauce) and freeze extras for another day.

Ingredient Swap

Ingredient	Substitutions
Ground turkey	Ground chicken, ground pork, ground beef
Breadcrumbs	Whole wheat breadcrumbs, shredded bread, crushed crackers, oats, crushed cornflakes or crushed tortilla chips
Spaghetti pasta	Zucchini noodles, squash noodles, or any other pasta available at home (i.e. macaroni, rotini, fusilli, penne, etc.).
Parsley	Dried parsley or any other herb of your choosing
Grated carrots	Shredded zucchini
Garlic cloves	Minced garlic (½ tsp for every clove), garlic flakes (½ tsp for every clove), garlic powder (⅓ tsp for every clove)

Weeknight Chicken and Dumplings

Servings: 6

Ingredients

For Soup

2 tbsp	Olive oil
1.5 lbs (680g)	Boneless, skinless chicken thighs
1	Medium yellow onion, chopped
2	Carrots, chopped
2	Celery stalks, chopped
2	Bay leaves
1	Sprig thyme
1 cup	Mushrooms, sliced
3 tbsp	All-purpose flour
4 cups	Chicken stock
	Salt and pepper, to taste

For Dumplings

1 ½ cup	All-purpose flour
1 ½ tsp	Baking powder
1 tbsp	Fresh thyme
1 tsp	Salt
¾ cup	Buttermilk
1	Large egg

Directions

Prep time = 15 minutes

Cook time = 30 minutes

1. For the soup, heat oil in a large pot over medium-high heat.
2. Season chicken with salt and pepper. Add chicken to pot and cook, in batches, turning once, until brown and just cooked through, 8 to 10 minutes.
3. Transfer to a plate and shred with two forks; reserve pot.
4. Reduce heat to medium. Add onion, carrots, celery, bay leaves, and thyme sprig to reserved pot. Season with salt and pepper. Cook, stirring occasionally, until starting to soften, 4 to 6 minutes.
5. Add mushrooms and cook, stirring occasionally, until mushrooms are starting to soften, 2 to 4 minutes.
6. Add flour and cook, stirring, 30 seconds. Add stock and chicken. Bring to a boil. Reduce and simmer until starting to thicken slightly, 6 to 8 minutes.
7. To make the dumplings; combine flour, baking powder, thyme, and salt in a bowl.
8. In a measuring cup whisk together buttermilk and egg.
9. Add wet ingredients to dry ingredients and stir to combine.
10. Drop 6 large mounds of mixture on top of soup. Cover and simmer until dumplings are cooked through, 15 to 20 minutes. Discard bay leaves and thyme. Serve immediately.

Nutrition Tip

To add more fiber, add extra vegetables to the soup and/or using whole wheat flour instead of all-purpose flour. To reduce the sodium, try using a reduced-salt broth.

Storing/Freezing Instructions

Store it in your refrigerator in an airtight container for up to 4 days and up to 6 months in the freezer.

Serving Tips

If pressed for time, make soup as is and swap dumplings for a corn bread, hearty French loaf or even a dinner roll.

Ingredient Swap

Ingredient	Substitutions
Chicken thigh	Chicken breast, canned chicken, canned/cooked chickpeas
Chicken stock	Vegetable or beef broth
Mushroom	Frozen/canned mushrooms, bell peppers, zucchini or fresh eggplant
Buttermilk	1 cup buttermilk = 1 tbsp white vinegar or 1 tbsp lemon juice + enough milk to measure 1 cup
All-purpose flour	Whole wheat flour
Sprig of Thyme	Dried thyme (1 sprig = 1 tsp dried thyme)
Bay leaves	Dried , crushed bay leaves (1 leaf = ¼ tsp crushed

Recipe adapted from: <https://www.countryliving.com/food-drinks/a37973622/easy-weeknight-chicken-and-dumplings-recipe/>

Chicken Rice Casserole

Servings: 6

Ingredients

3 lbs (1360g)	Bone-in, skin-on chicken thighs and drumsticks
2 tsp	Ground cumin
1 tsp	Dried oregano
1 tsp	Garlic powder
½ tsp	Cayenne pepper
3 tbsps	Oil
1	Large onion, chopped
2	Bell peppers, chopped
4	Cloves garlic, minced
2 tbsps	Tomato paste
1 cup	Long-grain rice
2 cups	Low-sodium chicken broth
1 can (398 ml)	Diced tomatoes
1	Bay leaf
	salt and ground black pepper to taste
	Freshly chopped cilantro, for garnish (optional)

Directions

Prep time = 20 minutes

Cook time = 60 minutes

1. Pat chicken dry with paper towels, then season all over with salt and pepper. In a small bowl, combine cumin, oregano, garlic powder, and cayenne. Rub mixture into chicken.
2. In a large skillet over medium-high heat, heat oil. Add chicken and cook until golden, 5 minutes per side. Remove from skillet and reserve on a plate.
3. To same skillet over medium heat, add onion and peppers. Cook until soft, 5 minutes. Add garlic and cook until fragrant (approximately 1 minute) then stir in tomato paste.
4. Add rice and cook until well coated and toasted, 3 minutes. Pour in chicken broth, diced tomatoes, and bay leaf, stirring up any bits from bottom of pan. Bring to a boil, then add chicken back to skillet. Reduce heat and let simmer, covered, until chicken is cooked through, and rice is tender, 30 minutes. Stir occasionally to make sure rice is not sticking to bottom of pan. Add more water or broth as necessary.
5. Remove bay leaf and serve with cilantro (optional).

Nutrition Tip

To add more fiber, add in some extra vegetables or serve with a side salad. To reduce the saturated fat, remove the chicken skin. To reduce sodium, use a reduced salt broth.

Storing/Freezing Instructions

Store in your refrigerator in an airtight container for up to 4 days and up to 6 months in the freezer

Serving Tips

Use your leftovers to make a burrito by adding some sautéed vegetables and rolling in a tortilla. Serve with salsa or sour cream.

Ingredient Swap

Ingredient	Substitutions
Long grain rice	Any plain cooked grain (i.e., quinoa, farro, bulgur, barley, or any other style rice)
Chicken thighs	Chicken breast, canned/cooked chickpeas
Cilantro	Parsley or any herb of your choosing
Bay leaves	Dried, crushed bay leaves (1leaf = ¼ tsp crushed)
Chicken broth	Vegetable or beef broth
Garlic powder	Fresh garlic, minced (½ tsp for every clove), garlic flakes (½ tsp for every clove), garlic powder (⅓ tsp for every clove)

Chicken Fajitas

Servings: 6

Ingredients

½	Green pepper, cut into strips
½	Red pepper, cut into strips
1 cup	Zucchini, sliced
1	Green onion, sliced
½ cup	Mozzarella cheese
1	Medium tomato, diced
1 cup	Iceberg lettuce, shredded
½ cup	Sour cream
½ cup	Salsa
½ lb (227 g)	Boneless, skinless, chicken breasts
2 tsp	Oil
1 tsp	Chili powder
¼ cup	Cilantro, chopped (optional)
1 tbsp	Lime juice
6	Tortillas, small

Directions

Prep time = 20 minutes

Cook time = 5 minutes

1. Prepare vegetables. Seed red and green peppers and slice into thin strips. Cut zucchini in half lengthwise and slice. Trim green onion and slice. Set aside.
2. Prepare toppings - grate cheese, dice tomatoes and shred lettuce. Place in small bowls. Add sour cream and salsa to small bowls. Set bowls on table for people to choose their own toppings.
3. Cut chicken across the grain into strips about ½ inch (8 mm) wide.
4. Heat oil in a non-stick skillet over medium-high heat. Add chicken and sauté two minutes, flip chicken pieces and sauté another few minutes or until cooked through and starting to brown.
5. Add peppers, zucchini and green onion to pan and stir. Sprinkle over chili powder. Stir and sauté another 2-3 minutes until vegetables are softened but still tender crisp. Sprinkle chicken and vegetables with chopped cilantro and fresh lime juice. Turn off heat, cover and keep warm.
6. Heat tortillas in non-stick skillet or microwave.
7. To serve, spoon chicken mixture onto centre of warm tortilla. Add toppings, fold tortilla over filling and enjoy!

Nutrition Tip

To add more fiber, use whole wheat tortillas or add extra vegetables. For a protein boost, use extra chicken or try adding black beans.

Storing/Freezing Instructions

Refrigerate left over chicken for up to 4 days in an airtight container.

Serving Tips

Leftover Chicken Fajita Melts: Reheat leftover fajita mixture in a pan over medium-high heat or microwave. Slice a loaf of French bread lengthwise so you have two long pieces. Spread salsa generously on top of each piece of bread and top with leftover fajita mixture. Add shredded cheddar cheese (or any other cheese). Microwave or put under the broiler to melt the cheese. Cut into slices and serve.

Fajita bowl: Serve leftover fajita mixture with cooked rice or quinoa topped with sour cream and salsa.

Instead of a tortilla, stuff a pita with the fajita mixture for a quick and easy pita sandwich.

Ingredient Swap

Ingredient	Substitutions
Chicken breast	Beef steaks, black beans, portabella mushrooms, or tofu
Sour cream	Plain Greek yogurt, plain yogurt, or light sour cream
Oil	Any neutral oil (olive oil, vegetable oil, canola oil)
Lime juice	Lemon juice or vinegar
Tortillas	Whole wheat/whole grain tortillas
Cilantro	Any herb of your choosing (i.e. parsley)

Simple Chicken Stir Fry

Servings: 4

Ingredients

1 cup	Chicken broth
2 tbsp	Soy sauce
2 tsp	Cornstarch
1 clove	Garlic, minced or grated
½ tsp	Ground black pepper
1 tbsp	Oil
1 (500 g) bag	Frozen stir fry vegetables
1 ½ cups	Cooked chicken

Directions

Prep time = 10 minutes

Cook time = 10 minutes

1. Add oil to a non-stick skillet over high heat. Add the frozen vegetables and sauté for 5-7 minutes.
2. While the vegetables are sautéing, whisk the broth, soy sauce, corn starch, garlic, and black pepper in a bowl until combined.
3. Add the chicken and sauce to the pan and sauté another 5-7 minutes, until chicken is heated through, and sauce is thickened.

Nutrition Tip

To add more fiber, serve on a bed of brown rice, quinoa, or add extra vegetables. To lower the salt content, use low-sodium chicken broth or low-sodium soy sauce.

Storing/Freezing Instructions

Refrigerate for up to 4 days in an airtight container and up to 6 months in a freezer.

Serving Tips

Incorporate other meats for a variety of flavors, including shrimp, tofu, or beef.

Ingredient Swap

Ingredient	Substitutions
Chicken broth	Beef broth or vegetable broth
Soy sauce	Tamari or low-sodium soy sauce
Garlic cloves	Minced garlic (½ tsp for every clove), garlic flakes (½ tsp for every clove), garlic powder (⅓ tsp for every clove)
Chicken	Shrimp, tofu, beef, or any other leftover meat
Stir fry vegetables	Any type of fresh, frozen or canned vegetables

Recipe adapted from: <https://www.diabetesfoodhub.org/recipes/simple-chicken-stirfry.html>

Poached Eggs in Spicy Tomato Sauce

Servings: 4

Ingredients

1	Yellow onion, diced
1	Bell pepper, diced
4 cloves	Garlic, minced
1 can (796 ml)	Diced tomatoes
1 tsp	Cumin
2 tsp	Paprika
½ tsp	Ground coriander
¼ tsp	Red pepper flakes
4	Eggs
Optional topping:	Parsley

Directions

Prep time = 15 minutes

Cook time = 30 minutes

1. Preheat the oven to 375°F (190°C).
2. Lightly coat a large oven-safe skillet with cooking spray or oil and heat over medium-high heat. Add diced onions and cook for 3 minutes, stirring frequently. Add bell pepper and garlic and continue to cook for 2 minutes.
3. Add canned tomatoes and all the spices to the skillet and bring to a boil. Reduce the heat to medium-low and simmer for 10 minutes.
4. In a small bowl, crack one egg. Using a small spoon, move the simmering tomato mixture to create a small hole for the egg. Pour the egg into the hole. Repeat until all eggs are in the skillet.
5. Turn off the heat and move the skillet from the stovetop to the preheated oven. Cook for 10-15 minutes until eggs are set but still jiggle in the center when you move the skillet. They will continue to cook once removed from the oven.
6. Remove the skillet from the oven. Add a handful of chopped parsley, if desired, and serve.

Nutrition Tip

For a protein boost, add in some extra eggs, or try adding 1 can (540 mL/19 oz) of chickpeas, drained and rinsed, to the simmering sauce at step 3. To add more fiber, serve with a whole wheat pita or whole grain bread.

Storing/Freezing Instructions

Store it in your refrigerator in an airtight container for up to 4 days and up to 6 months in the freezer.

Serving Tips

Serve with a side of rice and your favorite vegetables or salad

Ingredient Swap

Ingredient	Substitutions
Bell pepper	Any other frozen/canned/fresh vegetables
Garlic cloves	Minced garlic (½ tsp for every clove), garlic flakes (½ tsp for every clove), garlic powder (⅓ tsp for every clove)
Parsley	Dried parsley or any other herb of your choosing

Red Lentil Squash Soup with Lemon

Servings: 6

Ingredients

2 tbsp	Oil, plus more for serving
1	Large yellow onion, chopped
4 cloves	Garlic, finely chopped
2 tsp	Finely chopped ginger (from a 1-in. piece)
2 tsp	Harissa (hot chili pepper paste)
1 tsp	Ground coriander
1 tsp	Ground cumin
1 tsp	Ground turmeric
1 tsp	Salt
¼ tsp	Freshly ground black pepper
8 cups	Vegetable broth
2 cups	Cubed butternut squash
1 ½ cups	Dried red lentils
3	Medium carrots, chopped
2 tbsp	Fresh lemon juice
¼ cup	Sliced almond
2 tbsp	Parsley

Directions

Prep time = 10 minutes

Cook time = 25 minutes

1. Heat oil in a large pot over medium-high heat. Add onion and garlic; cook, stirring often, until tender and beginning to brown, 6 to 8 minutes. Add ginger, harissa, spices, salt, and pepper. Cook, stirring constantly, until fragrant, about 2 minutes.
2. Add broth, squash, lentils, and carrots; bring to a boil. Reduce heat to medium-low and simmer until lentils are tender, about 20 minutes. Transfer half of the mixture to a blender. Remove center piece of blender lid to allow steam to escape. Secure lid on blender and place a clean towel over lid. Process until smooth, about 1 minute. Repeat with remaining mixture and return soup to pot and stir in lemon juice.
3. Add soup to bowls and drizzle each serving with oil and top with almonds and parsley.

Nutrition Tip

Top with Greek yogurt and serve with a whole grain pita for added protein and fiber.

Storing/Freezing Instructions

Store it in your refrigerator in an airtight container for up to 4 days and up to 6 months in the freezer.

Serving Tips

Enhance this meal by adding a roasted vegetable as a side such as roasted potatoes, Brussel sprouts or sweet potato.

Ingredient Swap

Ingredient	Substitutions
Vegetable broth	Beef or chicken broth
Garlic cloves	Minced garlic (½ tsp for every clove), garlic flakes (½ tsp for every clove), garlic powder (⅓ tsp for every clove)
Harissa	Red pepper paste or hot sauce
Butternut squash	Any other type of squash or root vegetable
Almonds	Any other nut or seed
Fresh ginger	Ground ginger (2 tsp fresh = ⅓ tsp ground)

Easy Spinach Lasagna

Servings: 8

Ingredients

9	Lasagna noodles
1 tsp	Oil
1	Large onion, chopped
3 cloves	Garlic, minced
4 cups (1 L)	Pasta sauce
2 tsp	Italian seasoning
1 ¼ cup (10 oz)	Frozen spinach, thawed
2 cups (15 oz)	Ricotta cheese
4 cups	Mozzarella cheese, shredded, divided
½ cup	Parmesan cheese, shredded, divided
1	Egg
1 tbsp	Parsley
¼ tsp	Salt

Directions

Prep time = 35 minutes

Cook time = 80 minutes

1. Preheat oven to 350°F. Line a 9x13 baking dish with aluminum foil.
2. Place lasagna noodles in a pan and cover with boiling water for 15 minutes. Rinse with cold water and dab dry.
3. Meanwhile, heat oil over medium heat in a large skillet. Add onion and garlic and cook until tender, about 5 minutes. Add pasta sauce and Italian seasoning. Simmer 5 minutes more or until slightly thickened.
4. While sauce is simmering, squeeze spinach to remove moisture. Combine with ricotta cheese, 2 ½ cups mozzarella cheese, ¼ cup parmesan cheese, egg, salt, and fresh parsley. Mix well.
5. Place 1 cup of sauce in the bottom of the prepared baking dish.
6. Layer with 3 lasagna noodles. Add ½ of the spinach and cheese mixture and ⅓ of the sauce.
7. Add 3 more lasagna noodles, remaining ½ of the spinach and cheese mixture, and ⅓ of the sauce. Top with the last 3 noodles and the remaining sauce.
8. Cover with aluminum foil to ensure it is well sealed and bake 45 minutes. Remove foil, top with remaining mozzarella and parmesan cheese. Bake an additional 15-20 minutes or until browned.
9. Cool 20 minutes before cutting.

Nutrition Tip

To add more fiber, use whole wheat lasagna noodles and serve with a side salad. To reduce sodium, choose a low sodium pasta sauce.

Storing/Freezing Instructions

Refrigerate for 4 days in an airtight container or in the freezer for up to 6 months.

Serving Tips

For a fast fix for a future supper meal, prepare a second lasagna and freeze the entire lasagna for later use.

Ingredient Swap

Ingredient	Substitutions
Lasagna noodles	Whole wheat lasagna noodles, oven ready lasagna noodles (skip step 2)
Ricotta cheese	Cottage cheese
Parsley	Dried parsley or any other herb of your choosing
Garlic cloves	Minced garlic (½ tsp for every clove), garlic flakes (½ tsp for every clove), garlic powder (1/8 tsp for every clove)

Lentils, Onions and Rice

Servings: 4

Ingredients

2 tbsp	Oil
3	Onions, thinly sliced
1 tsp	Ground cumin
1 ¼ cup	Brown rice, cooked
1 can (540 mL)	Brown or green lentils, drained and rinsed

Optional: top with plain yogurt and parsley

Directions

Prep time = 5 minutes

Cook time = 20 minutes

1. In a pan, heat oil over medium-high heat. Add the onions and cook until they turn dark caramel brown, stirring often. This will take about 15 minutes. Remove half of the onions to a bowl (these are for garnish later). Add ground cumin to the pan with the remaining onions and cook for 1 minute more.
2. Add the cooked rice to the pan and stir often for 3 minutes. Stir in the lentils and cook for another 2 minutes.
3. Serve the rice and lentils with the reserved caramelized onions on top and optional yogurt and parsley on top.

Nutrition Tip

To add more protein, top with plain Greek yogurt or serve with a side of roasted meat of choice. For increased fiber, serve with a side of fresh/frozen/canned vegetables or salad.

Storing/Freezing Instructions

Refrigerate for 4 days in an airtight container or in the freezer for up to 6 months.

Serving Tips

Taco Bowl: Reheat leftover mujadarrah, serve with sauteed bell peppers, corn, cheese, and salsa mixed together in a bowl.

Ingredient Swap

Ingredient	Substitutions
Brown rice	Any other cooked rice or grain
Lentils	Any other canned/cooked lentil or bean

Recipe adapted from: <https://food-guide.Canada.ca/en/recipes/mujadarrah-lentils-onions-rice/>

Tomato Tuna Pasta

Servings: 2

Ingredients

2 cups	Dry pasta
½ cup	Frozen vegetables
½ cup	Red onion, chopped
2	Garlic cloves, chopped
1 can	Tuna, drained
1 cup	Tomato sauce
	Salt and pepper, to taste

Directions

Prep time = 5 minutes

Cook time = 15 minutes

1. Cook pasta as per package instructions, until tender. 4 minutes before it is done, add frozen vegetables.
2. Heat oil in a pan and add onions, cooking until they are golden.
3. Add garlic, tuna, and pasta sauce.
4. Drain pasta and vegetables.
5. Add the vegetables and pasta to the sauce and tuna mixture. Add in salt and pepper to taste.

Nutrition Tip

To add more fiber, add in some extra frozen vegetables or serve with a side salad.

Storing/Freezing Instructions

Store in the refrigerator in an airtight container for up to 5 days.

Ingredient Swap

Ingredient	Substitutions
Red Onion	Any other type of onion, or 1 tsp onion, 1 Tbsp onion flakes
Tuna	Canned salmon, canned chicken, or any other cooked fish or chicken
Garlic Cloves	Minced garlic (½ tsp for every clove), garlic flakes (½ tsp for every clove), garlic powder (⅓ tsp for every clove)
Tomato Sauce	Alfredo sauce

Recipe adapted from: <http://www.themississaugafoodbank.org/wp-content/uploads/2017/08/FoodCents-Cookbook-PDF-Revised.pdf>

Black Bean Stuffed Sweet Potatoes

Servings: 4

Ingredients

1 tbsp	Oil
4	Sweet potatoes, small
1 cup	Salsa or diced tomato
½ cup	Canned corn, drained
½ tsp	Garlic powder
1 tsp	Chili powder
2 cans (540 ml)	Black beans, drained and rinsed

Directions

Prep time = 5 minutes

Cook time = 35 minutes

1. Preheat oven to 425°F.
2. Wash and dry sweet potatoes. Poke holes into the skin of the sweet potato using a fork. Coat the sweet potato in some oil and wrap with tin foil. Place in a baking dish or on a baking sheet and place in oven for 45-50 minutes, or until the sweet potato is tender.
3. While the sweet potatoes are cooking, mix together the salsa, corn, garlic and chili powder in a bowl, set aside.
4. Heat the black beans in a pan over low heat (or microwave until warm).
5. Once the sweet potatoes are done baking, let them cool slightly. Once cool, cut the sweet potatoes open and shred the flesh from the skin so that the inside is mashed and easy to scoop out
6. Evenly spread the salsa mixture and black beans over the top of the 4 sweet potatoes.

Nutrition Tip

To add more protein, add extra beans/lentils or top with Greek yogurt.

Storing/Freezing Instructions

Store in the refrigerator for up to 4 days in an airtight container. Store leftover sweet potatoes, black beans, and sauce separately to reuse in other dishes.

Serving Tips

Breakfast Burrito: Add the sweet potato, black beans, and sauce, with 1-2 scrambled eggs to a wrap.

Ingredient Swap

Ingredient	Substitutions
Sweet potato	Any other type of potato, root vegetable, or squash
Onion	Any other type of fresh/frozen onion or 1 tbsp onion flakes
Black beans	Any canned/cooked beans or lentils
Canned corn	Fresh/frozen corn, or any other diced fresh/frozen vegetable
Garlic powder	Fresh garlic, minced (1 garlic clove = $\frac{1}{8}$ tsp of garlic powder)

Lentil Sloppy Joes

Servings: 4

Ingredients

2 cans (540 mL)	Lentils, drained and rinsed
1	Small onion, diced
1	Small bell pepper, diced
1 cup	Tomato sauce
½ cup	Ketchup
2 tbsp	Tomato paste
2 cloves	Garlic, minced
1 ½ tbsp	Worcestershire sauce
1 tsp	Sugar
1 tsp	Vinegar
1 tbsp	Oil
	Salt and pepper, to taste

Directions

Prep time = 5 minutes

Cook time = 10 minutes

1. In a frying pan, heat oil, cook garlic, onion, and pepper until the onion becomes translucent, about 2 minutes.
2. Add in all other ingredients except lentils, salt and pepper and stir well to combine.
3. Add in lentils and bring mixture to a low boil for about 5 minutes to thicken, stirring several times. Add salt and pepper to taste.

Nutrition Tip

Serve with a bun, baked potato, or baked sweet potato with a side of vegetables and/or salad to increase fiber and make this a complete meal.

Storing/Freezing Instructions

Store in the refrigerator for up to 4 days in an airtight container or in the freezer for up to 6 months.

Serving Tips

Add the leftovers to pasta with some extra tomato sauce and cheese.
Use the lentil filling as a topper for a hotdog/sausage on a bun.

Ingredient Swap

Ingredient	Substitutions
Lentils	Any other canned/cooked lentils and beans
Onion	Any other type of fresh frozen onion, 1 Tbsp onion flakes
Garlic cloves	Minced garlic (½ tsp for every clove), garlic flakes (½ tsp for every clove), garlic powder (⅓ tsp for every clove)
Bell pepper	Any frozen/canned/fresh vegetable
Worcestershire sauce	BBQ sauce, soy sauce

Recipe adapted from: <https://lemonsandzest.com/15-minute-lentil-sloppy-joe-stuffed-sweet-potatoes/#recipe>

Mac and Squ-eese

Servings: 4

Ingredients

1 ½ cups	Macaroni noodles
2 tbsp	Butter
2 cups	Butternut squash, peeled and cubed
½ cup	Milk
1 clove	Garlic, minced (optional)
½ cup	Swiss cheese, shredded
2 tbsp	Parmesan cheese, grated
Pinch	Salt

Directions

Prep time = 10 minutes

Cook time = 15 minutes

1. In a pot of boiling salted water cook macaroni for about 8 minutes or until tender but firm. Drain and return to pot. Add butter and stir to coat.
2. Meanwhile, in another pot of water, bring squash to a boil for about 15 minutes or until very tender. Drain and return to pot. Add milk and garlic and using a hand mixer or potato masher blend until smooth.
3. Add pasta to squash mixture.
4. Add Swiss and Parmesan cheeses and stir to coat.

Nutrition Tip

For added fiber choose whole wheat noodles and serve alongside your favorite vegetable or salad with a slice of whole wheat bread.

Storing/Freezing Instructions

Store in the refrigerator for up to 4 days in an airtight container or in the freezer up to 6 months

Serving Tips

Mac and Cheese Bites: Spray mini muffin pan with cooking spray. Spoon macaroni mixture into prepared muffin pan and top with additional shredded cheese of your choice. Bake for 15 mins at 400 °F, cool and enjoy!

Pepperoni Mac and Cheese Skillet: In an oven safe skillet over medium-high heat, add 1 cup pizza sauce, ½ tsp Italian seasoning, ½ cup cheddar cheese, to leftover mac and cheese and cook until cheese is melted. Top the skillet with a single layer of sliced pepperoni and sprinkle with shredded mozzarella cheese. Broil in the oven for 3-4 minutes or until cheese is melted and the top starts to brown.

Mac and Cheese Pizza: Warm leftover mac and cheese and spread on top of pre-baked mini pizza crusts or pita breads. Top with extra cheese, parmesan, Italian spice blend. Bake in an oven at 450 °F until hot and bubbly.

Ingredient Swap

Ingredient	Substitutions
Butter	Margarine
Milk	Any milk or nondairy alternative
Garlic	Minced garlic (½ tsp for every clove), garlic flakes (½ tsp for every clove), garlic powder (¼ tsp for every clove)
Swiss	Cheddar cheese, white cheddar cheese, mozzarella cheese

Speedy Flatbread Pizza

Servings: 4

Ingredients

4	Tortillas
¼ cup	Pasta sauce
1 tsp	Italian seasoning
1 clove	Garlic, minced
1	Small red bell pepper, chopped
¾ cup	Mushrooms, chopped
¼ cup	Roast turkey, chopped
1 cup	Mozzarella, shredded
2 tbsp	Parsley, chopped (optional)

Directions

Prep time = 5 minutes

Cook time = 8 minutes

1. Preheat oven to 400°F (200°C).
2. Place tortillas on large baking sheet in a single layer; set aside.
3. In a small bowl, stir together pasta sauce, herb seasoning and garlic. Spread evenly among tortillas. Sprinkle each with red pepper, mushrooms and turkey. Top with mozzarella.
4. Bake for about 8 minutes or until cheese is melted. Sprinkle with parsley before serving, if using.

Nutrition Tip

To add more fiber and vegetables, use whole wheat tortillas, add more vegetable toppings or serve with a side salad.

Storing/Freezing Instructions

Store in Refrigerate up to 4 days in an airtight container.

Serving Tips

Try including different toppings like zucchini, corn, pineapple, or any other vegetable for new flavor combinations.

Ingredient Swap

Ingredient	Substitutions
Tortillas	Whole grain/whole wheat tortillas, whole grain/ whole wheat pita, pita
Pasta sauce	Tomato paste, marinara sauce, pesto, pureed red bell peppers
Garlic	Minced garlic (½ tsp for every clove), garlic flakes (½ tsp for every clove), garlic powder (⅓ tsp for every clove)
Roast turkey	Chicken, pork, or any other chopped meats

Minestrone Soup

Servings: 9

Ingredients

6 cups (1.5 L)	Vegetable broth
4 cups	Cabbage, chopped
3 cups	Carrots, diced
1 can (540 ml)	White kidney beans, drained and rinsed
1 can (796 ml)	Diced tomatoes
½ tsp	Garlic powder
	Salt and pepper to taste

Directions

Prep time = 10 minutes

Cook time = 40 minutes

1. In a large pot, bring vegetable broth to a boil.
2. Reduce heat to medium. Add chopped cabbage and diced carrots. Cover and simmer until vegetables are tender, about 35 minutes.
3. Stir in beans, tomatoes and garlic powder. Add pepper to taste. Cover and cook 5 minutes longer.
4. Let cool slightly and serve.

Nutrition Tip

To add more fibre, add your favorite vegetables, cooked whole grains (such as whole grain pasta), or serve with whole grain bread. For added protein, add additional canned or dried beans or leftover cooked meat during step 3. To reduce sodium in the recipe, use low/reduced sodium versions of the broth, canned beans and tomatoes.

Storing/Freezing Instructions

Store in the refrigerator for up to 4 days in an airtight container or in the freezer for up to 6 months.

Serving Tips

For added spice and flavour, add a pinch of dried chili flakes or herbs such as basil, oregano, and parsley.

For a creamy soup, serve with a dollop of plain yogurt.

Ingredient Swap

Ingredient	Substitutions
Vegetable broth	Chicken or beef broth
Canned kidney beans	Any other canned beans or lentils
Canned diced tomatoes	Fresh chopped tomatoes
Carrot, fresh, diced	Frozen/canned sliced or diced carrot
Garlic powder	Fresh garlic, minced (1 garlic clove = 1/8 tsp garlic powder)

Chicken and Bean Quesadillas

Servings: 10

Ingredients

1 tbsp	Oil
1 lb (450 g)	Ground chicken
1 tbsp	Chili powder
1 tsp	Cumin
1 ½ tbsp	Onion powder
1 ½ tbsp	Garlic powder
1	Bell pepper, diced
1 ½ cups	Water
1 can (540 ml)	Black beans, drained and rinsed
1 cup	Corn
2 tbsp	Lemon juice
2	Tomatoes, diced
10	Small tortillas
1 1/3 cups	Mozzarella cheese, shredded

Directions

Prep time = 10 minutes

Cook time = 25 minutes

1. Preheat the oven to 375 °F (190 °C) and line a baking sheet with aluminum foil.
2. In a large pan, heat oil over medium-high heat. Add chicken, chili powder, cumin, onion powder, and garlic powder. Stir frequently to prevent spices from burning until chicken is browned.
3. Stir in peppers and cook for 3 minutes. Add water and simmer until the water is reduced by ⅔. Use a digital food thermometer to check that the chicken has reached an internal temperature of 74 °C (165 °F).
4. Remove from heat and stir in black beans, corn, lemon juice, and tomatoes.
5. Place tortillas onto the baking sheet. On each tortilla, spread 125 mL (½ cup) of filling on half of the tortilla. Sprinkle with 30 mL (2 tbsp) of cheese and fold over in half.
6. Bake in the oven for 7 minutes until cheese is melted and tortilla is crisp.

Nutrition Tip

To add more fibre and vegetables, use whole grain/whole wheat tortillas, serve with side salad, or add any desired vegetable toppings. For added protein, serve topped with plain Greek yogurt.

Storing/Freezing Instructions

Store in the refrigerator for up to 4 days in an airtight container.

Serving Tips

For a vegetarian alternative, replace chicken with additional beans and/or vegetables. This is a flexible recipe, the filling can be added to grain such as rice, quinoa or pasta. Great to have on hand for a quick lunch or dinner protein.

Ingredient Swap

Ingredient	Substitutions
Fresh Tomatoes	Canned, diced tomatoes, drained
Chicken	Turkey, beef steak (sliced into strips), shrimp, or any other meat
Black Beans	Any type of canned/cooked bean or lentil
Corn	Fresh, frozen, or canned
Garlic Powder	Fresh garlic, minced (1 garlic clove = ½ tsp garlic powder)
Onion Powder	Onion flakes

Lemon Garlic Tuna Cakes

Servings: 8

Ingredients

2 cans (140 g)	Tuna in water; well drained
3	Garlic cloves, grated
¼ cup	Finely chopped white onion
¼ tsp	Salt
¼ tsp	Black pepper
1 tsp	Lemon juice
1 tbsp	Lemon zest
1 large	Egg
¼ cup	Plain breadcrumbs
2 tbsp	Mayonnaise
¼ cup	Grated Parmesan cheese
1 tsp	Dried parsley
4 tsp	Plain breadcrumbs
3 tsp	Grated Parmesan cheese
2 tbsp	Oil, divided

Directions

Prep time = 5 minutes

Cook time = 10 minutes

1. Start by draining water from canned tuna.
2. Next, combine the tuna with garlic, onion, salt and pepper, lemon juice and zest, egg, breadcrumbs, mayo, ¼ cup of grated Parmesan cheese and dried parsley. Mix well.
3. Combine remaining breadcrumbs and grated cheese in a shallow dish. Scoop ¼ cup of tuna mixture, form into a patty and lightly coat with breading mixture.
4. Fry cake in pan with oil, until nicely browned on each side. Remove from pan and let rest for 5 minutes

Nutrition Tip

Serve with a bed of brown rice and add your favourite vegetables or salad for a complete meal.

Storing/Freezing Instructions

Store it in your refrigerator in an airtight container for up to 4 days and up to 6 months in the freezer

Serving Tips

Use the tuna cakes as a source of protein in your meals. Enjoy it in a burger or serve it with a pasta salad

Ingredient Swap

Ingredient	Substitutions
Garlic cloves	Minced garlic (½ tsp for every clove), garlic flakes (½ tsp for every clove), garlic powder (⅓ tsp for every clove)
Canned tuna	Canned salmon, canned chicken, or any other cooked fish or chicken
Onion	Any other type of fresh/frozen onion or 1 tbsp onion flakes
Lemon juice	Lime juice or vinegar

Egg Bites

Servings: 12

Ingredients

	Cooking spray or oil
10	Eggs
1	Small bell pepper, finely chopped
1	Small tomato, finely chopped
1 cup	Fresh spinach, chopped
½ cup	Cooked lentils
¼ cup	Chopped onion
½ cup	Mozzarella cheese, shredded
¼ tsp	Salt
¼ tsp	Black pepper

Directions

Prep time = 20 minutes

Cook time = 25 minutes

1. Preheat the oven to 350 degrees F (175 degrees C).
2. Spray a 12-cup muffin tin with nonstick cooking spray. Set aside.
3. Mix together eggs, bell pepper, tomato, spinach, lentils, onion, salt and black pepper in a large bowl. Ladle egg mixture evenly into the muffin tin. Top each muffin cup with shredded mozzarella.
4. Bake until eggs are set, about 20 minutes.
5. Allow the egg bites to cool for 10 minutes before removing them from the muffin tin.

Nutrition Tip

To add more fibre, add your favorite diced up vegetables (ex. mushrooms, tomatoes, etc.).

Storing/Freezing Instructions

Store it in your refrigerator in an airtight container for up to 4 days

Serving Tips

Serve these egg bites in a breakfast sandwich or mash them and add them into a breakfast burrito with some sauteed vegetables.

Ingredient Swap

Ingredient	Substitutions
Cooked Lentils	Canned lentils or black beans
Mozzarella Cheese	Cheddar, Swiss, Monterey Jack, Parmesan or any other type preferred
Fresh Spinach	Frozen spinach or any dark, leafy vegetable (i.e., kale, Swiss chard, beet/turnip greens, etc.)
Chopped Onion	Any other fresh/frozen onion or 1 tbsp of onion flakes

White and Black Bean Salad

Servings: 6

Ingredients

2 tbsp	Extra-virgin olive oil
1 tbsp	Rice vinegar
1 tsp	Salt
¼ tsp	Ground black pepper
3	Cloves garlic, minced
1 can (540 ml)	Cannellini beans, drained and rinsed
1 can (540 ml)	Black beans, drained and rinsed
2 cups	Grape or cherry tomatoes, cut in half or quarters
1/3 cup	Fresh basil leaves, chopped

Directions

Prep time = 10 minutes

1. Whisk together oil, vinegar, salt, pepper, and minced garlic, set aside.
2. Next, add in the Cannellini and black beans, tomatoes and chopped fresh basil to a large mixing bowl.
3. Pour the olive oil, vinegar, garlic mixture over top and toss until fully incorporated. Be sure to refrigerate covered until ready to serve.

Nutrition Tip

To reduce the salt, try using canned beans with the labels "No salt added" or "Reduced sodium" and omit added salt in the recipe.

Storing/Freezing Instructions

Store it in your refrigerator in an airtight container for up to 4 days.

Serving Tips

Add in some diced peppers, cucumbers, and cooked whole wheat pasta to make a pasta salad.

Ingredient Swap

Ingredient	Substitutions
Rice vinegar	Lemon juice, lime juice or vinegar
Basil	Dried basil ($\frac{1}{2}$ cup fresh basil = 2 tbsp dried) or any other herb of your choosing
Cannellini or black beans	Any type of canned/cooked bean or lentil.
Garlic	Minced garlic ($\frac{1}{2}$ tsp for every clove), garlic flakes ($\frac{1}{2}$ tsp for every clove), garlic powder ($\frac{1}{8}$ tsp for every clove).

Roasted Chickpeas

Servings: 8

Ingredients

1 can (540 ml)	Chickpeas, drained and rinsed
½ tsp	Ground cumin
½ tsp	Smoked paprika
½ tsp	Garlic powder
¼ tsp	Onion powder
¼ tsp	Ground coriander
½ tsp	Salt
¼ tsp	Black pepper
1 tbsp	Oil

Directions

Prep time = 10 minutes

Cook time = 40 minutes

1. Spread chickpeas on paper towels; allow to air dry completely, about 45 minutes.
2. Preheat oven to 350 degrees F.
3. Lightly grease the baking tray or use parchment paper, set aside.
4. In a small bowl, mix together cumin, paprika, garlic powder, salt, onion powder and pepper. Set aside.
5. Spread dried chickpeas on prepared baking sheet and bake in preheated oven for 15 minute.
6. Remove the chickpeas from the oven and drizzle ½ tbsp oil over the chickpeas, stirring until evenly coated. If necessary, slowly add more olive oil until all the chickpeas are lightly coated with olive oil.
7. Add spice mixture to chickpeas and stir until evenly coated.
8. Increase oven temperature to 400°F and bake chickpeas for an additional 10 minutes, remove from oven and stir.
9. Return stirred chickpeas to the oven and bake them for an additional 5-10 minutes, until desired crispiness is achieved (a total of 35-40 minutes of baking).
10. Turn off oven and crack the door a bit. Let chickpeas cool in the oven to achieve maximum crispiness

Nutrition Tip

To reduce the sodium in this recipe, reduce or omit the added salt and use reduced sodium chickpeas

Storing/Freezing Instructions

Store it in your in an airtight container at room temperature for up to one week.

Serving Tips

Add them to rice bowls, in wraps or as a salad topper for extra protein and crunch.

Ingredient Swap

Ingredient	Substitutions
Chickpeas	Any other canned/cooked bean or lentil
Herbs and Spices	Swap out any of the herbs and spices for your own favorite ones
Garlic Powder	Fresh garlic, minced (1 garlic clove = $\frac{1}{8}$ tsp of garlic powder)

Crispy Lentil Energy Bites

Servings: 12

Ingredients

½ cup	Dry green lentils
½ tbsp	Coconut oil
2 tsp	Cinnamon
⅛ tsp	Salt
2 cups	Dry quick oats
¼ cup	Unsweetened coconut shredded
¼ cup	Pumpkin seeds
¼ cup	Chocolate chips
½ cup	Peanut butter
½ cup	Honey

Directions

Prep time = 20 minutes

Cook time = 30 minutes

1. Preheat your oven to 400°F and line a baking sheet with parchment paper
2. Rinse lentils and transfer them to a small saucepan. Cover them with 2 cups of water and bring to a boil. Lower heat to medium and simmer for 15 minutes
3. Drain lentils and transfer them to a small mixing bowl. Stir in the coconut oil and coat the lentils. Sprinkle with cinnamon and salt and stir well
4. Spread lentils evenly onto lined baking sheet and bake for 15 minutes, stirring after halfway and keep an eye on them if they start to burn
5. Set the lentils aside to cool
6. Meanwhile, in a large mixing bowl, stir together the oats, seeds, coconut and chocolate chips. Add in crispy lentils, then the peanut butter and honey and stir well again
7. Refrigerate for 30 minutes
8. Roll into tablespoon sized balls and store covered in the fridge or freezer

Nutrition Tip

To reduce the sugar, substitute half the honey with peanut butter.

Storing/Freezing Instructions

Store it in your refrigerator in an airtight container for up to a week and up to 1 month in the freezer.

Ingredient Swap

Ingredient	Substitutions
Dried lentils	Any canned/cooked lentils (you can skip step 2)
Honey	Maple syrup or any other sugar/syrup
Pumpkin seeds	Any toasted nut or seeds

Peanut Butter Chocolate Yogurt Bark

Servings: 6

Ingredients

1 ½ cups	Plain Greek yogurt
½ cup	Peanut butter
2 tbsps	Honey
½ cup	Semi-sweet chocolate chips, melted
1	Medium banana, sliced (optional)

Directions

Prep time = 15 minutes (+ 4 hrs freeze time)

Cook time = 4 hours

1. Prepare a baking sheet with parchment paper and set aside.
2. Mix Greek yogurt, peanut butter and honey together in a mixing bowl until well-combined.
3. Spread the Greek yogurt mixture evenly onto the parchment lined baking sheet.
4. Warm chocolate chips in a bowl using the microwave in 30 second increments until melted and smooth.
5. Using a spoon, add dollops of melted chocolate to the yogurt mixture on the baking sheet. Using a toothpick, gently swirl the chocolate into the yogurt mixture. If using, top with sliced banana.
6. Freeze the bark for a minimum of 4 hours until hardened. Remove from freezer and cut into pieces of your desired size. Transfer pieces of bark to a freezer bag and place back in freezer.

Nutrition Tip

For some extra protein, top them off with your favourite chopped nuts.

Storing/Freezing Instructions

Store it in your refrigerator in an airtight container for up to a week and up to a month in the freezer.

Ingredient Swap

Ingredient	Substitutions
Honey	Maple syrup or any other type of sugar/syrup
Dried lentils	Any canned/cooked lentils (you can skip step 2)
Pumpkin Seeds	Any other type of nut or seed
Plain Greek Yogurt	Any other type of yogurt (if the yogurt contains added sugar, remove the honey from the recipe)

Recipe adapted from: <https://hannahmageerd.com/peanut-butter-chocolate-greek-yogurt-bark/>

Cottage Cheese Toast

Servings: 2

Ingredients

Savoury

1 tbsp	Olive oil, for brushing
2	Slices of bread
1	Garlic clove, peeled and halved
½ cup	Cottage cheese
6	Tomato slices
1 tbsp	Balsamic vinegar
2 tsp	Basil, minced
	Salt and pepper to taste

Sweet

1 tbsp	Olive oil, for brushing
2	Slices of bread
½ cup	Cottage cheese
1	Apple, sliced
2 tbsp	Honey
2 tbsp	Toasted walnuts, chopped
1 tsp	Cinnamon

Directions

Prep time = 5 minutes

Cook time = 10 minutes

1. Preheat the oven(or toaster oven) to 425°F.
2. Brush the bread lightly with olive oil on both sides, and season with salt. Bake until golden and crisp, about 5-10 minutes. If you're making savory toasts, rub the warm bread with a halved garlic clove, if you'd like. Let cool slightly, then spread cottage cheese evenly over the toasts.
3. For the savoury toast, top with tomato slices, sprinkle on your basil, and drizzle your balsamic vinegar. Top with salt and pepper to taste.
4. For the sweet toast, top with slices of apple, drizzle on the honey, and sprinkle the cinnamon.

Nutrition Tip

To add fibre, and vegetables/fruit, try using whole wheat toast or adding extra vegetables to the savory toast or fruit to the sweet toast.

Storing/Freezing Instructions

The toast is best consumed fresh.

Serving Tips

If you have leftover cottage cheese, add it to your pasta salads, pancakes, or granola for more protein.

Ingredient Swap

Ingredient	Substitutions
Tomato	Cucumber or avocado
Balsamic vinegar	Lemon or lime juice or other vinegar
Apples	Any fruit (ex. Peaches, berries, honeydew)
Walnuts	Any other nut or seed
Fresh Basil	Dried basil (2 tsp = 1 tsp dry)

Deviled Eggs

Servings: 12

Ingredients

6	Hard boiled eggs, peeled and cut lengthwise
¼ Cup	Plain Greek yogurt
2 tsp	Dijon mustard
1/4 tsp	Pepper
1/8 tsp	Salt
	Paprika to garnish

Directions

Prep time = 10 minutes

Cook time = 15 minutes

1. First you need to hard boil the eggs. Place the eggs in a pot, add just enough cold water so that they are fully covered, and put on high heat. Add a little salt to the pot, too — it'll make them easier to peel.
2. Cover and bring them to a boil, then turn off the heat and let them sit, still covered, for 12 minutes. Then they are ready. Rinse them with some cold water and let them sit for a bit to cool them down first. You can also put them in an ice bath.
3. Once they've cooled, peel them and cut them lengthwise.
4. Place the whites on a plate and scoop the yolks in a bowl. Add the remaining ingredients (except for the paprika) to the yolks in the bowl, and mash it all together.
5. Once it is mostly uniform, add the mixture back into the empty egg whites, top with a sprinkle of paprika, and enjoy!

Nutrition Tip

Serve with some vegetables and whole grain crackers to increase your fibre and vegetable intake.

Storing/Freezing Instructions

Store it in your refrigerator in an airtight container for up to 4 days.

Serving Tips

Mash up the deviled eggs and use as a filling for sandwiches.

Ingredient Swap

Ingredient	Substitutions
Greek yogurt	Plain yogurt or sour cream
Dijon mustard	Regular mustard

Recipe adapted from: <https://theherbeevore.com/deviled-eggs-with-greek-yogurt-recipe-high-protein-vegetarian/>

Cowboy Caviar

Servings: 6

Ingredients

1 can (540 mL)	Black beans, drained and rinsed
1 can (540 mL)	Pinto beans, drained and rinsed
1	Small bell pepper, diced
2	Small Roma tomatoes, diced
1	Small jalapeno, diced (optional)
¼	Small red onion, diced
¼ bunch	Cilantro (optional)

Dressing

2 Tbsp oil
2 Tbsp lime juice
½ Tbsp vinegar
½ tsp chili powder
1 tsp ground cumin
½ tsp salt
½ tsp sugar

Directions

Prep time = 20 minutes

1. In a small bowl, whisk together the oil, lime juice, vinegar, chili powder, cumin, salt, and sugar.
2. In a large bowl, add the beans.
3. Finely dice the bell pepper, tomatoes, jalapeno, and red onion. Dice the vegetables into pieces that are roughly the same size as the beans. Roughly chop the cilantro.
4. Add the chopped vegetables and cilantro to the bowl with the beans.
5. Pour the dressing over the salad, then stir until everything is well coated. Serve immediately or refrigerate until ready to eat.
6. Serve with tortilla chips or crackers.

Nutrition Tip

To reduce the salt, add less salt when preparing the recipe and use canned beans with the labels "No salt added" or "Reduced sodium".

Storing/Freezing Instructions

Store in the refrigerator for up to 4 days in an airtight container.

Serving Tips

Add the cowboy caviar to scrambled eggs, an omelet, a burrito, or a burrito bowl.

Ingredient Swap

Ingredient	Substitutions
Black beans / Pinto beans	Any other canned/cooked bean or lentil
Bell pepper	Any frozen/canned/fresh vegetable
Red onion	Any other type of fresh/frozen onion or 1 Tbsp onion flakes
Cilantro	Parsley or any other herb of your choosing
Lime juice	Lemon juice or vinegar

Speedy Fruit Dip

Servings: 2

Ingredients

¾ cup	Plain yogurt
3 tbsp	Nut or nut-free butter of choice
2 tsp	Honey

Directions

Prep time = 5 minutes

1. In a bowl, stir the yogurt, nut butter, and honey until well combined.
2. Serve dip alongside sliced fruit, graham crackers, pretzels, etc.

Nutrition Tip

To add more protein, use Greek or yogurt.

Storing/Freezing Instructions

Store in the refrigerator for up to 4 days in an airtight container.

Serving Tips

Drizzle the fruit dip over pancakes, add to a smoothie, or use as a topping for oatmeal.

Ingredient Swap

Ingredient	Substitutions
Plain yogurt	Any other type of yogurt (if it contains added sugar, remove the honey from the recipe)
Honey	Maple syrup, or any other type of sugar/syrup