

Simple and nutritious

# RECIPES



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# INTRODUCTION



This booklet contains nutritious recipes that highlight foods offered by The Ottawa Food Bank and that are generally more accessible.

Recipes can be prepared with a pan, pot, stovetop and oven, and most can be completed within an hour; many in less than half an hour.

The recipes can be enjoyed everyone.




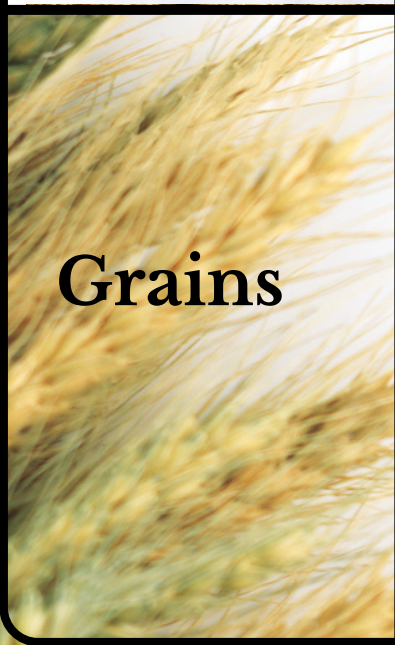




**BUILD YOUR MEAL**





COMPONENT	BENEFITS	EXAMPLES
 <h2>Protein</h2>	<p>Proteins are the major building blocks of the body (muscles, skin, hair, nails, bones, and organs). They are required for growth and healing.</p> <p>Plant-based protein have additional benefits to animal protein; they have less impact on the environment, contain fibre and other plant compounds that support heart and digestive health.</p> <p>Plant protein like beans, lentils, chickpeas, and animal protein like meat are the most important source of iron.</p> <p>Dairy and soy beverages contain calcium, a major component of bones and teeth, and essential messenger in the nervous system. Soy beverages contain a similar amount of protein to regular milk.</p>	<p><b>Plant</b></p> <ul style="list-style-type: none"> <li>• Beans</li> <li>• Lentils</li> <li>• Chickpeas</li> <li>• Nuts</li> </ul> <p><b>Animal</b></p> <ul style="list-style-type: none"> <li>• Chicken</li> <li>• Turkey</li> <li>• Beef</li> <li>• Pork</li> <li>• Lamb</li> <li>• Fish</li> <li>• Eggs</li> </ul> <p><b>Dairy</b></p> <ul style="list-style-type: none"> <li>• Cheese</li> <li>• Yogurt</li> </ul> <p><b>Plant-based milk substitutes</b></p> <ul style="list-style-type: none"> <li>• Soy beverages</li> <li>• Soy yogurt</li> </ul>
 <h2>Grains</h2>	<p>Grains mostly supply carbohydrates (carbs), the body's main source of energy, though they also supply some protein. Whole grains are a good source of fibre which helps keep bowel movements regular and plays an important role in the prevention of heart disease and many other types of chronic disease. They are also an important source of B vitamins and minor source of certain minerals like iron.</p>	<ul style="list-style-type: none"> <li>• Rice</li> <li>• Pasta</li> <li>• Barley</li> <li>• Bulgur</li> <li>• Buckwheat</li> <li>• Corn</li> <li>• Quinoa</li> <li>• Millet</li> </ul>



# BUILD YOUR MEAL

COMPONENT	BENEFITS	EXAMPLES
Vegetables & Fruit	<p>Vegetables and fruit are rich sources of fibre. They contribute to overall health and may prevent development of certain diseases. They contain many vitamins and minerals, and antioxidants that may reduce the risk of developing certain chronic diseases.</p> <p>A quick, easy tip is to eat one green, and one orange fruit or vegetable every day.</p>	<ul style="list-style-type: none"><li>• Cucumber</li><li>• Carrot</li><li>• Kale</li><li>• Mango</li><li>• Apple</li><li>• Orange</li><li>• Avocado</li><li>• Spinach</li><li>• Broccoli</li><li>• Cabbage</li><li>• Peppers</li><li>• Melon</li><li>• Peas</li><li>• Pear</li><li>• Peach</li></ul>



Vegetables & Fruit

Protein

Grains



**Did you know?**  
The new Canadian food Guide (2019) recommends that half the plate should be vegetables and fruit, 1/4 grains, 1/4 protein.



# BUILD YOUR MEAL

COMPONENT	BENEFITS	EXAMPLES
Fats & oils	<p>Fats are required to absorb vitamins A, D, E and K and other compounds that contribute to good health. Fats are found in every cell of the body and are also a major energy source.</p> <p>Omega-3 and Omega-6 fatty acids are required for good health and play a role in healthy inflammation response. People generally don't get enough omega-3. Good sources are:</p> <ul style="list-style-type: none"><li>• Sardines, canned tuna, salmon...</li><li>• Walnuts, flaxseeds</li></ul>	<ul style="list-style-type: none"><li>• Olive oil</li><li>• Canola oil</li><li>• Butter</li><li>• Margarine</li><li>• Nuts</li><li>• Fish</li></ul>
Herbs & Spices	<p>Herbs and spices are concentrated sources of antioxidants and contain many compounds that have been associated with decreased risk of developing many chronic diseases.</p>	<ul style="list-style-type: none"><li>• Rosemary, oregano, thyme, basil</li><li>• Paprika, cayenne</li><li>• Cinnamon</li><li>• Garlic</li><li>• Turmeric, black pepper...</li></ul>







# BREAKFAST







# OVERNIGHT "APPLE PIE" OATMEAL

*Inspired by Cookspiration.com*

**SERVINGS: 1**

## WHAT YOU NEED

- 1/2 cup of oats
- 1/2 cup of milk
- 1/2 cup of yogurt
- 1 apple (cored, finely diced or grated, peeled or not-your choice)
- 1/4 teaspoon ground cinnamon

## PREPARATION

10 minutes

- 1 In a small jar, mix oats with milk and yogurt
- 2 Stir in apple and cinnamon if using or layer these if preferred
- 3 Put lid on jar and place in fridge overnight
- 4 Ready for breakfast in the morning!

- Skip the apples and cinnamon and add berries in the morning instead!
- If using plain yogurt, use a touch of honey for honey-oats!





# HOT OATMEAL

**SERVINGS: 1**

## WHAT YOU NEED

- 1/2 cup of oats or 1 pack of instant oatmeal
- 1 cup of milk

## PREPARATION

10 minutes

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

Endless topping ideas for your oats:

- Peanut butter + raisins
- Sliced apple + cinnamon + raisins
- Cocoa powder
- peanut butter
- Sliced banana + nuts
- Peaches + yogurt
- Peanut butter + jam
- Honey + blueberries







# BANANA OAT PANCAKES

## WHAT YOU NEED

- 2 mashed bananas
- 4 eggs
- 2 cups of oats
- 1 cup of milk
- 1/4 cup of vegetable/canola oil
- 3 teaspoons baking powder
- 1/2 teaspoon ground cinnamon

**SERVINGS: 2-4**

## PREPARATION

25 minutes

- 1 Mash the bananas and beat the eggs in separate bowls and combine
- 2 Add oats, milk, 2 tablespoons of oil, baking powder and cinnamon to the egg/banana mix
- 3 Blend together with fork or hand blender until smooth; let sit for 10 minutes
- 4 Preheat a pan over medium heat and brush with the remaining oil
- 5 Pour about 1/4 cup batter per pancake onto a pan, spacing well apart. Cook, turning once, for about 3-5 minutes per side until golden brown
- 6 Top with optional extras such as fruit, maple syrup, peanut butter, honey, Greek yogurt, fresh, canned or thawed fruit



# BASIC OMELETTE

**SERVINGS: 1**

## WHAT YOU NEED

- 2 eggs
- 1 tablespoon of water
- A pinch of salt, black pepper and herbs to taste
- 1 tablespoon of oil or butter

## Filling ingredients

- Sautéed onion •  
diced green pepper •  
tomato • spinach •  
mushrooms • ham •  
grated cheese

## PREPARATION

15 minutes

- 1 Whisk eggs, water and herbs and spices, salt and pepper together
- 2 Heat oil or butter over medium heat
- 3 Add egg mixture to heated pan
- 4 As the edges begin to set, gently push them towards the centre and allow the uncooked egg to fill the spaces on the sides
- 5 When almost set, add your filling of choice on one half
- 6 Fold the other half over the top of the filling
- 7 Cook for one more minute and serve







# MAIN MEALS





# HEARTY CHICKPEA STEW

Recipe by: Jill Burns, RD

**SERVINGS: 4**



2 tsp dried oregano  
(optional)  
1 tsp dried basil  
(optional)  
1 tsp chili powder  
(optional)

## WHAT YOU NEED

- 2 tablespoons vegetable or olive oil
- 1 large onion (diced)
- 2 cloves garlic (minced)
- 1 large (796 ml) can of tomatoes
- 2 medium stalks celery (chopped)
- 2 medium carrots (chopped)
- ½ cup corn niblets (canned or frozen)
- 3 cups chickpeas (or garbanzos, bengal gram), canned – rinsed & drained
- 4 cups cooked rice or grain of choice

## PREPARATION

30 minutes

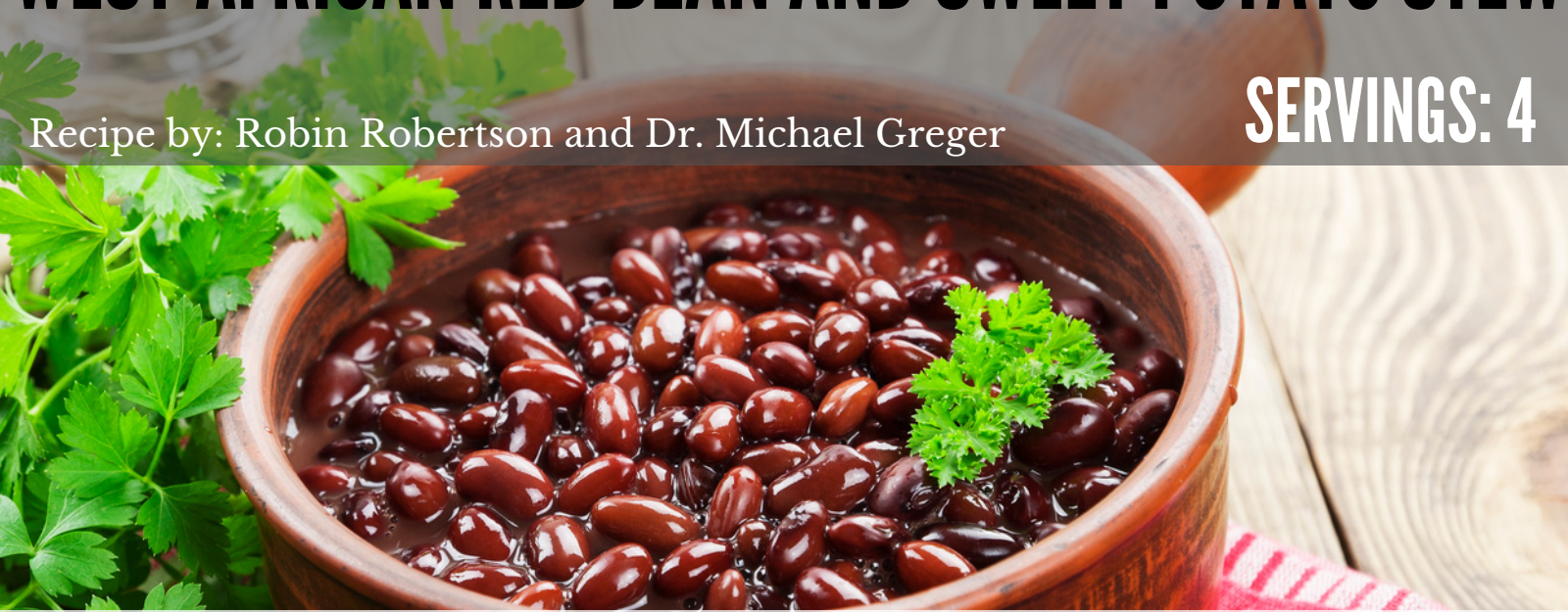
1. Heat oil in a saucepan over medium heat
2. Add onion and garlic, and sauté until soft
3. Add canned tomatoes, celery, carrots, corn, and chickpeas and stir until blended. Cover and gently simmer until carrots are soft (about 15 minutes)
4. Serve on a bed of rice or grain of your choice



# WEST AFRICAN RED BEAN AND SWEET POTATO STEW

Recipe by: Robin Robertson and Dr. Michael Greger

**SERVINGS: 4**



## WHAT YOU NEED

- 1 onion (chopped)
- 1 bell pepper of any colour (seeded and chopped)
- 2 garlic cloves (minced)
- 2 teaspoons grated fresh ginger
- ½ teaspoon ground cumin
- ¼ teaspoon cayenne
- 1 sweet potato (diced)
- 1 can tomatoes
- 2 cups water
- 2 cups red kidney beans or black beans or chickpeas (drained and rinsed)
- 2 tablespoons peanut butter
- Your grain of choice (rice, barley, or pasta) to serve with this stew!

## PREPARATION

60 minutes

1. Heat ¼ cup of water in a large saucepan over medium heat
2. Add onion, cover and cook for 5 minutes
3. Add the bell pepper and garlic, and cook for another 5 minutes
4. Stir in ginger, cumin, cayenne
5. Add the sweet potato, tomatoes, 1 ¾ cups of water
6. Bring to the boil and lower the heat to simmer for 20 minutes
7. Stir in the kidney beans and continue to cook for another 10 minutes
8. Place peanut butter in a small bowl with rest of broth/water and blend together. Add to the stew and serve



# CHEESY TUNA CASSEROLE

Recipe by: Jill Burns, RD

**SERVINGS: 4**



## WHAT YOU NEED

- 1 large onion (chopped)
- 3 cloves of garlic (minced)
- 1 can (284ml) condensed cream of mushroom soup
- Water or milk (284 mL)
- 2 medium stalks celery (chopped)
- ½ cup sweet corn niblets (canned or frozen)
- ½ cup green peas (canned or frozen)
- 3 cans light tuna (packed in water) – drained
- 2 cups whole wheat elbow macaroni (dry)
- 1 cup cheddar cheese (shredded)

## PREPARATION

40 minutes

1. Heat oil in saucepan over a medium heat
2. Add onion and garlic; sauté for 1 minute
3. Add soup and water or milk (refill can with water or milk for quick measurement), celery, sweet corn, peas and tuna
4. Simmer gently for 10 minutes
5. While waiting, bring a large pan of water to the boil
6. Add pasta and cook until al dente, then place cooked pasta into greased casserole dish
7. Add the tuna/vegetable mix and ½ cup of cheese to the pasta and stir together
8. Sprinkle with the remaining ½ cup of cheese; place under broiler for several minutes until the cheese is brown



# FISH AND SWEET POTATO CURRY

Recipe by: Jill Burns, RD

**SERVINGS: 4**

## WHAT YOU NEED

- 1-2 tablespoons cooking oil
- 1 onion (diced)
- 2 cloves garlic (minced)
- 2 teaspoon curry powder or to taste
- 2 sweet potatoes (washed and diced)
- 1 can tomatoes
- 1 can coconut milk
- 4-6 pieces white fish (preferably pollock – fresh or thawed, cut into 1 inch pieces)
- 1 cup peas (canned or frozen)
- 1 tablespoon lime juice or 2 tablespoons lemon juice (optional)

**PREPARATION**  
35 minutes

1. Heat oil in a large pan using medium heat
2. Add onion and sauté for 3 minutes until soft
3. Add garlic and curry powder to onions and sauté for an additional minute
4. Add sweet potatoes, canned tomatoes and coconut milk to the sautéed mixture
5. Bring to a gentle simmer and allow to cook until the sweet potato is almost tender (10-15 mins). Add the fish and peas to the mixture
6. Continue to simmer for 5-10 minutes until the fish and sweet potato are cooked
7. Add the lime or lemon juice (optional)
8. Serve either alone as a one pot meal or on a bed of cooked brown rice.  
If you have fresh cilantro - sprinkle over your meal and serve



### Did you know?

Fish like pollock, tuna, sardines and salmon contain omega-3 fatty acids, which have positive effects on cholesterol and inflammation.



# CREAMY CHICKEN AND RICE BAKE

**SERVINGS: 4**

Recipe by: Campbell's Canada

## WHAT YOU NEED

- 1 can of Campbell's cream of mushroom soup
- 1 cup water
- $\frac{3}{4}$  cup uncooked regular long grain rice
- 1 onion (chopped)
- $\frac{1}{4}$  teaspoon black pepper
- 2 cups of mixed vegetables (canned, frozen or fresh)
- 10 chicken drumsticks or 4 chicken breasts
- $\frac{1}{4}$  teaspoon paprika

## PREPARATION

5 minutes  
(45 cooking time)

1. Preheat oven to 375°F (190°C)
2. Mix soup, water, rice, onion, and black pepper in a shallow baking dish
3. Stir in vegetables
4. Lay chicken on top and sprinkle with black pepper and paprika. Cover
5. Bake for about 45 minutes or until the chicken is cooked and the rice is soft



# SHEPHERD'S PIE

Recipe by: Jill Burns, RD

**SERVINGS: 4**



## WHAT YOU NEED

- Potato topping: 3 large white potatoes or 2 large sweet potato well washed, skin on or off, either works
- 2 tablespoons oil
- 1 onion, chopped
- 1 lb lean ground beef
- 1 carrot – diced
- 1 can mixed peas, corn
- 1 cup water or beef broth
- 2 garlic cloves (optional)
- 1 teaspoon dried herbs (optional)
- Salt and pepper to taste

## PREPARATION

60 minutes

1. Preheat the oven to 400°F (200°C)
2. Place the potatoes in a large pot, covered with water, bring to a boil, reduce to a simmer and cook until tender, 15-20 minutes
3. Heat oil over a medium heat in a pan
4. Add onion and sauté until soft
5. Add the ground beef, break it apart and brown it all through
6. Add carrot and canned peas and corn
7. Add water or beef broth. Add herbs and garlic if using
8. Bring to a boil and simmer for 5-10 minutes
9. Place in an oven-proof dish
10. Mash potatoes until smooth
11. Spoon the potatoes on top of the beef mixture and make an even layer
12. Bake uncovered in the oven for 25-30 minutes



### Did you know?

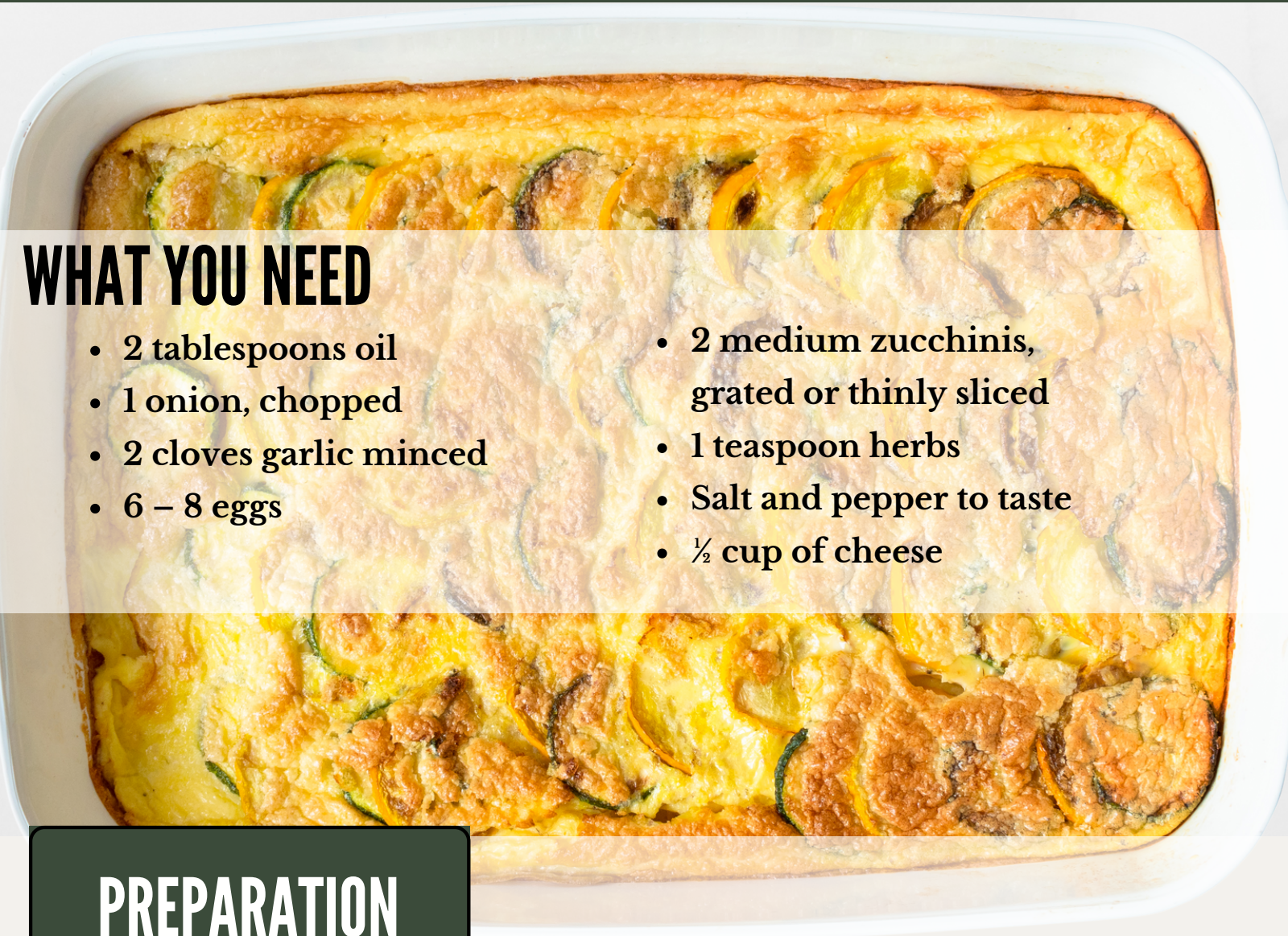
The sweet potato is an excellent source of beta-carotene, a yellowish pigment that is an antioxidant and can be converted into Vitamin A.



# EGG AND ZUCCHINI SLICE

**SERVINGS: 3-4**

Recipe by: Jill Burns, RD



## WHAT YOU NEED

- 2 tablespoons oil
- 1 onion, chopped
- 2 cloves garlic minced
- 6 – 8 eggs
- 2 medium zucchinis, grated or thinly sliced
- 1 teaspoon herbs
- Salt and pepper to taste
- ½ cup of cheese

## PREPARATION

35 minutes

1. Preheat the oven to 350°F (175°C)
2. Heat oil in saucepan over medium heat
3. Add onion and sauté until soft
4. Add garlic and sauté for one minute then remove pan from the heat
5. In a large bowl, whisk the eggs
6. Add the zucchini, herbs salt and pepper
7. Pour into a greased baking dish with onion and garlic
8. Cover with grated cheese
9. Bake in the oven for 20-25 minutes or until a knife comes out of the centre clean



# CLASSIC TUNA PASTA SALAD

Recipe by: Jill Burns, RD

**SERVINGS: 2**



## WHAT YOU NEED

- $\frac{1}{4}$  onion finely chopped, crush in a little water
- $\frac{1}{4}$  cucumber
- 1 stalk celery, finely sliced
- $\frac{1}{4}$  cup of corn kernels, canned or frozen
- 1 cup of cooked pasta of your choice, not overcooked, slightly firm (al dente)
- 1 can of tuna, drained
- 1 large tomato, diced
- $\frac{1}{4}$  cup of mayonnaise
- Herbs or spice of choice (optional)

## PREPARATION

25 minutes

1. In a bowl combine onion, cucumber, celery, corn, cooked pasta, tomato and tuna
2. Combine the mayonnaise with your herbs or spices of choice
3. Add to the bowl and mix into the salad







# SWEET POTATO FRIES

Dip adapted from Cookspiration

**SERVINGS: 2**



## WHAT YOU NEED

### Fries:

- 2 large sweet potatoes
- 2 tablespoons of oil
- 1 teaspoon of garlic powder/herbs/spices of choice
- A pinch of salt and pepper to taste

### Dip:

- ¼ cup of mayonnaise
- 1 teaspoon of curry powder

## PREPARATION

35 minutes

1. Preheat the oven to 400°F (200°C)
2. Line a baking sheet with parchment paper
3. Wash the potatoes well
4. You can remove the skins or keep them on for extra texture and goodness
5. Cut the fries into ½ inch spears or one inch cubes if you prefer
6. Lay them on the baking sheet
7. In a small bowl mix together the oil, herbs/spices/salt & pepper
8. Sprinkle the mixture over the fries
9. Bake for 25-30 minutes in the oven. Serve

Dip: Simply mix curry powder with mayonnaise



### Did you know?

The sweet potato is an excellent source of beta-carotene, a yellowish pigment that is an antioxidant and can be converted into Vitamin A.



# ROASTED CURRY CAULIFLOWER

Recipe by:  
Joanna Sayago Golub (Runner's World: "Meals on the Run")

**SERVINGS: 4**



## WHAT YOU NEED

- 2 tablespoons of oil
- 1 teaspoon of curry powder
- Pinch of salt and pepper to taste
- 1 head of cauliflower

## PREPARATION

25 minutes

1. Preheat the oven to 400°F (200°C)
2. In a small bowl mix the oil with the curry powder, salt and pepper
3. Add the florets and mix well so the cauliflower is coated in the mixture
4. Roast in the oven for 15-20 minutes



### Tip

Can't eat all this in one serving? Keep them in the fridge as a delicious snack!



# SUMMER VEGETABLE MEDLEY

Recipe by: Jill Burns, RD

**SERVINGS: 2-4**

## WHAT YOU NEED

- 2 tablespoons of oil
- 1 onion, chopped
- 1 zucchini, diced
- 1 green pepper, diced
- 1 tomato, diced
- Salt and pepper to taste
- 2 garlic cloves (optional), minced
- 1 teaspoon of herbs/spices (optional)

## PREPARATION

15 minutes

1. In a large pan, heat oil over a medium heat
2. Add onions and sauté until soft (about 5 mins)
3. Add all the remaining ingredients
4. Cover and cook for about 5 minutes



# CARROT APPLE SALAD

Recipe by: Cookspiration.com

**SERVINGS: 2**

## WHAT YOU NEED

- 2 carrots, grated
- 1 apple, grated



Simply mix the grated carrot and apple and add what you would like.

**PREPARATION**  
15 minutes

Some possible additions:

1. Mayonnaise
2. Salad dressing of choice
3. 1 tablespoon of lemon juice or vinegar with 1 teaspoon honey
4. Plain yogurt with cinnamon
5. Nuts
6. Chickpeas
7. Lentils
8. Raisins



# SUMMER BARLEY SALAD

Recipe by: Dana Velden, theKitchn.com

**SERVINGS: 2**

## WHAT YOU NEED

- ¼ cup of barley, well rinsed
- 1 ½ cup of water
- ¼ cup corn kernels
- 2 tablespoons of onion, thinly sliced or 1 green onion, sliced
- 1 cup of zucchini diced or 1 cup of diced cucumber (optional)
- 1 small tomato, diced
- \*Dressing of choice



**PREPARATION**  
20 minutes

1. Place barley and water in a small pot. Bring water to the boil and reduce to a simmer
2. Cook until the barley is soft, add more boiling water if needed. The water usually foams up so keep an eye on it
3. When cooked, drain, rinse and let cool
4. Combine the barley with all the other ingredients and add your dressing of choice
5. Serve this alongside your protein, such as meat, poultry, fish or beans for a complete meal.



**Did you know?**

Barley contains a fibre called beta-glucan that lowers LDL ("bad") cholesterol.



# ROASTED VEGETABLES AND PASTA

Recipe inspired by Cookspiration.com

**SERVINGS: 4**

## WHAT YOU NEED

- 
- 2 zucchinis, cubed
  - 1 bell pepper, chopped (any colour)
  - 1 cup of eggplant (optional)
  - ½ onion, chopped
  - 1 tablespoon of oil
  - 1 teaspoon of herbs of choice
  - 2 cups of cooked pasta, tender but firm
  - ¼ cup of low fat cheese or parmesan (optional)

## PREPARATION

30 minutes

1. Preheat oven to 400°F (200°C)
2. Combine zucchini, pepper, eggplant and onion in a large bowl, and toss in the oil and herbs to coat
3. Place the vegetables on a baking sheet
4. Place in the preheated oven for 30-40 minutes, turning occasionally, until brown and soft
5. Cook pasta as per the instructions on the packet
6. Combine vegetables and pasta. Sprinkle with cheese



### Tip

Serve this alongside your protein, such as meat, poultry, fish or beans!



# TUNA APPLE BITES

Recipe by: Food Bank Australia, myfoodbook.com.au

**SERVINGS: 4**

## WHAT YOU NEED

- 1-2 red apples, core removed and sliced into 1/2cm pieces
- salt and pepper and a squeeze of lemon juice (optional)
- 2 cans of Tuna, drained
- 1-2 tablespoons mayonnaise
- 1/2 red onion, finely diced
- 1 stick celery, finely chopped
- 1 small red pepper
- Parsley, chopped (optional)



## PREPARATION

20 minutes

1. Cut up apples in slices that will be able to hold some of the tuna mixture
2. Squeeze some lemon juice over the slice apple to prevent from discolouring (optional)
3. In a medium sized bowl, combine tuna, mayonnaise, onion, celery, red pepper, walnuts and seasoning. Season with salt and pepper and mix well
4. Spoon 1 tablespoon of mixture on top of each apple slice. Repeat to top remaining apple slices
5. Sprinkle with parsley (optional)



### Tip

This tuna spread can also be served on bagels, bread, and crackers!





# SOUP





# BUTTERNUT SQUASH SOUP

Recipe by: Jill Burns, RD

**SERVINGS: 2-4**

## WHAT YOU NEED

- 1 tablespoon of oil
- 1 onion
- 2 cloves of garlic
- 1 large or 2 small butternut squash (about 6 cups)
- 4 cups of water or a stock of your choice– add more if needed
- Salt and pepper
- 1 apple, cored (peel on or off optional)
- Herbs or spices as you prefer (optional)
- ½ cup of milk



## PREPARATION

40 minutes

- 1.Heat oil at medium heat in a large pot, sauté the onion until soft (3-5 minutes)
- 2.Add the garlic and sauté for another minute
- 3.Add squash, water, salt, pepper, apple and any optional herbs and spices
- 4.Simmer gently for 20-25 minutes
- 5.Either mash well, or use a blender to create a smooth texture
- 6.Before serving add a small swirl of milk



### Did you know?

Butternut squash is an excellent source of beta-carotene, a yellowish pigment that is an antioxidant and can be converted into Vitamin A.



# LENTIL SOUP

Recipe by: Jill Burns, RD

**SERVINGS: 2-3**

## WHAT YOU NEED

- 2 tablespoons of oil
- 1 large onion (diced)
- 1 clove of garlic
- 2 cups of lentils (dry)
- 6 cups of water
- 2 medium stalks celery (chopped)
- 1 medium sweet pepper (chopped)
- 2 medium carrots (cut into chunks or rounds)
- 1 can of tomatoes
- 2 teaspoons of curry powder (optional)
- Salt and pepper to taste

## PREPARATION

35 minutes

1. Heat oil in a saucepan over medium heat
2. Add onion and sauté until soft
3. Add garlic and sauté for 1 minute
4. Add lentils, water, celery, pepper and carrots
5. Gently simmer until the lentils are soft (15-20 minutes), adding more water as needed
6. Add tomatoes, curry power (or cumin), salt and pepper stirring until blended. Cook for a further 5 minutes

### Tip



A high fibre, heart healthy lunch-time soup. Adding a hint of herbs, spices or some lemon rind/juice can keep it interesting. Enjoy with a chunk of whole grain bread and a plate of greens to round it out to a meal!



# BLACK BEAN SOUP

Recipe by: Allrecipes.com

**SERVINGS: 2-3**



## WHAT YOU NEED

- 1 tablespoon of oil
- 1 onion, chopped
- 1 -2 celery stalks, chopped
- 2 carrots, chopped
- 2 cloves of garlic (optional)
- 2 teaspoon of cumin or herbs/spice of choice
- 2-3 cups of water or broth
- 1-2 cans of black beans, rinsed and drained
- 1 can of corn kernels, rinsed and drained
- 1 can of tomatoes (diced or crushed)
- Salt and pepper to taste

## PREPARATION

45 minutes

1. Heat oil over a medium heat
2. Sauté onion until soft
3. Add celery, carrots, garlic and sauté for 5 minutes
4. Season with herbs or spices
5. Stir in broth/water,  $\frac{1}{2}$  of beans, corn and tomatoes
6. Place the remainder of the beans in a small bowl and mash with the back of a fork
7. Stir into the soup
8. Bring to a boil, reduce heat and simmer for 15 minutes



# HEARTY BEEF MINESTRONE

Recipe by: [Cookspiration.com](http://Cookspiration.com) and Soup Sisters

**SERVINGS: 4-6**

## WHAT YOU NEED

- 1 lb. lean ground beef
- 1 onion, chopped
- 1 can diced tomatoes
- 1 pepper, chopped
- 1 potato (sweet or white), diced
- 2 carrots, sliced
- 1 cup pasta of choice
- 6 cups water
- 1 can beans or chickpeas
- 1-2 teaspoons herbs or spices of choice
- Salt and pepper to taste

## PREPARATION

45 minutes

1. Over a medium heat, brown the beef. Break it apart with a utensil until no longer pink (about 10 minutes). Drain off excess fat
2. Sauté onion over medium heat until soft (3-5 minutes)
3. Add browned beef, tomatoes, pepper, potato, carrots, pasta, water, herbs and beans. Cover
4. Bring to a boil, reduce heat and simmer for 20 minutes or until pasta is cooked



### Tip

Although minestrone is considered a soup, this is a meal in a bowl. If it is too much, freeze it and enjoy it on another day!



# SOUPER LUNCH WITH RICE AND BEANS

Recipe by: Unlockfood.ca

**SERVINGS: 4-6**

## WHAT YOU NEED

- 1 tablespoon of vegetable oil
- 1 onion, chopped
- 1 celery stalk, chopped
- 6 cups of broth or water
- 1 can diced tomatoes
- Beans (red or black), drained and rinsed
- Uncooked rice (brown, white or wild)
- 1-2 teaspoons of dried herbs and spices
- 2 garlic cloves, chopped (optional)
- Salt and pepper to taste

## PREPARATION

45 minutes

1. In a large pot, heat oil over a medium heat
2. Add onion, celery and cook until onion is soft
3. Add broth or water, tomatoes, beans, rice and herbs
4. Bring to a boil and reduce to a simmer for about 20-30 minutes until rice is tender (30-45 minutes for wild rice)



### Tip

For an extra twist, add 1 cup of cooked chicken during the last 5 minutes of cooking.



# BEAN AND BARLEY SOUP

Recipe by: Jill Burns, RD

**SERVINGS: 4-6**

## WHAT YOU NEED

- 1 tablespoon oil
- 1 onion, chopped
- 4 cups broth or water
- ¼ cup barley, well rinsed
- 1 carrot, chopped
- 1 can tomatoes
- 1 can beans, rinsed and drained (chickpeas or kidney beans or black beans)
- 1 teaspoon spices or herbs of choice
- Salt and pepper to taste

## PREPARATION

45 minutes

1. In a large pot, heat the oil on a medium heat
2. Add onion and sauté for 5 minutes or until soft
3. Add broth or water, and barley
4. Bring to a boil, reduce heat and simmer for 15 minutes
5. Add carrot, tomatoes, beans, spices/herbs and salt and pepper to taste
6. Bring to a boil again, reduce heat and simmer for a further 10-15 minutes or until barley is soft





# SNACKS





# SWEET POTATO CHICKPEA CAKES

Recipe by:  
Shalene Flanagan & Elyse Kopecky

**SERVINGS: 20 SMALL CAKES**

## WHAT YOU NEED

- 2 eggs, beaten
- 1 teaspoon of ground cumin
- 2 tablespoons of oil
- Salt and pepper to taste
- 1 can of chickpeas, drained and rinsed
- 1 cup of cooked, mashed sweet potato
- ½ cup of rolled oats
- ½ onion
- ½ cup of fresh herbs or 1 tablespoon dried herbs (optional)

## PREPARATION

55 minutes

1. Place chickpeas in a bowl and mash them with a fork
2. Add sweet potato, oats, onion, herbs, egg, cumin and salt and pepper
3. Let the mixture sit in the fridge for 15 minutes to firm up
4. When ready, heat oil in a pan over a medium heat
5. Scoop a tablespoon of the mixture and add to the oil, press down slightly with spoon to flatten the patty
6. Cook on one side for 2 minutes and flip for another 2 minutes on the other side – until brown



### Did you know?

The sweet potato is an excellent source of beta-carotene, a yellowish pigment that is an antioxidant and can be converted into Vitamin A.



# BANANA OAT MUFFINS

Recipe by:  
Karen Resciniti, Allrecipes.com

**SERVINGS: 12**

## WHAT YOU NEED

- 1 ½ cups all-purpose flour
- 1 cup rolled oats
- ¼ cup sugar
- 2 teaspoons baking powder
- 1 teaspoon baking soda
- ½ teaspoon salt
- 1 egg
- ¾ cup milk
- ⅓ cup vegetable oil
- 1 cup mashed bananas
- Muffin cups or muffin tins

## PREPARATION

35 minutes

1. Combine flour, oats, sugar, baking powder, soda, and salt
2. In a large bowl, beat the egg lightly. Stir in the milk and oil. Add the mashed banana, and combine thoroughly. Stir the flour mixture into the banana mixture until just combined
3. Line a 12-cup muffin tin with paper bake cups, and divide the batter among them
4. Bake at 400 °F (200 °C) for 18 to 20 minutes



# PEACH MUFFINS/CUPCAKES

Recipe by:  
Parsley on Food.com, ("Peach Muffins")

**SERVINGS: 12**

## WHAT YOU NEED

- 1 ½ cups of flour
- ¾ teaspoon of salt
- ½ teaspoon of baking soda
- ½ cup of sugar
- ¼ teaspoon of cinnamon
- 2 eggs, well beaten
- ½ cup of oil
- ¼ cup of chopped almonds (optional)
- 1 ¼ cups of chopped peaches (fresh or canned)
- Muffin cups or tins

## PREPARATION

60 minutes

1. Preheat oven to 350 °F (180 °C)
2. In a large mixing bowl, combine the flour, salt, baking soda, sugar and cinnamon. Add the eggs and oil, and stir just until dry mixture is moistened
3. Stir in almonds if using them
4. Stir in the chopped peaches. If using canned peaches, juice from the can may be added if mix is too dry (doesn't hold or is powdery)
5. Pour about 1/3 cup of batter into the muffin tins. Bake for 20-25 minutes or until toothpick test shows that they are ready (insert toothpick into muffin centre, then remove. If toothpick is wet, the muffin needs longer cooking)



# APPLE PIE MUFFINS

Recipe inspired by:  
UnlockFood.ca ("Apple Cinnamon Baked Oatmeal")

**SERVINGS: 12**

## WHAT YOU NEED

- 3 cups oats
- 1-2 teaspoons ground cinnamon
- 2 teaspoons baking powder
- $\frac{1}{4}$  teaspoon salt
- 1  $\frac{1}{2}$  cups milk
- 2 eggs
- $\frac{1}{2}$  cup apple sauce
- $\frac{1}{4}$  cup vegetable oil
- $\frac{3}{4}$  cup diced apple
- $\frac{1}{4}$  cup raisins
- Muffin cups or tins

## PREPARATION

45 minutes

1. In a large bowl combine oats, cinnamon, baking powder and salt
2. In another bowl whisk together milk, eggs, apple sauce and oil
3. Pour over oat mixture and stir to combine
4. Stir in apple and raisins
5. Divide among 12 lightly greased muffin tins
6. Bake in preheated oven at 350°F (180°C) for about 30 minutes

### Tip

These muffins are a great after school snack or a nut free snack for school lunches. High in fibre, they are heart healthy and nutritious.





# KALE CHIPS

Recipe by:  
LucyDelRey on Allrecipes.com

**SERVINGS: 6**

## WHAT YOU NEED

- 1 bunch of kale
- 1 tablespoon of olive oil
- 1 teaspoon of salt
- Herbs and spices of choice
- Parchment paper



## PREPARATION

20 minutes

1. Preheat an oven to 350 °F (180°C). Line a cookie sheet with parchment paper
2. With a knife or kitchen scissors, carefully remove the leaves from the thick stems and tear into bite size pieces. Wash and thoroughly dry kale. Drizzle kale with olive oil and sprinkle with salt
3. Bake until the edges brown but are not burnt, 10 to 15 minutes



# ENERGY BALLS

**SERVINGS: 20**

Recipe by: Jill Burns, RD

## WHAT YOU NEED

- 1 cup of rolled oats
- 2/3 cup of peanut butter
- 2 tablespoons of raisins or cranberries or chopped dates or chocolate chips
- 2 tablespoons of honey (optional)

## PREPARATION

10 minutes

1. In a bowl mix the oats, peanut butter, and raisins/cranberries/chocolate chips/chopped dates/honey until well combined
2. Take a spoon sized amount, roll into a ball and place on a plate
3. Place the balls in the refrigerator to make them less sticky
4. Will keep for up to 2 weeks or can be frozen to last longer



### Tip

These are great little power boosters. Filled with protein and energy for 'on the go' or before a sports game!



# ROASTED CHICKPEAS

Recipe by: Kitchn, [thekitchn.com](http://thekitchn.com)

## WHAT YOU NEED

- 1 can chickpeas
- 1 tablespoon oil
- ½ teaspoon salt
- 1-2 teaspoons of herbs or spices

## PREPARATION

35 minutes

1. Preheat oven to 400°F (200°C)
2. Rinse and drain chickpeas
3. With a towel, try to dry the chickpeas as much as possible
4. Toss chickpeas in salt and oil
5. Spread on a baking sheet
6. Roast in the oven for 20-30 minutes
7. Remove from oven when golden, crispy and slightly darkened
8. Toss with the spices and serve while warm



# APPLE OATMEAL CRISP

Recipe inspired by:  
UnlockFood.ca ("Ontario Apple Oatmeal Crisp")

**SERVINGS: 8**

## WHAT YOU NEED

- 1  $\frac{1}{3}$  cup oats
- 2 tablespoons sugar
- 1 teaspoon cinnamon (optional)
- $\frac{1}{3}$  cup apple juice
- $\frac{1}{3}$  cup butter, margarine or oil, melted + a little bit to grease baking dish
- 5-6 apples, cored and thinly sliced (if peeling, eat the peel, it has lots of goodness in it)
- 1 tablespoon lemon juice (optional)

## PREPARATION

55 minutes

1. In a bowl, combine of oats,  $\frac{1}{3}$  cup sugar,  $\frac{1}{2}$  teaspoon cinnamon and the salt
2. Stir in half the apple juice and all the butter
3. Grease an 8-inch square baking dish and add the mixture
4. Add the apples, lemon juice, remaining apple juice, sugar and cinnamon
5. Sprinkle oat mixture evenly over the apples
6. Bake in oven at 375°F (190°C) until apples are soft and topping is golden brown (about 30-40 minutes)





# DRESSINGS



# Build your Dressing

Oil + Acid + Flavouring + Aromatic onion family (optional) = Dressing

## Oil + Acid + Flavouring

1/2 cup

1/4 cup

1/4 tsp salt plus

- Olive oil
- Canola oil
- Peanut oil
- Sunflower oil
- Walnut oil
- Grapeseed oil
- Avocado oil
- Apple cider vinegar
- Balsamic vinegar
- Red wine vinegar
- White wine vinegar
- Rice vinegar
- Sherry vinegar
- Lime juice
- Orange juice
- Lemon juice
- White vinegar
- 1 tablespoon finely chopped herbs
- 1 teaspoon honey
- 1 teaspoon lemon, lime or orange zest
- 1 tsp maple syrup
- 1 tsp mustard
- 1 tsp sesame oil
- 1 tsp Worcester sauce
- 1 tsp low sodium tamari or soy sauce
- 1 tsp fish sauce
- 1/2 teaspoon of single or mixed spices

## Aromatic onion family

2 tsp sliced chives

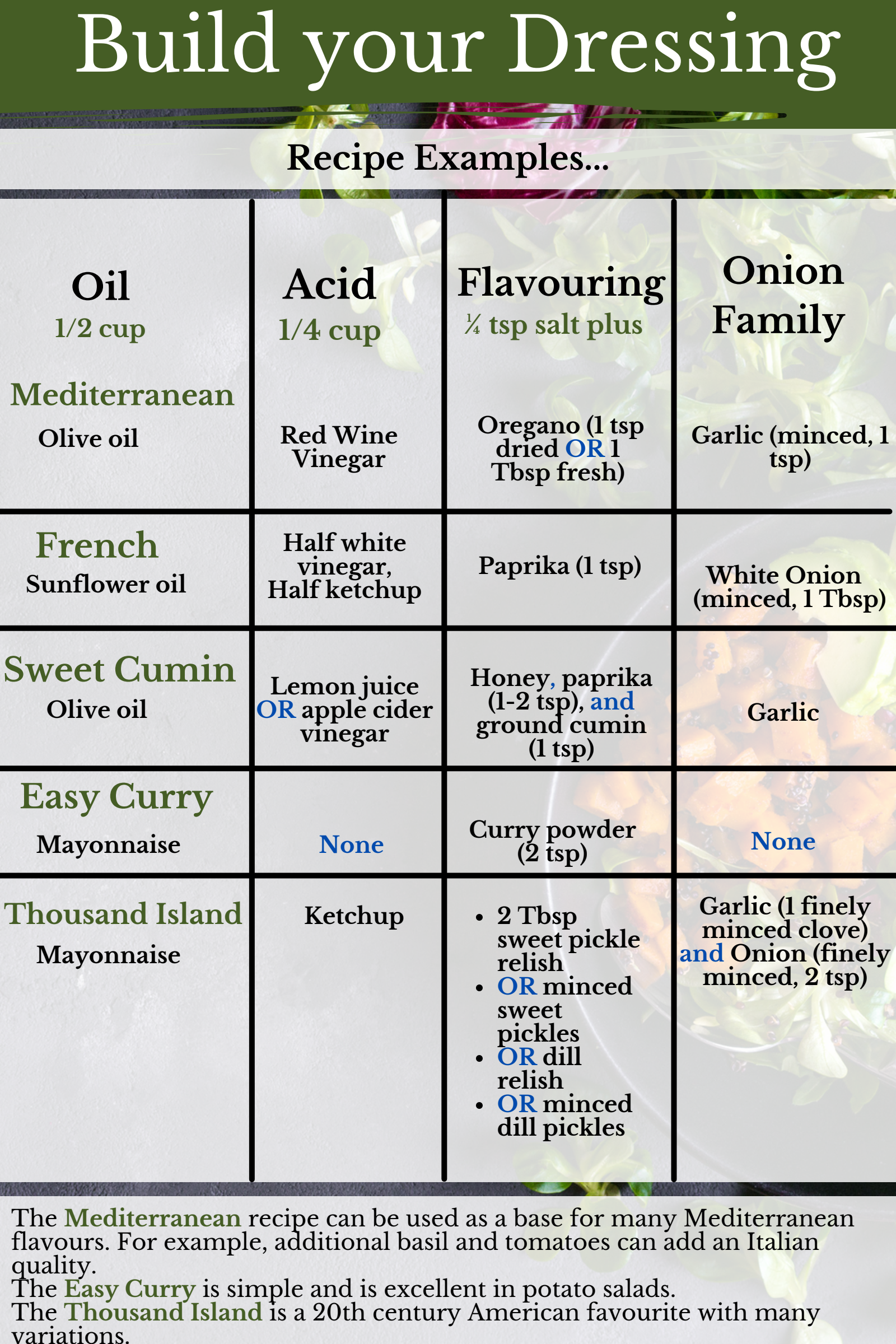
2 tsp minced onion

1 tsp minced garlic

1/4 tsp garlic powder

1/4 teaspoon onion powder





# Build your Dressing

## Recipe Examples...

<b>Oil</b> 1/2 cup  <b>Mediterranean</b>  Olive oil	<b>Acid</b> 1/4 cup  Red Wine Vinegar	<b>Flavouring</b> ¼ tsp salt plus  Oregano (1 tsp dried <b>OR</b> 1 Tbsp fresh)	<b>Onion Family</b>  Garlic (minced, 1 tsp)
<b>French</b>  Sunflower oil	Half white vinegar, Half ketchup	Paprika (1 tsp)	White Onion (minced, 1 Tbsp)
<b>Sweet Cumin</b>  Olive oil	Lemon juice <b>OR</b> apple cider vinegar	Honey, paprika (1-2 tsp), <b>and</b> ground cumin (1 tsp)	Garlic
<b>Easy Curry</b>  Mayonnaise	<b>None</b>	Curry powder (2 tsp)	<b>None</b>
<b>Thousand Island</b>  Mayonnaise	Ketchup	<ul style="list-style-type: none"><li>• 2 Tbsp sweet pickle relish</li><li>• <b>OR</b> minced sweet pickles</li><li>• <b>OR</b> dill relish</li><li>• <b>OR</b> minced dill pickles</li></ul>	Garlic (1 finely minced clove) <b>and</b> Onion (finely minced, 2 tsp)

The **Mediterranean** recipe can be used as a base for many Mediterranean flavours. For example, additional basil and tomatoes can add an Italian quality.

The **Easy Curry** is simple and is excellent in potato salads.

The **Thousand Island** is a 20th century American favourite with many variations.