



Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES

Healthy Eating Recipe Book

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Healthy Eating Recipe Book

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Strawberry and spinach salad

Makes six servings

Measure	Ingredient
6 cups (1-1/2 L)	spinach
1/2 small	onion, finely chopped
1 cup (250 ml)	strawberries, sliced
1/2 cup (125 ml)	slivered almonds

For dressing:

Refer to [simple salad dressing](#) recipe (page 15) and add an optional tablespoon of poppy seeds.

Directions

1. Tear spinach into bite-size pieces and toss with onion, strawberries and slivered almonds.
2. In a small bowl, whisk together salad dressing ingredients (consider adding poppy seeds).
3. Pour onto salad. Toss gently.

Adapted from Nutrition Resource Centre colour it up

Zesty rice and lentil salad

Makes six servings

Measure	Ingredient
2	lemons, all zest and juice
1 Tbsp. (15 ml)	ginger, freshly grated
1 tsp (5 ml)	Dijon mustard
1/2 tsp (2 ml)	pepper
1 cup (250 ml)	brown rice or other whole grain, dry
2 cups (500 ml)	water
1 can (19 oz.)	green or brown lentils (or two cups cooked lentils)
1	bell pepper (red, yellow or orange), diced
2 cups (500 ml)	kale, chopped
1	apple or pear, cored and diced

*Have leftover kale? Consider the [baked kale chips](#) recipe (page 52).

Directions

1. Cook brown rice or other whole grain as per package directions or as follows: bring 1 cup rice and 2 cups water to boil in a small pot. Reduce heat to low and continue simmering, covered, for about 20 minutes until rice is tender and most of the water has been absorbed.
2. While rice is cooking, wash and prepare vegetables and apple or pear as indicated.
3. Zest and juice the lemons.
4. In small bowl, whisk lemon zest, lemon juice, ginger, Dijon mustard and pepper to make a dressing.
5. Drain and rinse canned lentils.
6. Add lentils, rice, chopped vegetables and chopped apple or pear to large mixing bowl and gently stir to combine.
7. Pour dressing over salad and gently stir to combine. Chill before serving, if desired.

Adapted from Niagara Region you're the chef program

Broccoli salad

Makes six servings

Measure	Ingredient
1 Tbsp. (15 ml)	apple cider vinegar
3/4 cup (188 ml)	low fat, plain yogurt (1% M.F. or less)
3 cups (750 ml)	broccoli florets
1 cup (250 ml)	raisins
1/2 cup (125 ml)	red onion, diced
1/2 cup (125 ml)	raw sunflower seeds
1/2 cup (125 ml)	cheddar cheese, shredded (optional)
1/2	green apple, diced

Directions

1. Using a small bowl, stir vinegar and yogurt until well combined.
2. Using a large bowl, add broccoli, raisins, red onion, sunflower seeds, cheese and apple.
3. Pour dressing over the broccoli mixture and mix ingredients.

Adapted from Thunder Bay District Health Unit cooking with the good food box manual

Beet and apple salad

Makes four servings

Measure	Ingredient
1 small	head romaine lettuce
1	green apple
1 cup (250 ml)	cooked beets

Dressing:	
1/4 cup (60 ml)	vegetable oil
2 Tbsp. (30 ml)	lemon juice
2 tsp (10 ml)	dried dill
1 tsp (5 ml)	Dijon mustard
1/4 tsp (1 ml)	salt
1/4 tsp (1 ml)	pepper

Directions

1. Tear lettuce into bite-size pieces.
2. Leave skin on apple. Remove core. Dice apple into small pieces.
3. Dice beets into small pieces and combine with lettuce and apple.
4. Whisk together oil, lemon juice, dill, Dijon mustard, salt and pepper. Toss salad with dressing.

Adapted from Nutrition Resource Centre colour it up

Nappa, mango and pear salad

Makes six servings

Measure	Ingredient
1/2 small	nappa cabbage head
1/2 small	romaine lettuce head
1 small	red onion
1	mango, peeled
2	pears
1/2 cup (125 ml)	fresh raspberries or blueberries (optional)
Dressing	
1/2 cup (125 ml)	vegetable oil
1/2 cup (125 ml)	white wine vinegar
1	garlic clove, minced
2 tsp (10 ml)	Dijon mustard

Directions

1. Tear nappa cabbage and romaine lettuce into bite-size pieces. Put in large salad bowl.
2. Peel red onion and cut into rings.
3. Cut mango and pears into small pieces.
4. Add onion, mango and pear chunks and raspberries or blueberries (if using).
5. In a small bowl, whisk together oil, vinegar, garlic and Dijon mustard. Pour over salad and toss.

Adapted from Nutrition Resource Centre colour it up

Fruit and couscous salad

Makes six servings

Measure	Ingredient
3/4 cup (175 ml)	whole wheat couscous
1/4 cup (60 ml)	raisins
1 tsp (5 ml)	curry powder
1/4 tsp (1 ml)	cinnamon
6	dried apricots, finely chopped
1	red apple, cored and diced
1/3 cup (75 ml)	sweet onion, diced
1/4 cup (60 ml)	toasted whole skinned almonds, chopped
1/4 cup (60 ml)	chopped fresh flat-leaf parsley
1 tsp (5 ml)	grated orange zest
1	orange, juiced

Directions

1. In medium heat-proof bowl combine couscous, raisins, curry and cinnamon.
2. Stir in one cup (250 ml) boiling water; cover and let stand five minutes.
3. Fluff with fork, stir in apricots and cool to room temperature.
4. Squeeze juice from the orange.
5. Stir in apple, onion, almonds, parsley, orange zest and approximately three tablespoons (45 ml) of the orange juice; toss thoroughly.

Adapted from Nutrition Resource Centre colour it up

Middle Eastern pita salad

Makes eight servings

Measure	Ingredient
1	whole grain pita
1/2	English cucumber
4 cups (1 L)	romaine leaves, torn
2 cups (500 ml)	grape tomatoes, halved
1 cup (250 ml)	corn kernels
1/2 cup (125 ml)	red onion, thinly sliced
1/2 cup (125 ml)	fresh flat-leaf parsley, chopped
1/2 cup (125 ml)	fresh mint, chopped
6	radishes, thinly sliced
2	celery ribs, sliced
Dressing:	
3 Tbsp. (45 ml)	fresh lemon juice
3 Tbsp. (45 ml)	vegetable oil
1 tsp (5 ml)	grated lemon zest
1 tsp (5 ml)	dried oregano
1/2 tsp (2 ml)	salt
1	clove garlic, minced

Directions

1. Preheat oven to 350°F (180°C).
2. Separate pita into two rounds, place on baking sheet; bake for about eight minutes or until crisp. Break apart into bite-size pieces. Set aside.
3. In small bowl whisk together lemon juice, vegetable oil, lemon zest, oregano, salt and garlic.
4. Slice cucumber lengthwise into quarters and cut crosswise into 1/4-inch (0.5 cm) pieces; place in large bowl.
5. Add romaine, tomatoes, corn, onion, parsley mint, radishes and celery; toss with dressing. Add pita pieces and toss gently again.

Adapted from Nutrition Resource Centre colour it up

Nappa cabbage salad

Makes 10 servings

Measure	Ingredient
5 cups (1.25 L)	nappa cabbage, thinly sliced
1 cup (250 ml)	flat leaf spinach, torn
15	snow peas, cut into thirds diagonally
3	green onions, sliced
1	red, yellow or orange bell pepper, diced
1	carrot, shredded
1 can (284 ml)	water chestnuts, drained, rinsed, and sliced
Dressing:	
1/3 cup (75 ml)	rice vinegar
2 Tbsp. (30 ml)	vegetable oil
1/2 tsp (2 ml)	sesame oil
1/2 tsp (2 ml)	grated fresh ginger
1	clove garlic, minced

Directions

1. In a measuring cup, whisk vinegar, vegetable oil, sesame oil, ginger and garlic. Set aside.
2. In a bowl combine nappa cabbage, spinach, snow peas, green onions, peppers, carrots and water chestnuts; toss with dressing. Serve immediately.

Adapted from Nutrition Resource Centre colour it up

Barley, bean and corn salad

Makes six servings

Measure	Ingredient
2 cups (500 ml)	barley, cooked
1 can (15 oz.)	kidney beans, rinsed and drained
1 cup	corn, frozen
1 large	red bell pepper, diced
½ cup (125 ml)	celery, sliced
¼ cup (60 ml)	green onion, sliced
¼ cup (60 ml)	lemon or lime juice
1 Tbsp. (15 ml)	vegetable oil
	cilantro or parsley, for garnish (optional)

Directions

1. Mix all ingredients except the garnish in a large bowl.
2. If able, cover and chill in the fridge for several hours to allow flavours to blend.
3. Before serving, garnish with cilantro or parsley, if desired.

Adapted from Food Hero, Oregon State University

Coleslaw

Makes six servings

Measure	Ingredient
3 cups (750 ml)	green cabbage, shredded
2 cups (500 ml)	carrots, peeled, shredded
½ small	onion, shredded
Dressing:	
1/4 cup (60 ml)	vegetable oil
½ cup (125 ml)	reduced fat mayonnaise
½ cup (125 ml)	white vinegar
1 tsp (5 ml)	Dijon mustard
1/2 tsp (2 ml)	pepper

Directions

1. Combine vegetable oil, mayonnaise, vinegar, mustard and pepper in a small bowl and whisk together.
2. In a large bowl, combine cabbage, carrots, onion and vinaigrette and mix well. Allow to sit for 15 minutes before serving.

Adapted from Thunder Bay District Health Unit cooking with the good food box manual

Corn critter salad

Makes four servings

Measure	Ingredient
1 cup (250 ml)	corn (canned and drained, frozen, or fresh cooked)
1 cup (250 ml)	cooked (or canned) black beans
2 Tbsp (30 ml)	green or red peppers, diced
2 Tbsp (30 ml)	fresh cilantro or parsley
1 Tbsp (15 ml)	cider vinegar
1 tsp (5 ml)	vegetable oil

Directions

1. Drain (or thaw and drain if used frozen or fresh) corn. Drain black beans.
2. Wash and chop peppers and cilantro leaves.
3. Mix all ingredients together in a medium sized bowl.

Adapted from Food Hero, Oregon State University

Simple salad dressing

Measure	Ingredient
1/4 cup (60 ml)	oil (e.g., olive or vegetable)
2 Tbsp. (30 ml)	vinegar (e.g., balsamic, apple cider, red or white wine vinegar) or lemon juice
1 tsp (5 ml)	seasonings (e.g., Dijon mustard, oregano, parsley, cilantro, dill)
Pinch	salt and pepper
1	garlic clove, minced (optional)

Directions

1. Mix desired ingredients together.
 2. Pour over salad.
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Soups and chili

Curried butternut squash and apple soup

Makes eight to 10 servings

Measure	Ingredient
1 Tbsp. (15 ml)	vegetable oil
2 cups (500 ml)	onion, chopped
1	celery stalk, chopped
4 tsp (20 ml)	curry powder
2	medium butternut squash, peeled, seeded and cut in one inch cubes
3	medium apples, peeled, cored and chopped
3 cups (750 ml)	low sodium chicken or vegetable stock (can substitute with water)
1 cup (250 ml)	pasteurized apple cider (can substitute with water)
to taste	pepper

*Don't let those squash seeds go to waste. See [roasted squash seeds](#) recipe (page 53)

Directions

1. In a large saucepan, combine vegetable oil, onions, celery, and curry powder. Cover and cook on low heat until vegetables are tender.
2. Add cubed squash, chopped apples and liquid (water or stock) and bring to a boil.
3. Reduce heat and simmer 20 to 30 minutes or until squash and apples are cooked thoroughly. Strain liquid and set aside.
4. Puree the apple squash mixture with one cup of the reserved liquid. Add cider until desired consistency is reached.
5. Season to taste with pepper.
6. Garnish with grated apple.

Adapted from Thunder Bay District Health Unit cooking with the good food box manual

Curried mixed veggie and lentil soup

Makes 10 servings

Measure	Ingredient
1 cup (250 ml)	carrots, sliced
1 cup (250 ml)	parsnips, sliced
1 large	sweet potato, peeled and cubed (about 3 cups/750 ml)
1	onion, chopped
1 Tbsp. (15 ml)	fresh gingerroot, minced
1 Tbsp. (15 ml)	curry powder (or to taste)
1 carton (900 ml)	sodium-reduced chicken or vegetable broth
1 can (28 oz./ 796 ml)	tomatoes, diced
1 can (19 oz./ 540 ml)	lentils, drained and rinsed
1 Tbsp. (15 ml)	lemon juice
To taste	salt
1/2 cup (125 ml)	fresh cilantro, chopped

Directions

1. In large pot, combine carrots, parsnips, sweet potato, onion, gingerroot, curry and broth; bring to a boil over high heat.
2. Reduce heat and simmer for 15 minutes or until vegetables are tender.
3. In a blender, in batches or with an immersion blender, puree until smooth. Return to pot.
4. Stir in tomatoes (including juice) and lentils; heat through. Add lemon juice. Taste and adjust seasoning with additional curry and salt.
5. Ladle into bowls and sprinkle with cilantro.

Adapted from Nutrition Resource Centre colour it up

Vegetarian chili

Makes eight to 10 servings

Measure	Ingredient
4	cloves garlic, minced
1	onion, diced
1 cup (250 ml)	bell pepper, chopped
2 Tbsp. (30 ml)	vegetable oil
1 can (28 oz.)	diced tomatoes, with juice
1 can (8 oz.)	tomato sauce
1 can (6 oz.)	tomato paste
4 Tbsp. (60 ml)	chili powder, or to taste
1 tsp (5 ml)	dried oregano
1/4 tsp (1 ml)	pepper
1 tsp (5 ml)	ground cumin
1 can (15 oz.)	black beans, rinsed and drained
1 can (15 oz.)	chick peas, rinsed and drained
1 can (15 oz.)	kidney beans, rinsed and drained
1 can (15 oz.)	whole kernel corn, rinsed and drained
1 cup (250 ml)	cheddar cheese, grated (optional)

Directions

1. In a large saucepan, sauté garlic, onion and bell pepper in oil.
2. Add un-drained diced tomatoes, tomato sauce, tomato paste, chili powder, oregano, pepper and cumin.
3. Add in all beans and corn, then stir.
4. Bring the mixture to a boil, reduce heat and let simmer for 20 minutes.
5. Top each bowl with cheese (optional).

Adapted from Thunder Bay District Health Unit cooking with the good food box manual

Italian minestrone soup

Makes eight servings

Measure	Ingredient
1 Tbsp. (15 ml)	vegetable oil
1	onion, diced
2	garlic cloves, minced
4	carrots, peeled and diced
4	celery stalks, diced
1 tsp (5 ml)	basil, dried
1 tsp (5 ml)	oregano, dried
1/4 tsp (1 ml)	pepper
1 can (24 oz.)	tomatoes, diced
7 cups (1.8 L)	low-sodium chicken or vegetable broth
1 can (19 oz.)	red kidney beans, drained and rinsed
1/2 cup (125 ml)	small whole grain pasta (shells or wheels)
2 cups (500 ml)	leafy greens, chopped (Swiss chard, collard greens, kale or spinach)

Directions

1. Heat the vegetable oil in large soup pot over medium heat and add onion and garlic. Sauté until onions are translucent, about four minutes.
2. Add celery and carrot. Cook until they begin to soften, about five minutes.
3. Stir in basil, oregano and pepper. Cook for one minute.
4. Add tomatoes and broth to the large soup pot. Cover and bring to a boil. Once boiling, reduce heat and simmer 10 minutes.
5. Add kidney beans and pasta.
6. Cook until pasta is al dente, about five to eight minutes.
7. Stir in leafy greens and heat until just wilted.

Adapted from Niagara Region you're the chef program

Peanutty African Stew

Makes eight servings

Measure	Ingredient
1 cup (250 ml)	instant brown rice
2 cups (500 ml)	low sodium vegetable broth
1 tsp (5 ml)	dehydrated minced onion
1 tsp (5 ml)	garlic powder (or four garlic cloves)
1/2 tsp (2 ml)	ginger, ground
pinch	red pepper flakes (optional)
2 cups (500 ml)	sweet potato, peeled and diced
1 can (15 oz.)	tomatoes, diced with liquid
1/2 tsp (2 ml)	salt
1/2 cup (125 ml)	peanut butter
1-1/4 cup (310 ml)	non-fat, milk
3 cups (750 ml)	spinach, chopped
1/2 cup (60 ml)	roasted peanuts, chopped (optional)
1	green onion, thinly sliced (optional)

Directions

1. In large pot, combine rice, broth, onion, garlic, ginger, red pepper flakes, sweet potato, diced tomatoes and salt; bring to a boil over high heat.
2. Reduce heat, cover and simmer for 10 minutes.
3. Stir in peanut butter and milk. Return to a gentle simmer and cook uncovered for five minutes.
4. Stir in spinach and cook until wilted, two to three minutes.
5. Remove from heat. Top with peanuts and green onion, if desired.

Adapted from Food Hero, Oregon State University

Split pea soup

Makes eight servings

Measure	Ingredient
1 tsp (5 ml)	vegetable oil
1 cup (250 ml)	carrots, sliced or grated
1 cup (250 ml)	onion, chopped
1 cup (250 ml)	celery, chopped
2 cups (500 ml)	dry split peas (yellow or green)
7 cups (1750 ml)	low-sodium chicken or vegetable broth

Directions

1. Heat the oil in a large soup pot over medium heat and add carrots, onion and celery. Sauté until just beginning to brown.
2. Add split peas and broth. Bring to a boil then cover and reduce heat to low.
3. Simmer until peas are soft, 45 to 60 minutes or longer.

Adapted from Food Hero, Oregon State University

Pumpkin chili

Makes 10 servings

Measure	Ingredient
1 tsp (5 ml)	vegetable oil
2/3 cup (150 ml)	onion, chopped
1/2 cup (125 ml)	green pepper, chopped
2 cloves	garlic, minced
1 can (15 oz)	kidney beans, drained and rinsed
1 can (15 oz)	navy beans, drained and rinsed
1 can (15 oz)	chickpeas, drained and rinsed
1 can (15 oz)	solid-pack pumpkin
1 can (15 oz)	crushed tomatoes
1 can (15 oz)	low-sodium chicken or vegetable broth
1/2 cup (125 ml)	water
1 package (1.25 oz)	taco seasoning mix (or make your own using chili powder, paprika, cumin, garlic powder and onion powder)

Optional: Use 1 pound (lb) of lean ground turkey instead of one can of beans or chickpeas.

Directions

1. Pour oil into a large saucepan.
2. Saute onion, green pepper and garlic. If using ground turkey, add ground turkey, break the meat apart and cook and stir until it is brown.
3. Cook and stir, until vegetables are tender.
4. Stir in the beans, chickpeas, pumpkin, tomatoes, broth, water, and taco seasoning.
5. Bring to a boil. Reduce heat, cover and simmer for 1 hour.

**If choosing to add turkey, you can use leftover turkey cut in bite sized pieces instead of ground turkey. Saute the vegetables then add the turkey with the other ingredients.*

Adapted from Food Hero, Oregon State University

Roasted vegetables

Measure	Ingredient
1 cup (250 ml)	fresh vegetables per person
1/2 tsp (2 ml)	vegetable oil (per cup of vegetables)
pinch	salt & pepper

*Try vegetables like: beets, Brussels sprouts, carrots, onions, potato, peppers, cauliflower, squash and more.

*Try other seasonings like: thyme, rosemary, oregano, balsamic vinegar, and lemon juice.

Directions

1. Wash vegetables, peel if desired, and cut into similar sized pieces. Smaller pieces (about 1/2 inch thickness) brown more and cook more quickly. Long thin pieces (asparagus or beans) can be left whole.
2. Preheat oven to 425°F (220°C).
3. Toss vegetables with vegetable oil.
4. Spread the vegetables on a baking sheet in a single layer.
5. Place in the oven and roast until tender and slightly browned on the edges. Baking time will depend on vegetables. Thin pieces may take five minutes; thick pieces may take up to 15 minutes.
6. Stir about halfway through the roasting.
7. Remove to a serving dish and put on seasoning of your choice.

Adapted from Food Hero, Oregon State University

Vegetable fried rice

Makes six servings

Measure	Ingredient
1	red pepper, large
4	green onions
1 cup (250 ml)	mushrooms
1 tsp (5 ml)	vegetable oil
4	eggs
1 cup (250 ml)	frozen mixed vegetables
1 Tbsp. (15 ml)	low sodium soy sauce
3 cup (250 ml)	whole grain brown rice, cooked
1 Tbsp. (15 ml)	water

Directions

1. Wash pepper, mushrooms and onions. Chop into small pieces.
2. Place oil in skillet and heat on medium-high for about one minute.
3. Add the peppers and mushrooms in the pan and cook while stirring until mushrooms have released their liquid.
4. Crack eggs into a small bowl and whisk.
5. Add the eggs to the vegetables in the frying pan. Let the egg set for one minute without stirring.
6. Add the pre-cooked rice to the pan.
7. Add the frozen vegetables and soy sauce. Cook for four minutes, while stirring until rice and frozen vegetables are heated through.
8. Top with green onions.

Adapted from Niagara Region you're the chef program

Baked sweet potato fries

Makes six to eight servings

Measure	Ingredient
4	medium sweet potatoes
1 Tbsp. (15 ml)	vegetable oil
1/2 tsp (2 ml)	pepper
as desired	other seasonings such as cumin, oregano, paprika, thyme

Directions

1. Preheat oven to 425°F (220°C).
2. Cut sweet potatoes into thin sticks or wedges and place in a large bowl.
3. Pour oil on potatoes and toss to coat.
4. Sprinkle pepper (and other seasonings, if using) on fries and toss. Spread fries in a single layer on a baking sheet.
5. Bake until tender and golden brown, about 30 to 45 minutes. Stir and flip every five to 10 minutes.
6. Serve immediately.

Adapted from Thunder Bay District Health Unit cooking with the good food box manual

Veggie kabobs

Makes six servings

Measure	Ingredient
1	yellow summer squash or zucchini
16	large mushrooms
1	green, red or yellow pepper
16	cherry tomatoes
1 can (10 oz.)	pineapple chunks or fresh pineapple cut into one inch pieces
1 Tbsp. (15 ml)	lemon or lime juice
1 Tbsp. (15 ml)	vegetable oil
1 Tbsp. (15 ml)	low-sodium soy sauce
2	garlic cloves, minced
1/4 tsp (1 ml)	ground ginger

Directions

1. Soak wooden skewers in water.
2. Wash and cut vegetables into one inch pieces, saving juice from pineapple chunks.
3. In a large shallow dish, mix pineapple juice, lemon or lime juice, vegetable oil, soy sauce, garlic and ginger. Add vegetables and pineapple and coat well.
4. Leave at room temperature for at least 15 minutes.
5. Thread vegetables and pineapple onto skewers.
6. Place kabobs on a broiling pan and brush with leftover marinade. Broil for eight to 10 minutes or until vegetables are tender (or barbeque over medium heat with the lid down for eight to ten minutes).

Adapted from Thunder Bay District Health Unit cooking with the good food box manual

Couscous Pilaf

Makes four servings

Measure	Ingredient
2 ¼ cups (560 ml)	water
2 Tbsp. (30 ml)	vegetable oil
1 small	onion, diced
¾ tsp (3 ml)	cumin
pinch	cayenne pepper
2/3 cup (165 ml)	whole wheat couscous
1/4 tsp (1 ml)	pepper
2 Tbsp. (30 ml)	fresh parsley, chopped

Directions

1. Bring 2 1/4 cups of water to a boil in a medium saucepan.
2. Meanwhile, in a large saucepan over medium-low heat, heat vegetable oil. Add onions and cook until lightly browned, about 8 minutes.
3. Stir in cumin and cayenne pepper and sauté for 1 minute more.
4. Add couscous, pepper and boiling water to the large saucepan and stir. Simmer over low heat, covered, until couscous is tender and water is absorbed, about 10 minutes.
5. Add parsley and serve.

Adapted from Thunder Bay District Health Unit cooking with the good food box manual

Baked cauliflower tots

Makes three servings

Measure	Ingredient
2 cups (500 ml)	grated cauliflower (about half a medium head)
1	egg
3 Tbsp (45 ml)	whole grain flour
1/4 cup (65 ml)	low-fat, cheddar cheese, grated
1/4 tsp (1 ml)	salt

Directions

1. Preheat oven to 400°F (205°C). Line a baking sheet with parchment paper or foil.
2. Grate cauliflower on large holes of a grater.
3. In a medium bowl, combine cauliflower, egg, flour, cheese, and salt. Mix well.
4. Press mixture together to make about 15 small balls. Place on the baking sheet with space between each ball.
5. Bake for 20 minutes or until cooked through.

**Texture will be best when freshly made.*

**For extra crispy tots, broil for an extra 2 minutes. Watch closely to avoid burning.*

Adapted from Food Hero, Oregon State University

Vegetable pizza

Makes four servings

Measure	Ingredient
1	large whole grain pizza shell*
1 cup (250 ml)	pizza or tomato sauce
1/4 tsp (1 ml)	dried thyme
1/4 tsp (1 ml)	dried basil
1 cup (250 ml)	broccoli, chopped
1/2 cup (125 ml)	red, yellow, orange or green pepper, diced
1/2	red onion, thinly sliced
1/2 cup (125 ml)	mushrooms, sliced
1 cup (250 ml)	low-fat, mozzarella cheese, grated

*See page 53 for a pizza dough recipe

Consider other vegetable combinations such as eggplant, zucchini and tomato

Directions

1. Preheat the oven to 450°F.
2. Put the pizza shell on a baking tray. Spoon the pizza sauce on the pizza shell. Sprinkle with thyme and basil.
3. Arrange the vegetables over the sauce. Top with the grated mozzarella cheese.
4. Bake for 10 minutes. Allow to cool for three minutes before slicing. Cut into eight wedges.

Adapted from Nutrition Resource Centre colour it up

Tortilla casserole

Makes ten servings

Measure	Ingredient
1 cup (250 ml)	salsa
1 cup (250 ml)	tomato sauce
1 can (15 oz.)	black beans, rinsed and drained
1 cup (250 ml)	frozen corn, thawed
½ cup (125 ml)	cilantro leaves
4	whole grain tortillas, large
1 ½ cup	low-fat, Monterey Jack cheese, shredded

Directions

1. Preheat oven to 500°F (260°C).
2. Lightly oil a 10 inch casserole dish.
3. In a small bowl, mix salsa and tomato sauce.
4. In a medium bowl, mix black beans, corn and cilantro.
5. Place one tortilla in the baking dish, and spread 1/4 of the salsa mixture over tortilla. Top with 1/3 of the bean mixture and 1/3 of the cheese.
6. Repeat layering 2 more times; spread last of salsa mixture over top of last tortilla.
7. Bake 12 to 15 minutes, until cheese melts and filling is hot.

Adapted from Food Hero, Oregon State University

Tuna or salmon pasta salad

Makes six servings

Measure	Ingredient
2 cups (500 ml)	dry whole grain macaroni pasta
1 cup (250 ml)	frozen green peas
2 cans (12 oz.)	light tuna or salmon, packed in water, drained
1	medium carrot, peeled and grated
1/3 cup (82 ml)	onion, diced
1/4 cup (60 ml)	light mayonnaise
1/2 tsp (2 ml)	black pepper

Directions

1. Bring a large pot of water to a boil over high heat. Once boiling, add pasta into pot and reduce temperature to medium heat. Cook pasta according to package directions and add frozen green peas to the pot for the last three to four minutes of cooking.
2. Once the peas are cooked and the pasta is al dente (cooked but still with a firm texture), turn off the stove.
3. Strain the cooked pasta and peas. Transfer into a large bowl.
4. Mix all ingredients together in a bowl. Chill until ready to serve.

Adapted from Food Hero, Oregon State University

Potato frittata

Makes four servings

Measure	Ingredient
1 Tbsp. (15 ml)	vegetable oil
2	large russet potatoes, peeled and diced
1	medium onion, diced
1/2 cup (125 ml)	red pepper, diced
1/2 bunch	asparagus, chopped in 1 inch pieces
to taste	pepper
1/2 cup (125 ml)	low-fat, cheddar cheese, grated
4	eggs, beaten

Directions

1. Preheat oven to 400°F (200°C).
2. In a large frying pan, heat oil over medium high heat. When the pan is hot, add the potatoes and fry about 15 minutes until crispy and golden, flipping often.
3. Reduce heat to medium and then add onions, red pepper and asparagus. Cook until softened, stirring regularly, then season with pepper.
4. Pour eggs over the potato mixture.
5. Transfer the mixture to a 9 x 13 inch baking dish. Cook in the oven until eggs are firm, about 10 minutes.
6. Sprinkle shredded cheese over the top and return to the oven for about five minutes.

Adapted from Thunder Bay District Health Unit cooking with the good food box manual

Black bean burgers

Makes four servings

Measure	Ingredient
1 can (16 oz.)	black beans, drained and rinsed
1/2	green bell pepper, diced
1/2	onion, diced
3	cloves garlic, minced
1	egg
1 Tbsp. (15 ml)	ground chili powder
1 Tbsp. (15 ml)	ground cumin
1 tsp (5 ml)	hot sauce
1/2 cup (125 ml)	bread crumbs
4	whole grain buns

Directions

1. Preheat oven to 375°F (190°C) and lightly oil a baking sheet.
2. Using a medium bowl, mash black beans with a fork until pasty.
3. Stir bell pepper, onion and garlic into mashed beans.
4. Using a small bowl stir together egg, chili powder, cumin and chili sauce.
5. Combine the egg mixture into the mashed beans, then mix in bread crumbs until the mixture is sticky and holds together. Divide mixture into four patties.
6. Place patties on baking sheet and bake about 10 minutes on each side.
7. Serve on whole grain buns.

Adapted from Thunder Bay District Health Unit cooking with the good food box manual

Fish and spinach bake

Makes eight servings

Measure	Ingredient
1 package (10 oz)	frozen spinach, thawed
1/4 tsp (1 ml)	salt
1/4 tsp (1 ml)	pepper
1 pound (454 g)	fish filets (thawed if frozen)
1 tsp (5 ml)	creole or cajun seasoning blend
1 large	tomato, diced
4	green onions, sliced

Directions

1. Preheat oven to 350°F (180°C).
2. Squeeze thawed spinach to remove most of the liquid. Spread spinach in the bottom of a 9 x 13-inch baking dish. Sprinkle with salt and pepper.
3. Arrange fish filets over spinach. Sprinkle with seasoning blend. Top fish with tomatoes and green onions.
4. Cover the baking dish with foil and bake for 15 minutes. Remove foil, then bake for 20 more minutes or until fish flakes easily.

Adapted from Food Hero, Oregon State University

Tuna or salmon roll-ups

Makes four servings

Measure	Ingredient
1 can	light tuna or salmon packed in water, drained
1/4 cup (60 ml)	low fat mayonnaise
1/4 tsp (1 ml)	curry powder (optional)
1/4 cup (60 ml)	red peppers, chopped
1/3 cup (75 ml)	celery, finely chopped
2 cups (500 ml)	lettuce or spinach, shredded
4	whole grain tortillas, small

Directions

1. In a medium bowl, use a fork to combine tuna or salmon, mayonnaise and curry powder. Mix well.
2. Stir in red pepper and celery.
3. Spread 1/2 cup tuna or salmon mixture onto each tortilla. Top with 1/2 cup lettuce. Roll up and serve.

Adapted from Nutrition Resource Centre colour it up

Vegetable and cheese pasta

Makes four servings

Measure	Ingredient
2 cups (500 ml)	whole grain rotini pasta
2	garlic cloves, sliced
1	sweet potato, diced
1 cup (250 ml)	broccoli florets
1 cup (250 ml)	Brussels sprouts, quartered
2 cups (500 ml)	spinach
1 cup (250 ml)	low-fat, mozzarella cheese, grated
2 Tbsp. (30 ml)	soy sauce
1/2 tsp (2 ml)	dried thyme leaves
1/4 tsp (1 ml)	black pepper

Directions

1. Bring a large saucepan of water to a boil.
2. Add noodles and garlic. Cook for four minutes. Add sweet potatoes and Brussels sprouts. Cook for four more minutes.
3. Add broccoli and spinach. Cook for another two minutes or until vegetables are tender.
4. Drain well. Place in a bowl. Toss with cheese, soy sauce, thyme and pepper until cheese melts.

Adapted from Nutrition Resource Centre colour it up

Tofu stir-fry

Makes four servings

Measure	Ingredient
454 g	firm tofu, drained and cubed
1/4 cup (60 ml)	low sodium soy sauce
1 Tbsp. (15 ml)	vegetable oil
1	onion or shallot, sliced
2 Tbsp. (30 ml)	ginger root, minced
2	garlic cloves, minced
3 cups (750 ml)	bok choy, chopped
3 cups (750 ml)	nappa cabbage, chopped
3 cups (750 ml)	Swiss chard, stems removed, chopped
1	red pepper, sliced
1/4 cup (60 ml)	fresh cilantro, chopped
1 Tbsp. (15 ml)	sesame seeds (optional), toasted

*Try other vegetable combinations such as carrot, mushrooms, edamame, and spinach.

Directions

1. Cut tofu into small cubes. In a small shallow bowl, marinate tofu in soy sauce for at least 10 minutes.
2. In a large skillet or wok, heat oil over medium-high heat. Add onion, ginger and garlic (as well as carrot for other vegetable combination). Cook for two to three minutes.
3. Add bok choy, nappa cabbage, Swiss chard and red pepper. Stir-fry for five minutes or until greens are wilted.
4. Add tofu and soy sauce. Heat through. Stir in cilantro. Serve over brown rice or whole grain noodles. Sprinkle with toasted sesame seeds if desired.

Adapted from Nutrition Resource Centre colour it up

Chickpea and cauliflower curry with brown rice

Makes eight servings

Measure	Ingredient
4 cups (500 ml)	whole grain brown rice, cooked
3 Tbsp. (45 ml)	vegetable oil
1	onion, sliced finely
2	cloves garlic, crushed
1 ½ Tbsp. (22 ml)	curry powder
1 tsp (5 ml)	cinnamon
1/2 tsp (2 ml)	paprika
1/2 tsp (2 ml)	cayenne pepper
1	dried bay leaf
2 Tbsp. (30 ml)	fresh ginger, minced
1 cans (540 ml)	chickpeas, rinsed and drained
1 head	cauliflower, cut into small florets
1 cup (250 ml)	peas, frozen
3/4 cup (175 ml)	canned light coconut milk
3/4 cup (175 ml)	water
1/4 cup (60 ml)	fresh cilantro, chopped

Directions

1. Cook rice according to package directions.
2. Heat oil in a skillet over medium heat.
3. Add onion and garlic, cook over medium heat, stirring until soft.
4. Add the curry powder, cinnamon, paprika, cayenne, whole bay leaf and ginger. Stir over heat for two minutes.
5. Drain and rinse chickpeas.
6. Add chickpeas, cauliflower and peas to the skillet. Stir in water and coconut milk.
7. Bring to a boil then reduce heat to a simmer for 20-25 minutes, stirring occasionally, until cauliflower is cooked through.
8. Remove from heat and remove bay leaf.
9. Serve with cooked brown rice and top with fresh cilantro.

Adapted from Niagara Region you're the chef program

Veggie and bean quesadillas

Makes eight servings

Measure	Ingredient
1 Tbsp. (15 ml)	vegetable oil
2 cups (500ml)	bell peppers (e.g., green, red, yellow or orange), finely diced
1 cup (250 ml)	broccoli, finely diced
1 can (19 oz.)	black beans, drained and rinsed
1 tsp (5 ml)	chili powder
1/4 tsp (1 ml)	salt
1/4 tsp (1 ml)	pepper
8	whole grain tortillas, large
1 1/3 cup (335 ml)	low fat, shredded cheese (e.g., cheddar, marble, Monterey jack)

Directions

1. Heat vegetable oil in skillet over medium heat. Add peppers, broccoli and beans until soft, stirring often.
 2. Add chili powder, salt and pepper and sauté for five more minutes.
 3. Divide the mixture evenly over half of the tortillas.
 4. Sprinkle evenly with cheese.
 5. Place tortillas over vegetable mixture and cheese.
 6. Cook quesadillas in skillet until lightly browned on the outside and cheese is melted (about two to three minutes).
 7. Cut into triangles.
-

Breakfast Wrap

Makes four servings

Measure	Ingredient
4	eggs
1	bell pepper (e.g., green, red, yellow or orange), finely diced
1/2 cup (125 ml)	zucchini, finely diced
1 tsp (5 ml)	pepper
4	whole grain tortillas, small
1/2 cup (125 ml)	low fat, shredded cheese (e.g., cheddar, Swiss)

Directions

1. Whisk eggs in a small bowl then mix in vegetables and pepper.
 2. Heat skillet over medium heat. Pour in egg mixture, coating skillet evenly.
 3. Stir the eggs as they begin to clump together.
 4. Continue cooking the eggs until firm.
 5. Divide eggs in to four and put onto tortillas.
 6. Sprinkle with cheese and wrap.
-

Vegetable and rice skillet meal

Makes six servings

Measure	Ingredient
2 tsp (10 ml)	vegetable oil
1	onion, chopped
1 tsp (5 ml)	ginger, grated or 1/2 tsp (2 ml) ground
1/2 tsp (2 ml)	turmeric
1/2 tsp (2 ml)	ground cumin
2 cups (500 ml)	mixed vegetables, chopped (try cauliflower, peppers, carrots and peas)
3 cups (750 ml)	whole grain rice, cooked
1 can (15 oz.)	kidney beans, drained and rinsed

Directions

1. Heat oil in a large skillet over medium heat.
2. Add onion, ginger, turmeric and cumin and stir for one minute.
3. Add mixed vegetables, cook until tender.
4. Add rice and kidney beans stir until everything is heated.

Adapted from Food Hero, Oregon State University

Chicken and black bean salsa burritos

Makes eight servings

Measure	Ingredient
1 can (15 oz)	black beans, drained and rinsed
2	green onions, chopped
1 Tbsp (15 ml)	lemon juice
1/4 tsp (1 ml)	ground cumin
1/2 tsp (2 ml)	salt, divided in half
4	boneless, skinless chicken breasts
1/4 tsp (1 ml)	chili powder
1/4 tsp (1 ml)	ground black pepper
1/2 cup (125 ml)	low-fat, cheddar cheese, shredded
4 (9 inch)	whole grain tortillas

Directions

1. Preheat oven to 350°F (180°C).
2. Combine the beans, green onions, lemon juice, cumin, and 1/4 teaspoon of the salt in a small bowl.
3. Rub the chicken breasts with the chili powder, pepper, and the remaining 1/4 teaspoon salt.
4. Cook the chicken in a skillet over medium-high heat for five minutes. Turn and cook until done, four to five minutes longer.
5. Let chicken cool. Slice into strips or chunks.
6. Divide cheese evenly between tortillas. Top the cheese with equal amounts of chicken and black bean salsa mixture.
7. Roll up the burritos and wrap each one in foil.
8. Bake burritos until the cheese melts, about 15 minutes.

Adapted from Food Hero, Oregon State University

Rice Bowl Southwestern Style

Makes two servings

Measure	Ingredient
1 tsp (5 ml)	vegetable oil
1 cup (250 ml)	vegetables, chopped (try bell peppers, onion, corn, tomato, zucchini)
1 cup (250 ml)	cooked protein (beans, tofu, lean chicken or extra lean ground beef)
1 cup (250 ml)	whole grain rice, cooked
2 Tbsp (30 ml)	salsa or low-fat, cheddar cheese, shredded

Directions

1. Heat oil in a large skillet over high heat.
2. Add vegetables and cook for three to five minutes until vegetables are tender-crisp.
3. Add cooked protein and rice to skillet and heat through.
4. Top with salsa or shredded cheese.

Adapted from Food Hero, Oregon State University

Indian lentils and pasta

Makes four servings

Measure	Ingredient
1 Tbsp. (15 ml)	vegetable oil
1	onion, chopped
2	garlic cloves, minced
3 cups (750 ml)	water
1 can (15 oz.)	tomatoes, diced with juice
1/2 cup (125 ml)	lentils, dried and rinsed
1 tsp (5 ml)	cumin
1 tsp (5 ml)	turmeric
1/4 tsp (1 ml)	red pepper flakes (optional)
1/2 cup (125 ml)	whole grain orzo or other small pasta
1/4 cup (60 ml)	cilantro, chopped

Directions

1. Heat oil in a skillet over medium heat.
2. Add onion and garlic and cook for three to four minutes.
3. Add water, diced tomatoes with juice, lentils, cumin, turmeric and red pepper flakes and stir.
4. Bring to a boil. Cover and reduce heat. Simmer for 25 minutes.
5. Add pasta and cook uncovered until pasta is tender, about 10 minutes.
6. Sprinkle with cilantro and serve warm.

Adapted from Food Hero, Oregon State University

Tofu scramble

Makes five servings

Measure	Ingredient
454 g	extra firm tofu
1 cup (250 ml)	onion, diced
1 cup (250 ml)	bell peppers (e.g., green, red, yellow or orange), diced
1 tsp (5 ml)	vegetable oil
10 ounces	spinach, frozen, chopped, thawed and drained
4	garlic cloves, minced
1/2 tsp (2 ml)	pepper
1/4 cup (60 ml)	low fat, cheese, shredded (e.g., cheddar, Swiss)

Directions

1. Drain and press tofu to remove extra liquid. Crumble and set aside.
2. In a skillet sauté onion, bell pepper and oil over medium heat until tender, about five to seven minutes.
3. Add spinach, garlic and pepper. Stir to combine.
4. Add tofu and cook until heated through.
5. Sprinkle cheese on top and serve hot.

Adapted from Food Hero, Oregon State University

Fish tacos

Makes eight tacos

Measure	Ingredient
2 pounds	Cod fillets
3 Tbsp. (45 ml)	lime juice
1	tomato, chopped
1/2	onion, chopped
3 Tbsp. (45 ml)	cilantro, chopped
1 tsp (5 ml)	vegetable oil
1/4 tsp (1 ml)	cayenne pepper (optional)
1/4 tsp (1 ml)	pepper
8	whole grain tortillas, small

Slaw:

2 cups (500 ml)	red cabbage, shredded
1/2 cup (125 ml)	green onions, chopped
3/4 cup (185 ml)	non-fat plain yogurt
3/4 cup (185 ml)	salsa

Directions

1. Preheat oven to 350°F (180 °C).
2. Place fish in a baking dish.
3. Mix lime, tomato, onion, cilantro, oil, cayenne and pepper and spoon on top of fillets.
4. Cover loosely with aluminum foil to keep fish moist.
5. Bake 15-20 minutes or until fish flakes.
6. Mix cabbage, onion, yogurt and salsa.
7. Divide fish among tortillas. Add slaw to each.
8. Fold over and enjoy!

Adapted from Food Hero, Oregon State University

Spice rubbed chicken

Makes eight servings

Measure	Ingredient
8 pieces	chicken, bone in, skin on
¼ cup (60 ml)	vegetable oil
3	cloves garlic, minced
2 tsp (10 ml)	cumin
2 tsp (10 ml)	chili powder
2 tsp (10 ml)	dried oregano
To taste	pepper

Directions

1. Preheat oven to 425°F (220°C) and line a baking sheet with parchment paper.
2. In a large mixing bowl, combine chicken pieces with oil, garlic and spices. Toss well.
3. Arrange chicken on baking sheet and roast for 25 minutes, until chicken is crispy and brown and appropriate internal temperature is reached (taken using a meat thermometer).

Adapted from Thunder Bay District Health Unit cooking with the good food box manual

Stuffed peppers

Makes six pepper halves

Measure	Ingredient
1 cup (250 ml)	brown rice, cooked
3	bell peppers
10 ounces	ground turkey
1 tsp (5 ml)	Italian seasoning
1 tsp (5 ml)	garlic powder (or 4 cloves garlic)
¼ tsp (1 ml)	salt
¼ tsp (1 ml)	pepper
½	onion
1 cup (250 ml)	mushrooms
1 cup (250 ml)	zucchini, chopped
1 can (15 oz)	tomatoes, diced with liquid

Give this recipe a Mexican flare by substituting the turkey for black beans and using cumin and chilli powder for the seasonings, you could also add corn!

Directions

1. Preheat oven to 350°F (180°C).
2. Cut the peppers in half from top to bottom. Remove the stem and seeds.
3. In a large skillet over medium heat, cook the turkey until no longer pink.
4. Add Italian seasoning, garlic powder, salt and pepper.
5. Add onion, mushrooms and zucchini until tender.
6. Mix in the tomatoes and rice. Remove from heat.
7. Fill the pepper halves with the skillet mixture.
8. Place in a baking dish and cover with foil bake at 350°F (180°C) for 40 minutes, or until peppers are tender.

Adapted from Food Hero, Oregon State University

Other foods

Bean dip with pitas and vegetables

Makes eight servings

Measure	Ingredient
1 can (15 oz.)	black beans, drained and rinsed
1/4 cup (60 ml)	onion, diced
1	bell pepper, diced
1	tomato, diced
1 tsp (5 ml)	ground cumin
1 tsp (5 ml)	chili powder
1 Tbsp. (15 ml)	apple cider vinegar
2	whole wheat pitas
2	large carrots
1	medium cucumber
2	medium celery stalks

Directions

1. Rinse and drain beans.
2. For a smooth dip combine beans, onion, bell pepper, tomato, cumin, chili powder and apple cider vinegar in a blender. For a chunky dip all ingredients can also be combined with the use of a fork or potato masher and mashed until desired consistency.
3. Wash and prepare raw vegetables for dipping.
4. Cut each pita into eight wedges.
5. Serve vegetables and pita wedges with bean dip.

Adapted from Food Hero, Oregon State University

Hummus and veggies

Makes eight servings

Measure

1 can (19 oz.)
2
1/4 cup (60 ml)
2 Tbsp. (30 ml)
1/2 tsp (2 ml)
3/4 tsp (3 ml)
1 dash
2-3 Tbsp. (30-45 ml)
2 Tbsp. (30 ml)

Ingredient

chickpeas, drained, rinsed
garlic cloves, minced
tahini
fresh lemon juice (usually 1/2 to 1 whole lemon)
ground cumin
salt
crushed red pepper flakes
water
extra-virgin olive oil
vegetables (e.g., cucumber, carrots, celery, peppers), sliced

Directions

1. Combine chickpeas and minced garlic in a food processor and mix until combined, scraping down sides as needed.
2. Add tahini, lemon juice, cumin, salt and crushed red pepper flakes and blend until well combined.
3. With the food processor running, slowly pour in the water. Allow to mix well. Scrape down sides.
4. With the food processor running, slowly pour in the oil. Allow to mix well.
5. Serve sliced vegetables with hummus.

**Try seasoning your hummus with different favours, for example roasted red peppers, fresh dill or cilantro.*

Baked kale chips

Measure	Ingredient
1	bunch kale
1 Tbsp. (15 ml)	vegetable oil
2 tsp (10 ml)	dried herbs and spices of your choice (e.g., paprika, cumin, cayenne, oregano)

Directions

1. Preheat oven to 350°F (180 °C) and line baking sheet with parchment paper.
 2. Wash kale, remove stems and tear into pieces. Pat dry with paper towel and return to medium bowl.
 3. Add vegetable oil and stir to lightly coat kale.
 4. Add desired dried herbs and spices then stir again.
 5. Spread kale in single layer on baking sheet and bake for 10-15 minutes or until crisp.
 6. Allow to cool before serving.
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Roasted squash seeds

Measure	Ingredient
Desired amount	squash seeds
1 tsp (5 ml)	vegetable oil
1 tsp (5 ml)	dried herbs and spices of your choice (e.g., paprika, cumin, cayenne, oregano)

Directions

1. Preheat oven to 300°F. Wash seeds to remove squash bits. Pat dry with paper towel and return to small bowl.
 2. Add vegetable oil and stir to coat seeds. Add desired spices and seasonings then stir again.
 3. Spread seeds in single layer on baking sheet and bake for 20 minutes or until seeds start to pop and brown slightly. Allow to cool before serving.
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Homemade pizza dough

Makes two large pizza crusts

Measure	Ingredient
½ oz (2 packages)	active dry yeast
2 Tbsp (30 ml)	sugar
¼ cup (60 ml)	vegetable oil (plus a small amount to coat the dough)
2 tsp (10 ml)	salt
4 cups (1000 ml)	whole wheat flour

Directions

1. Pour 1-3/4 cups (440 ml) warm water into a large bowl. Add yeast and leave for five minutes, until foamy.
 2. Add sugar, oil, salt and flour. Stir until a sticky dough forms.
 3. Coat a clean bowl with oil and transfer dough into the bowl.
 4. Cover the top of the dough with oil and cover with plastic wrap.
 5. Place in a warm location for 30 minutes.
 6. Preheat oven to 450°F.
 7. Put a small amount of flour on a clean surface. Gently knead the dough a few times before rolling out (do not knead too much or the dough will become increasingly elastic).
 8. Once dough is rolled out put it on a baking sheet and bake for around five minutes until it browns slightly.
 9. Take out of the oven and add desired vegetable toppings and cheese (see page 29).
 10. Place back in the oven for around 10 minutes until cheese is melted.
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Fruit salad

Makes four servings

Measure	Ingredient
3	oranges
3	kiwifruits
1	mango
1 cup (250 ml)	cantaloupe
1 cup (250 ml)	fresh or frozen strawberries
1	lime or 1/2 lemon
1/4 tsp (1 ml)	grated lemon or lime peel
1 Tbsp. (15 ml)	fresh mint (optional), finely chopped

*Consider other fruit combinations based on seasonal availability

Directions

1. Peel and cut two oranges, and the rest of the fruit into bite size chunks.
2. In a large bowl, mix the fruit with juice from one orange, lemon or lime and grated lemon or lime peel.
3. Garnish with fresh mint, if desired.

Adapted from Nutrition Resource Centre colour it up

Do-it-yourself trail mix

Makes ten servings

Measure	Ingredient
1 cup (250 ml)	square-type whole grain cereal
1 cup (250 ml)	o-type whole grain cereal
1 cup (250 ml)	puff-type whole grain cereal
1 cup (250 ml)	dried fruit of your choice
1/2 cup (125 ml)	unsalted nuts of your choice

Directions

1. Mix all ingredients together in a bowl.

See the [better foods to buy](#) list for cereal choices.

Adapted from Food Hero, Oregon State University

Fruit and yogurt parfaits

Makes four servings

Measure	Ingredient
1 tub (750 ml)	low fat, plain yogurt (1% M.F. or less)
1 cup (250 ml)	berries (fresh or frozen)
1	banana
1 cup (250 ml)	granola or other whole grain cereals (see better foods to buy list for choices)

Directions

1. Cut banana into bite sized pieces.
 2. Assemble parfaits with yogurt, berries, banana slices and granola.
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Apple cinnamon oatmeal

Makes four servings

Measure	Ingredient
2 ½ cups (625 ml)	low-fat milk
1 cup (250 ml)	water
1 1/3 cup (325 ml)	large flake oats
1/2 tsp (2 ml)	ground cinnamon
2 Tbsp. (30 ml)	almonds, slivered
1	apple, diced

Directions

1. Combine water and milk in a large sauce pan and bring to a boil over medium-high heat.
 2. Reduce heat to medium-low and stir in oats and cinnamon.
 3. Cook for 12 minutes, stirring occasionally until thickened.
 4. Remove from heat and spoon into bowls.
 5. Top with apples and slivered almonds.
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