

## **Healthy Eating During a Pandemic**

**It is a brave new world in 2020, with unprecedented worries and fears. We can keep ourselves safe with social distancing, social isolation and quarantine. Plus ensuring our hands are clean and we sneeze in our elbows.**

**We also have to nourish our bodies to help keep our immune system and our spirits strong and bright. The Primary Care Dietitians have been working to bring you some resources to help you eat healthy during COVID 19 and for the rest of your life!**

**Primary Care Dietitians are available for consult in your Family Health Team, Nurse Practitioner Led Clinic and Community Health Centres. We are here to help you!**



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# Apple Oatmeal with an Egg Boost

**Prep time:** 5 mins

**Cook time:** 2 minutes

**Ingredients:**

- 1 egg
- 1/3 cup milk
- 1/3 cup quick-cooking oats
- 1 tsp sugar (optional)
- 1/4 tsp ground cinnamon
- Dash of salt (optional)
- 1/4 cup plain or vanilla yogurt



**Directions:**

1. Beat the egg and milk in a 2-cup microwave-safe bowl until blended. Stir in the oats, apple, sugar, cinnamon and salt.
2. Microwave on high until the liquid is absorbed and the egg is set, 1 1/2 to 2 minutes.
3. Stir and top with yogurt. Garnish with additional chopped apples if you wish.

**Tips:**

- For higher fibre content, swap quick regular oats for quick cooking steel cut oats and microwave according to package instructions (usually 2 mins)
- You can also add some other fruits as well as nuts/seeds

**Source:**

<https://oldwayspt.org/recipes/apple-cinnamon-oatmeal-egg-boost>

# Muffin Tin Omelettes

**Prep time:** 10 minutes

**Cook time:** About 30 minutes

## Ingredients:

- 1 tbsp of oil
- 1 tsp of baking powder
- Your choice of filling (onion, mushrooms, tomato, bell peppers, zucchini, ham, turkey, etc.), chopped
- 1 tsp of Italian seasoning and/or ¼ tsp of black pepper, ¼ tsp of salt
- 1 cup (250 ml) shredded light old cheddar or mozzarella cheese
- 6 whole eggs and 1 cup of egg whites (about ½ carton)
- ½ cup of milk



## Directions:

1. Preheat oven to 350°F
2. Chop up veggies and meat in small pieces
3. In a large bowl, whisk together eggs, egg white, milk, seasoning, salt, oil and baking powder.
4. Lightly spray 12 muffin tins or use muffin tin liners. Scoop veggie mixture into muffin tins and add grated cheese on top. Ladle egg mixture into muffin tins on top of veggies and cheese.
5. Bake in preheated 350°F (180°C) oven for about 20 minutes or until golden and knife inserted in center comes out clean.
6. Let cool for 5 minutes in the tin before taking them out of.
7. Serve warm with an English muffin and a slice of cheese for a nice balanced breakfast.

## Tip:

- Wrap individual portions in cling wrap and freeze. For a quick breakfast, defrost in the fridge the night before and microwave or heat up in a toaster oven.

- **Source:** UnlockFood: <http://www.unlockfood.ca/en/Recipes/Breakfast/Awesome-Mini-Mushroom-Omelettes.aspx>
- Tip Hero: Amazing Omelet Muffins- <https://www.youtube.com/watch?v=VtaeQPibuTU>

# Breakfast Burrito

**Prep Time:** 5 minutes

**Cook Time:** 4 minutes



## Ingredients:

- 2 egg
- 1 tbsp of milk
- 2 green onions, chopped
- Pinch of salt and freshly ground black pepper
- ½ red or green bell peppers, diced
- ¼ cup shredded cheddar cheese
- small whole wheat tortillas

## Directions:

1. In a bowl, whisk together eggs and milk. Stir in onion, pepper, salt and pepper
2. Spray a small nonstick skillet with cooking spray and heat over medium low heat. Pour egg mixture into skillet and as egg begins to set, use a spatula to gently push cooked portions to the centre. Tilt pan to allow uncooked eggs to flow into empty spaces.
3. Sprinkle with cheese and cook for 1 minute or until eggs are set and cheese is melted.
4. Divide egg in two and place each half onto a tortilla. Roll up to enjoy.

## Source:

UnlockFood: <http://www.unlockfood.ca/en/Recipes/Breakfast/Breakfast-Burrito.aspx>

# Breakfast Quesadilla

**Prep Time:** 5 minutes

**Cook Time:** 5 minutes

**Ingredients:**

- 1 egg, lightly beaten
- 1 whole wheat flour tortilla
- 2 tbsp diced red sweet pepper
- 2 tbsp shredded Applewood smoked cheddar



**Directions:**

1. Spray small nonstick skillet with cooking spray and heat over medium heat.
2. Add egg and cook, stirring for about 2 minutes or until large curds set. Remove from heat.
3. Lay tortilla on work surface and spread scrambled egg over half of the tortilla.
4. Sprinkle with pepper and cheddar. Fold over tortilla to cover.
5. Heat nonstick skillet over medium low heat and toast quesadilla, turning once for about 2 minutes or until golden on both sides. Cut in half to enjoy

**Tip:**

- You can add some more colour and veggies to the quesadilla by chopping 1/2 cup (125 mL) of baby spinach leaves and stirring it into the eggs while cooking or sprinkling it over top of the peppers before toasting the quesadilla.

**Source:**

UnlockFood: <http://www.unlockfood.ca/en/Recipes/Breakfast/Breakfast-Burrito.aspx>

# Rise & Shine Breakfast Sandwich

**Prep Time:** 10 minutes

**Cook Time:** 2 minutes

## Ingredients:

- 1/4 cup (50 mL) liquid egg substitute
- 2 tbsp (30 mL) light mozzarella cheese, shredded
- 2 tbsp (30 mL) red pepper, finely diced
- 1 tbsp (15 mL) sodium reduced deli ham, finely sliced
- 1/2 tsp (2 mL) crushed red pepper flakes (optional)
- Pepper to taste
- Italian seasoning (optional)
- 1 whole grain English muffin, toasted



## Directions:

1. Use a microwave safe bowl, about the same diameter as the English muffin. Spray lightly with canola oil spray.
2. In the bowl, mix together egg, cheese, red pepper, ham, red pepper flakes, pepper and Italian seasoning (if using). Microwave on high for 1 minute. Turn the egg over and microwave for another 30 seconds to 1 minute.
3. Place egg on the toasted English muffin and off you go!

## Source:

<http://www.unlockfood.ca/en/Recipes/Breakfast/Rise-Shine-Breakfast-Sandwich.aspx>

# Apple Cinnamon Baked Oatmeal

**Prep time:** 10 minutes

**Cook time:** 30 minutes

## Ingredients:

- 3 cups (750 ml) of large flake oats
- 2 eggs
- 2 tbsp (30 ml) ground cinnamon
- 1 ½ cups (375 ml) milk
- 2 tsp (10 ml) baking powder
- ½ cup (125 ml) unsweetened apple sauce
- ¼ tsp (1 ml) salt
- ¼ cup (60 ml) canola oil
- 2 diced apples
- ¼ cup raisins or other dried fruit
- 2 tsp of vanilla extract (optional)
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## Directions:

1. In a large bowl, combine oats, cinnamon, baking powder and salt.
2. In another bowl, whisk together milk, eggs, apple sauce, vanilla and oil. Pour over oat mixture and stir to combine. Stir in apple and raisins.
3. Divide mixture among 12 lightly sprayed muffin tins. Bake in preheated 350°F (180°C) oven for about 30 minutes or until tester inserted in centre comes out clean.
4. Eat warm or cooled.

## Tips:

- Serve with a side of plain yogurt and fruit for a balanced breakfast meal
- Mix in some seeds and/or nuts for some added protein!
- Freeze extra muffins for a quick on-the-go breakfast or snack for work or school

## Source:

<http://www.unlockfood.ca/en/Recipes/Breakfast/Apple-Cinnamon-Baked-Oatmeal.aspx>



# Overnight Oats: Apple Pie Oatmeal

**Prep Time:** 5 minutes

**Cook Time:** N/A



## Ingredients:

- 1/3 cup of large flake oats
- 1/3 cup-1/2 cup of plain yogurt, 2% or less. (Choose Greek for more protein)
- 1/2 cup of milk
- 1 tsp (5 mL) pure maple syrup
- 1/2 tsp (2 mL) vanilla extract
- 1/4 tsp (1 mL) ground cinnamon (could also add ginger and nutmeg)
- 1 apple, cored and finely diced
- 1 table spoon (15 ml) of chia seeds (Optional)

## Directions:

1. Place oats in the jar/container. Add all other ingredients and mix well with a spoon.
2. Cover and refrigerate overnight.
3. Take out of the fridge in the morning. Eat and enjoy!

## Tips:

- To take this breakfast on the run, pack it into portable containers or mason jars.
- You can also make this recipe by substituting the apple for other fruits- e.g. frozen/fresh berries and ½ a banana with cinnamon and/or ginger.

**Source:** <http://www.unlockfood.ca/en/Recipes/Breakfast/Overnight-Apple-Pie-Oatmeal.aspx>

# Tofu Scramble

**Prep Time:** 10 minutes

**Cook Time:** 15 minutes

## Ingredients:

- 2 tbsp olive oil
- 2 small onions, finely chopped
- 1 clove garlic, minced
- 1 ½ tbsp. nutritional yeast
- 1 tbsp turmeric
- 1 ½ tsp of garlic powder
- 1 tsp dried dill
- ¾ tsp salt
- ½ tsp pepper
- ¾ cup of water
- 3 cups of extra firm tofu (eg. 350 g block)
- Extra vegetables as desired – eg. peppers, mushrooms, zucchini



## Directions:

1. In a small bowl, mix together yeast, garlic powder, dill, salt, pepper and turmeric. Add water and salt to dissolve. Set aside.
2. Heat oil in a frying pan over medium heat.
3. Add onion and cook for a couple minutes.
4. Add garlic and cook an additional minute.
5. Add vegetables and cook for a couple minutes.
6. Crumble tofu into very small pieces and add to pan.
7. Pour in seasoning liquid, stirring to mix thoroughly.
8. Stir until tofu is heated through, vegetables are softened and liquid has been absorbed.

## Tips:

- Serve along whole grain toast
- Wrap in a whole grain tortilla with black beans, salsa and avocado

**Source:** <https://www.chapters.indigo.ca/en-ca/books/fresh/9781443429450-item.html?ikwid=fresh&ikwsec=Home&ikwidx=23>

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# Curried Lentils, Sweet Potato and Cauliflower

**Prep Time:** 10 minutes

**Cook Time:** 35 minutes

## Ingredients:

- 1 large onion, coarsely chopped
- 3 tbsp. (45 mL) Indian curry paste
- 10 cardamon pods
- 2 medium sweet potatoes, peeled and cut into 1/2 inch (1 cm) pieces
- 3/4 cup (175 mL) green or brown lentils, rinsed
- 2 cups (500 mL) vegetable broth
- 1 small cauliflower without leaves and stem, cut into small florets
- 1/4 cup (50 mL) fresh coriander leaves
- Salt and pepper
- Natural yogurt (optional)



## Directions:

1. Heat large, heavy saucepan over medium-low heat. Add onion and curry paste, stirring paste thoroughly into onion; cook, stirring constantly, for 2 to 3 minutes.
2. Smash cardamom pods with large knife or meat mallet. Remove small brown seeds (discard pods) and stir into onion mixture along with sweet potatoes; cook for 2 to 3 minutes.
3. Stir in lentils and broth; cover and bring to boil over high heat. Reduce heat and simmer, covered, for 15 minutes.
4. Add cauliflower and return to boil; reduce heat and simmer for 8 to 10 minutes or until lentils and vegetables are tender.
5. Remove from heat; stir in coriander. Season to taste with salt and pepper. Let stand a few minutes before serving with dollop of yogurt, if desired.

## Source:

<http://www.unlockfood.ca/en/Recipes/Vegetarian/Curried-Lentils,-Sweet-Potato-and-Cauliflower.aspx>

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# Mango Black Bean Salad

**Preparation Time:** 10 minutes

**Cook Time:** N/A

**Ingredients:**

- 1 mango, peeled and diced
- 1 small red bell pepper, diced
- 1 cup (250 mL) drained and rinsed, canned black beans
- 2 tbsp. (30 mL) fresh lime juice
- 1 tbsp (15 mL) chopped fresh cilantro
- ¼ tsp (1 mL) each salt and fresh ground pepper



**Directions:**

1. In a bowl, combine mango, pepper, beans, lime juice, cilantro, salt and pepper.
2. Stir well and let stand for 10 minutes before serving for flavours to combine.

**Tips:**

- Serve on its own or added to a bowl of greens, served with whole grain baked tortilla wedges, or as a fresh topping for burgers, fish or sandwiches

**Source:**

Recipe: <http://www.unlockfood.ca/en/Recipes/Kid-friendly-award-winning-recipes/Mango-Black-Bean-Salad.aspx>

Image: <https://ifoodreal.com/mango-black-bean-salad/>

# Quinoa and Lentil Pilaf

**Prep Time:** 10 minutes

**Cook Time:** 30 minutes

## Ingredients:

- 1 tbsp (15 mL) olive oil
- 1/2 cup (125 mL) onion, diced
- 1 cup (250 mL) celery, diced
- 1 tsp (5 mL) curry powder, optional
- 1/2 tsp (2 mL) ground cumin
- 1/2 cup (125 mL) canned lentils, rinsed
- 1/2 cup (125 mL) quinoa
- 1/2 cup (125 mL) Water
- 1/2 cup (125 mL) sodium-reduced vegetable or chicken stock
- 1 tbsp (15 mL) lemon zest



## Directions:

1. In a medium sauce pan, heat oil over medium heat. Add onions, celery and curry powder and cook 10 minutes or until vegetables are tender.
2. Using a strainer, rinse quinoa under cold water and drain well. Add cumin, quinoa and lentils to the vegetables and stir for 1 minute.
3. Add water, stock, lemon rind and lemon juice and bring to a boil.
4. Cover and reduce heat to low and simmer for 15 to 20 minutes. Or until liquid is absorbed. Stir in red pepper. Season with pepper and serve.

## Source:

<http://www.unlockfood.ca/en/Recipes/Vegetarian/Quinoa-and-Lentil-Pilaf.aspx>

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# Spinach and Mushroom Lasagna

**Prep Time:** 10 minutes

**Cook Time:** 55 minutes

## Ingredients:

- 9 whole wheat lasagna noodles
- 1 tbsp (15 mL) olive oil
- 1 cup (250 mL) red onion, diced
- 4 cups (1 L) mushrooms, sliced
- 3 cloves of garlic, minced
- 1 bag (10 oz) baby spinach, washed and dried
- 1 jar (about 2 ¼ cups) tomato sauce
- Pepper to taste
- 1 cup (250 mL) light feta cheese
- 1 container (475g) light ricotta cheese
- 2 cups (500 mL) light mozzarella cheese, shredded



## Directions:

1. Preheat oven to 375° F (190° C).
2. Cook the lasagna noodles according to package directions. Drain and set aside.
3. To make the sauce: Heat oil in a large sauce pan over medium heat. Add onions and mushrooms and cook for 10 minutes. Add garlic and spinach. Cover and cook until the spinach is wilted. About 5 minutes. Uncover and cook on medium heat for about 10 minutes or until most of the liquid has evaporated. Add the tomato sauce and pepper.
4. To make the lasagna: Line the bottom of a 9x13 inch baking dish with 3 noodles. Top with ½ of the ricotta cheese, ½ of the sauce and ½ of the feta cheese. Repeat. Place the final 3 noodles on top and cover with mozzarella cheese.
5. Bake for 30 minutes or until the cheese is starting to brown.

## Tip:

- Freeze leftovers in single serve portions and take it for a quick lunch on another day.

## Source:

<http://www.unlockfood.ca/en/Recipes/Main-courses/Spinach-and-Mushroom-Lasagna.aspx>

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# Sweet Chili Tofu Stir-Fry

**Prep time:** 15 minutes

**Cook time:** 12 minutes

## Ingredients:

- Vegetable cooking spray
- 5 oz of firm tofu, cut into thin strips
- $\frac{3}{4}$  cup (175 mL) of sliced Spanish onion
- 1 cup (250 mL) of broccoli florets
- 1 cup of baby carrots, cut into bite-size pieces
- $\frac{3}{4}$  cup (175 mL) sugar snap peas, trimmed
- $\frac{1}{2}$  cup (125 mL) julienned red bell pepper
- $\frac{1}{2}$  cup (125 mL) vegetable broth or water
- $\frac{1}{4}$  cup (50 mL) sweet chili sauce
- 1 tsp (5 mL) grated orange zest
- 1 tsp (5 mL) chopped fresh cilantro (optional)



## Directions

1. Start cooking brown rice.
2. Heat a wok or large skillet over medium-high heat. Spray with vegetable cooking spray. Brown tofu on both sides, then remove from pan and set aside.
3. Add onion to wok and sauté for 1 minute. Add broccoli, carrots, peas and red pepper; stir-fry until tender-crisp, about 5 minutes. Return tofu to wok and stir in broth, chili sauce and orange zest. Heat until bubbling.
4. Transfer stir-fry to serving platter and sprinkle with cilantro, if using.

**Source:** Adapted from

<http://www.unlockfood.ca/en/Recipes/Vegetarian/Sweet-Chili-Tofu-Stir-Fry.aspx>

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# Vegetable Quinoa Salad

**Prep time:** 15 minutes

**Cook time:** 10 to 20 minutes

## Ingredients:

- 1 cup (250 mL) quinoa, well rinsed and drained
- 2 cups (500 mL) of cold water
- 2 tomatoes, chopped
- 2 large springs of Italian (flat-leaf) parsley (leaves only), chopped
- ¼ English cucumber, chopped
- 1/3 cup (75 mL), chopped Red, Green, Yellow or mixed bell peppers

## ***Vinaigrette:***

- 3 tbsp (45 mL), extra virgin olive oil
- 2 tbsp (30 mL) freshly squeezed lemon juice
- 1 1/2 tsp (7 mL), hot pepper flakes (optional)
- ½ tsp (2 mL) freshly ground black pepper
- 1/2 tsp (2 mL), salt
- 1/2 tsp (2 mL) of dried lavender flowers (optional)



## Directions:

1. In a medium saucepan, over medium heat, bring quinoa and water to a boil. Reduce heat and boil gently for 10 to 15 minutes or until the white germ separates from the seed. Cover, remove from heat and let stand for 5 minutes. Remove lid, let cool and fluff with a fork.
2. Meanwhile, in a large bowl, combine tomatoes, parsley, cucumber and bell peppers. Stir in cooled quinoa.
3. Prepare the vinaigrette: In a small bowl, whisk together olive oil, lemon juice, hot pepper flakes (if using), salt, pepper and lavender (if using).
4. Pour vinaigrette over salad and toss to coat.

## Tip:

- Dressing can also be swapped for a store bought already prepared vinaigrette (eg. raspberry vinaigrette).

## Source:

<http://www.unlockfood.ca/en/Recipes/Vegetarian/Vegetable-Quinoa-Salad.aspx>

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# Couscous Salad

**Prep time:** 10-15 minutes

**Cook time:** 5 minutes

## Ingredients:

- ½ cucumber, diced
- 1 cup of cherry tomatoes, halved
- 1 bell pepper, diced
- ¾ cup of dried (boxed) couscous
- 1 cup of canned chickpeas, rinsed well
- ¼ cup of fresh mint and/or parsley (optional)



## *Vinaigrette dressing:*

- 2 tbsp of olive oil
- 2 tbsp of lemon juice or to taste
- 1 tsp of chili powder (optional)
- ¼ tsp of salt
- ¼ tsp of hot chili flakes or cayenne pepper (optional)

## Directions:

1. Bring 1 cup of water to boil. Once boiling, add dried couscous and remove from element, cover and let sit for 5 minutes.
2. Flake couscous and place in a bowl to cool.
3. Mix together ingredients for vinaigrette. Set aside.
4. Add chopped veggies and vinaigrette to couscous. Mix well.

## Tips:

- You can substitute the vinaigrette dressing for a couple table spoons of store bought dressing (eg. raspberry vinaigrette)
- If you are not a fan of chickpeas or want to try a different combination, substitute them for black beans, edamame, lentils or left over chicken!
- Make it Greek! Add black olives, feta and add oregano instead of chili powder.
- You can also make a similar recipe with quinoa or other whole grains!

**Source:** Anna Maria Fruscione, RD with some adaptations from

<http://www.unlockfood.ca/en/Recipes/Vegetarian/Vegetable-Quinoa-Salad.aspx>

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# Cashew Chicken Curry

**Prep time:** 35 minutes

**Cook time:** 45 minutes

## Ingredients:

- 1 tablespoon butter
- 1 large onion, diced
- 1 tablespoon minced garlic
- 1 tablespoon minced fresh ginger
- 1 – 3 tablespoons curry powder (see Tips below)
- 1/2 - 1 teaspoon cumin
- 1/4 - 1/2 teaspoon cayenne pepper
- 1 teaspoon kosher salt
- 1 pound chicken breasts, cut in bite-size pieces (see Tips)
- 29 ounces canned diced tomato
- 1 pound carrots, diced
- 8 ounces sliced mushrooms
- 1/4 cup chopped fresh cilantro
- 1/4 cup ground cashews
- 1 cup nonfat yogurt
- 1/2 cup light coconut milk
- 8 ounces frozen peas
- Additional fresh cilantro, for garnish

## Directions:

1. Melt the butter in a Dutch oven on medium high. Add the onion, garlic and ginger and cook until soft.
2. Stir in the spices and cook briefly. Add the meat in batches, cooking each one through.
3. Add the tomatoes, carrots, mushrooms and cilantro and bring to a boil.
4. Cover, reduce heat to maintain a slow simmer and cook for 45 minutes, stirring occasionally. (Stop here if you're cooking ahead.)
5. Stir in remaining ingredients and heat through but do not boil, about 5 minutes.
6. To serve, sprinkle with fresh cilantro and serve with brown rice and mixed vegetables.

## Tips:

- If your family is new to curry or not used to spicy foods, you can start off with the smaller amounts of curry powder, cumin and cayenne.
- Peanut butter can be substituted for cashews.
- A great meal to make ahead and freeze for batch cooking!



**Source:** <http://www.kitchenparade.com/2006/01/cashew-chicken-curry.php>

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# Easy, Colorful, High-fibre, Multi-bean Salad

**Prep Time:** 20 minutes

**Cook Time:** N/A

## Ingredients:

- 2 cups fresh or frozen cut green beans, cooked
- 1 can (19 oz / 540 mL) no-salt added chickpeas, drained and rinsed
- 1 can (19 oz / 540 mL) no-salt added black beans, drained and rinsed
- 1 can (12 oz / 340 mL) whole-kernel corn, drained
- 1 cup diced red onion
- 1 cup diced red or orange bell pepper
- ½ cup chopped fresh parsley



## *Dressing:*

- ¼ cup light olive oil
- ¼ cup cider vinegar or white vinegar
- 2 Tbsp granulated sugar
- 1 tsp Dijon mustard
- ½ tsp celery seed
- ¼ tsp each salt and freshly ground black pepper

## Directions:

1. Combine all ingredients in a large bowl, mix well
2. Mix together oil, vinegar, sugar, mustard, celery seed, salt and pepper in a small pot. Bring to a boil. Remove from heat and pour over bean mixture. Stir gently.
3. Cover and refrigerate overnight for the best flavour. Stir occasionally if possible.

## Sources:

Recipe: The Looneyspoons Collection – page 55

Image: <https://www.nutritioncity.com/recipes/recipe-sweet-and-spicy-corn-and-bean-salad-gluten-free-plant-based-vegan-refined-sugar-free/>

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# Greek Rice & Feta Stuffed Peppers

**Prep Time:** 15 mins

**Cook Time:** 45 mins

## Ingredients:

- 1 cup of brown rice, cooked
- 2 yellow peppers, fresh
- 2 Red peppers, fresh
- 1 lb ground chicken, lean
- ½ tsp salt
- 1 egg
- ¼ cup pasta sauce, marinara, low sodium
- 2tbsp lemon juice, fresh
- 2 tsp lemon peel/zest, fresh
- 1 jalapeno pepper, fresh, minced (optional)
- 1 tomato, fresh, medium, diced
- ½ cup onion, diced
- ¼ cup feta cheese, crumbled
- 2 tbsp pine nuts
- 1 tbsp oregano, fresh, minced
- 2 tbsp mint, fresh, minced
- 1 ½ cup pasta sauce, marinara, low sodium



## Instructions:

1. Preheat oven to 350° F (180° C)
2. Prepare the rice or grain (or use leftovers)
3. Cook ground chicken until completely cooked (internal temperature should be 160 °F). Set aside.
4. Cut peppers in half and discard the inner seeds and membranes.
5. Place the cooked ground chicken in medium bowl and sprinkle with salt. Break egg over mixture. Add ¼ cup of pasta sauce, fresh lemon juice, lemon zest/peel, finely minced jalapeno (optinal), diced tomato, diced onions, crumbled feta, pine nuts, minced fresh oregano and mint. Mix by hand until well combined.
6. Add the last 1 and ½ cups (375 mL) of tomato/pasta sauce to bottom of baking dish. Fill peppers with chicken and rice mixture. Place in baking dish over pasta sauce.

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7. Bake for 35-40 minutes until the stuffed peppers are thoroughly cooked and reach an internal temperature of 160 °F.
8. Serve peppers with the pan sauce.

**Tips:**

- This is a great recipe to batch cook and freeze for an easy dinner! Double the recipe to make a bigger for more make-ahead meals.
- You can use leftover cooked rice or other cooked grains like quinoa or barley in this recipe.
- You can also substitute 1 tsp each of dried oregano and mint for the fresh

**Source:** <http://www.cookspiration.com/recipe.aspx?perma=6c6E5tYD4a9&g=5>

# Easy Peasy Pita Pizza

**Prep Time:** 2 minutes

**Cook Time:** 7 minutes

## Ingredients:

- Pack of whole wheat pitas
- 1 can of pizza sauce (or homemade sauce)
- Bunch of fresh basil or dried basil and oregano
- Small package of partly-skim mozzarella cheese, grated
- Veggies of choice – mushrooms, peppers, spinach, olives etc.
- 1 cup of shredded chicken or other meat, cooked



## Directions:

1. Place pita on baking sheet (oiled).
2. Put sauce on pitas and then add other toppings.
3. Sprinkle on shredded cheese.
4. Add fresh basil leaves on top or sprinkle on desired dried herbs.
5. Place on baking sheet and bake for 5-7 minutes at 400°F

## Tips:

- Get creative with this recipe. You can customize the toppings to your liking.
- Makes a great leftover meal for lunch the next day
- Serve with a side salad for extra fibre

## Source:

<https://www.geniuskitchen.com/recipe/easy-pita-bread-pizza-110067>

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# Beef Fajitas

**Prep Time:** 10 minutes

**Cook Time:** 17 minutes

## Ingredients:

- 1 tbsp vegetable oil
- 2 bell peppers (1 green & 1 medium), cut into thin strips
- 2 medium onions
- 2 cloves garlic, minced
- 2 medium tomatoes, diced
- 1 lb beef steak (round, flank or sirloin), trimmed and thinly sliced across the grain
- 2 tsp chili powder
- 1 tsp hot pepper sauce (optional)
- ½ tsp each black pepper, dry mustard and ground ginger
- Small soft whole wheat flour tortillas
- 2/3 cup partly-skimmed, shredded Cheddar or mozzarella cheese



## Directions:

1. Preheat oven to 350°F (180°C)
2. In a large nonstick skillet, heat oil over medium-high heat and start cooking onions until slightly brown.
3. Add beef strips and cook until done (time will depend on thickness of strips)
4. Add pepper strips and let cook for a couple mins
5. Stir in tomatoes, garlic, chili powder, hot pepper sauce (optional), pepper, mustard and ginger; heat through.
6. Divide mixture among tortillas and sprinkle with cheese and roll up.
7. Place in greased baking dish
8. Bake in preheated oven for 10 mins.

## Tips:

- Serve with a side salad for added vegetables and fibre
- For convenience, you can assemble these fajitas early in the day and bake just before serving.

**Source:** <http://www.cookspiration.com/recipe.aspx?perma=E17C295C909&g=10>

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# Quick Quinoa and Veggie Casserole

**Prep Time:** 15 mins

**Cook Time:** 35 mins



## Ingredients:

- 2 tsp extra virgin olive oil
- 1 leek, white and light green part only, thinly sliced
- 3 cloves of garlic, minced
- 1 red, orange or yellow bell pepper chopper
- 2 tsp Italian herb seasoning
- 1 cup quinoa, rinsed
- 2 cups broccoli florets or other vegetable(s)
- 1  $\frac{3}{4}$  cups sodium reduced vegetable broth
- 1 cup corn kernels
- 1 can of white beans
- $\frac{3}{4}$  cup shredded light old Cheddar cheese
- 1 tbsp chopped fresh parsley

## Directions:

1. In a large nonstick skillet heat oil over medium heat and cook leek, garlic, red pepper and Italian herb seasoning for 5 minutes or until starting to soften.
2. Stir in quinoa, broccoli and vegetable broth. Bring to a boil; reduce heat to low and cover and cook for about 15 minutes or until quinoa is tender. Stir in corn and beans and cook for 5 minutes.
3. Spoon mixture into small casserole dish and sprinkle with cheese and parsley. Bake in preheated 200°C (400°F) oven for about 10 minutes or until cheese is melted.

## Tips:

- For extra protein, add cooked and chopped up chicken breast
- Makes a great meal to batch cook and freeze for easy dinners or lunches!

## Source:

<http://www.cookspiration.com/recipe.aspx?perma=UslKnfb8JH8&g=9>



# Barley Lentil Salad with Kale, Apples, Almonds and Feta

**Prep Time:** 5 minutes

**Cook Time:** 20 minutes

## Ingredients:

- 2 ½ - 3 cups of water
- ½ cup green lentils
- ½ cup pearl or pot barley
- 1 garlic clove, finely grated or crushed
- 1-2 cups finely chopped kale or spinach, tough stems discarded
- 1 tart apple, cored and diced
- ½ cup crumbled feta
- ¼ finely chopped purple onion



## *Vinaigrette*

- ½ cup canola oil
- 2 tbsp lemon juice
- 2 tbsp white wine or rice vinegar
- 2 tsp grainy mustard
- 1 tsp honey or granulated sugar
- ¼ tsp salt
- ¼ tsp freshly ground black pepper
- 1/3 cup chopped toasted almonds

## Directions:

1. In a large saucepan, combine water, lentils, barley and garlic. Boil for 20 minutes or until tender\*. Drain well, discarding the garlic, and set aside to cool completely.
2. In a bowl, combine lentils and barley with kale, apple, feta and purple onion.
3. To prepare vinaigrette: In a small bowl, whisk together canola oil, lemon juice, vinegar, mustard, honey, salt and pepper. Pour over the salad and toss to combine. Top with almonds just before serving.

## Tip:

- For a faster version, you can use canned lentils and leftover barley, rice or quinoa from another recipe.

**Source:** Adapted from

<http://www.cookspiration.com/recipe.aspx?perma=wNlb8FsQt7W&q=24>

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# Baked Sundried Tomato Cod

**Prep Time:** 20 minutes

**Cook Time:** 10 minutes

## Ingredients:

- 1 cup sun dried tomato halves, chopped
- 1 cup chopped shallots
- 1 ½ cups baby Bella mushrooms cleaned and roughly chopped
- ¼ cup white balsamic vinegar
- 2 tablespoons freshly squeezed lemon juice
- ¼ cup extra virgin olive oil, plus more for brushing on the cod
- ½ tsp kosher salt
- ½ tsp of freshly ground black pepper
- 4 (6 oz) fresh or frozen cod fillets (thawed if frozen)
- 4 lemon wedges
- 8 fresh basil leaves, julienned, for garnish



## Directions:

1. Preheat oven to 500°F.
2. Add chopped sun dried tomatoes, shallots, and mushrooms to a medium mixing bowl. Add vinegar, lemon juice, olive oil, salt and pepper. Stir to combine.
3. Tear off eight sheets of parchment paper, each about 12" long. Place each piece of cod in the center of its own sheet of parchment and brush with olive oil. Evenly spoon sun dried tomato mixture over each fillet. Pull the vertical side of the parchment up to the center, crimp the edges closed and fold over. Place the sealed packets on another sheet of parchment and seal.
4. Place the cod packets on a baking sheet in the oven. Cook for 3-5 minutes, depending on the thickness of the cod. Use a metal spatula to flip each packet, and then cook on the other side for another 3-5 minutes (cooked cod should be white and flake easily with a fork). Garnish the tops of cooked cod with fresh basil and serve with lemon wedges and crusty whole grain bread for dipping. Serve immediately.

## Source:

<https://oldwayspt.org/recipes/baked-sun-dried-tomato-cod>

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# Burrito Bowls with Chicken

**Prep Time:** 10 minutes

**Cook Time:** 25 minutes

## Ingredients:

- 1 cup quinoa, uncooked
- 2 cups vegetable broth, low sodium
- 1 (15 ounce) can black beans
- 1 cup finely chopped pineapple
- 1 jalapeno pepper, seeded and finely chopped
- 1 finely chopped red onion, divided
- ¼ cup chopped cilantro, plus more for garnish
- Juice of 1 lime
- 1 tablespoon olive oil
- 1 green bell pepper, cut into ½-inch dice
- 1 red bell pepper, cut into ½-inch dice
- ½ teaspoon chili powder
- ¼ teaspoon paprika
- 1 cup diced cooked chicken breast
- 2 cups spinach, cut into strips
- 1 avocado
- ½ cup plain nonfat Greek yogurt, for garnish



## Directions:

1. Add the quinoa and vegetable broth to a medium pot and bring to a boil. Then, reduce heat to a simmer, and let cook, covered for 12-15 minutes, until all of the liquid is absorbed, and the quinoa shows its curly "tail".
2. Drain and rinse black beans and warm over the stove, on low, with a few tablespoons of water or broth.
3. While the beans are warming, add the pineapple, jalapeno, ¼ cup of the red onion, cilantro, and lime juice to a small mixing bowl, and stir to combine.
4. In a medium skillet, heat the olive oil over medium heat. Add the bell peppers, remaining red onion, chili powder, and paprika and cook until onions become translucent, and peppers are tender (about 5 minutes), stirring occasionally.

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5. To create your burrito bowl, ladle about a half cup of quinoa in a bowl and top with black beans, sautéed peppers and onions, chicken, spinach strips, avocado slices, and pineapple salsa. Garnish with a dollop of Greek yogurt (as desired).

**Tips:**

- A great way to use up leftovers!
- You can substitute the quinoa with brown or wild rice
- You can substitute the chicken for another type of meat

**Source:**

<https://oldwayspt.org/recipes/burrito-bowls-chicken>

# Roasted Fish with New Potatoes

**Prep Time:** 10 mins

**Cook Time:** 35 mins

## Ingredients:

- 3 tablespoons extra-virgin olive oil
- 3 tablespoons orange juice
- 3 tablespoons white vinegar
- ½ teaspoon grated orange peel
- ¼ teaspoon dried dillweed
- 1 tablespoon capers, drained
- 12 small (about 1¼ lbs.) New potatoes, quartered
- Four 6-oz. salmon fillets, skin removed
- Vegetable cooking spray



## Directions:

1. Preheat the oven to 425°F. Make a vinaigrette by combining the oil and the next 5 ingredients in a small bowl. Whisk until blended.
2. Place the potatoes in a large bowl, sprinkle with 2 tablespoons of the vinaigrette and toss gently until coated.
3. Arrange the potatoes in a single layer on a baking sheet or in a large baking dish coated with cooking spray. Bake at 425°F for 20 minutes. Move the potatoes to the sides of the pan. Arrange the fillets in the center of the pan and spoon 2 tablespoons of the remaining vinaigrette over them. Bake 13 to 15 minutes or until the fish flakes easily and the potatoes are fully cooked.
4. Transfer the salmon and potatoes to a serving dish. Drizzle with the remaining vinaigrette.

## Source:

<https://oldwayspt.org/recipes/roasted-fish-new-potatoes>

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