

# Healthy Family Program

## Collective Kitchen



Recipe Book for Northern Cooks 2013



If you would like this information in another official language, call us.

English

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Si vous voulez ces informations en français, contactez-nous.

French

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Kīspin ki nitawih̄tīn ē nīhīyawih̄k ōma ācimōwin, tipwāsīnān.

Cree

---

Tłjchq yatı k'èè. Dı wegodı newq dè, gots'o gonede.

Tłjchq

---

ʔerih̄t'is Dēne Sų́líné yatı t'a huts'elkēr xa beyáyatı theʔa ʔat'e, nuwe ts'ēn yóftı.

Chipewyan

---

Edı gondı dehgáh got'je zhatié k'èè edat'éh enahddhę nıde naxets'ę edahfı.

South Slavey

---

K'áhshó got'jne xadə k'é hederı ʔedjhtl'é yerınıwę nıde dúle.

North Slavey

---

Jii gwandak izhii ginjik vat'atr'ijahch'uu zhit yinothan jı', diits'at ginohkhiı.

Gwich'in

---

Uvanittuaq ilitchurisukupku Inuvialuktun, ququaqluta.

Inuvialuktun

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Ċ<sup>b</sup>d◁ ∩∩<sup>sb</sup>Δ<sup>c</sup> Λ∂LJΔ<sup>rc</sup> Δ∂<sup>b</sup>∩∂c<sup>sb</sup>∂L∂∩<sup>b</sup>, ∂<sup>rc</sup>∩<sup>a</sup>∂<sup>c</sup> ∂<sup>sb</sup>c∂<sup>a</sup>∂<sup>sb</sup>∩<sup>c</sup>.

Inuktitut

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Hapkua titiqqat pijumagupkit Inuinnaqtun, uvaptinnut hivajarlutit.

Inuinnaqtun

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## **Department of Health and Social Services:**

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Additional recipes have been added based on the feedback from the program's participants.



# The Healthy Family Collective Kitchen Program

Young children require a variety of healthy foods for proper growth and development. What parents feed their children has a lasting impact on children's eating habits and their health for the rest of their lives.

The Healthy Family Collective Kitchen program was designed to help parents learn skills and knowledge to provide healthy foods for their children whether it be a meal or a snack, using a variety of healthy recipes, in order to meet the goals of *Right from the Start, the Early Childhood Development Strategy for the NWT* (2013).

These healthy recipes have been designed for the Healthy Family Program Collective Kitchen, which currently runs in 9 communities. The goal of the program is to increase parent's confidence and skills to cook healthy foods to feed their families through hands-on cooking while learning why nutrition is so important. Families learn well and feel supported when they work as a group, which is why the collective kitchens have been so successful.

Started in 2012-2013, the Healthy Family Collective Kitchen continues to receive positive feedback from the Healthy Family coordinators and the families themselves. The recipes have been adapted from many sources and as much as possible, recipes use ingredients from the north, such as fish, berries, moose and other local favourites. There are substitution ideas for ingredients if they are not available, there is nutrient information for each recipes and they have been priced out\* to fit limited budgets.

New, healthy recipes, especially ones using local northern ingredients, are always welcomed. If you have a recipe or idea for using local foods, please send them to Nina Wilson.

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\*Prices based on available data from Inuvik, July 2013

# Substitution List\*

<b>If I don't have</b>	<b>I'll use instead</b>
Store meat like chicken, beef, pork	Any wild meat (moose, musk ox, caribou, rabbit, beaver, muskrat, bison, duck, goose)
Black beans	Canned beans in tomato sauce Canned kidney beans
Broth (any kind)	1 bouillon cube mixed with 1 cup boiling water
Low sodium or no salt added broth	Regular broth, moose or caribou broth 1 bouillon cube mixed with 1 cup boiling water
Eggs	Egg substitute Half a banana mixed with 1/2 teaspoon baking powder
Fresh Berries	Wild berries (cranberry, blueberry, cloudberry etc.) Frozen berries
Fresh Fruit	Canned Fruit (packed in 100% fruit juice if possible) Frozen fruit
Fresh vegetables	Canned vegetables Frozen vegetables
Fresh cilantro	Dried cilantro or coriander (use 1 teaspoon dried for 1 tablespoon fresh) Can also leave out of recipe
Fresh garlic	Garlic powder (use 1/4 teaspoon dried for 1 clove fresh)
Fresh ginger	Dried ginger (use 1/2 a teaspoon dried for 1 teaspoon fresh)
Green onion	Same amount white onion Onion powder Dehydrated onion
Jalapeno Pepper	Hot pepper sauce 3/4 teaspoon of cayenne pepper mixed with 1 teaspoon vinegar Can also leave out of recipe



<b>I don't have</b>	<b>I'll use instead</b>
Lemons	Lemon juice like Real Lemon brand Lime
Lemon juice	Lime juice 1/2 amount of vinegar
Lemon or lime peel	Twice amount of lemon or lime juice
Lime	Lemon Lime juice like Real Lime brand
Lime juice	Lemon juice 1/2 amount vinegar
Onion	Onion powder Green onion
Orange juice	Lemon, lime or grapefruit juice
Orange peel	Double amount lemon or orange juice
Fresh parsley	Dried parsley Can leave out of recipe
Dried berries	Other variety of dried berry or raisins
Frozen spinach	Fresh spinach
Fresh spinach	Frozen spinach in cooked foods For salads local greens like dandelion greens, romaine or green leaf lettuce
Fresh tomatoes	Canned whole tomatoes (drain liquid) Canned diced tomatoes (drain liquid)
Baguette or French bread	Crackers Whole wheat bread Bannock
Whole Wheat Pasta	Enriched white pasta
Whole wheat tortillas	Regular tortillas or flat bread Pita bread

<b>I don't have</b>	<b>I'll use instead</b>
Light Cheddar cheese	Regular cheddar cheese Any other kind of cheese
Cottage cheese	Plain yogurt Sour cream
Cream cheese	Pureed or mashed cottage cheese
Fresh Milk	UHT milk 1/4 cup dry milk powder mixed in 1 cup water (makes 1 cup milk) 2/3 cup evaporated milk mixed with 1/3 cup water (makes 1 cup milk) Water
Sour cream	Plain yogurt Greek yogurt (plain) Pureed or mashed cottage cheese
Yogurt	Pureed or mashed cottage cheese Sour cream
Brown Sugar	Same amount white sugar
Dijon Mustard	Yellow mustard
Honey	White sugar mixed with water (1 1/4 cups sugar to 1/3 cup water)
Maple Syrup	Honey Pancake syrup
Margarine	Vegetable oil (olive or canola) Butter
Mayonnaise	Plain yogurt Pureed or mashed cottage cheese
Mustard	Dried mustard mixed with water, vinegar and sugar (all 1 teaspoon each) Dijon mustard
Vegetable oil for baking	Applesauce or other fruit puree

\*Reference list on last page.

# Good To Have on Hand Food List\*

## Grain Products:

Brown or white rice

Whole wheat or enriched white macaroni

Whole wheat or enriched white spaghetti

Whole wheat or enriched white lasagna noodles

## Vegetables and Fruit:

Onions

Canned corn

Canned diced tomatoes

Canned whole tomatoes

Canned peas

Canned condensed soup (tomato and mushroom)

Tomato paste

Carrots

Celery

Canned peaches

Canned pineapple

## Milk and Alternatives:

Skim milk powder

Canned evaporated milk

## Fats and Oils:

Soft tub margarine

Vegetable oil

## Meat and Alternatives:

Canned beans (kidney, beans in tomato sauce, chick peas, navy, black beans)

Dried beans or lentils (black beans, kidney beans, split peas, green lentils, red lentils)

Peanut Butter

Canned tuna or salmon

## Baking Ingredients:

All purpose flour

Whole wheat flour

White sugar

Brown sugar

Baking powder

Baking soda

Cornstarch

Vanilla

Rolled Oats

## Seasonings:

Salt

Pepper

Garlic powder

Onion powder

Soy sauce

Vinegar

Herbs—basil, thyme, oregano etc.

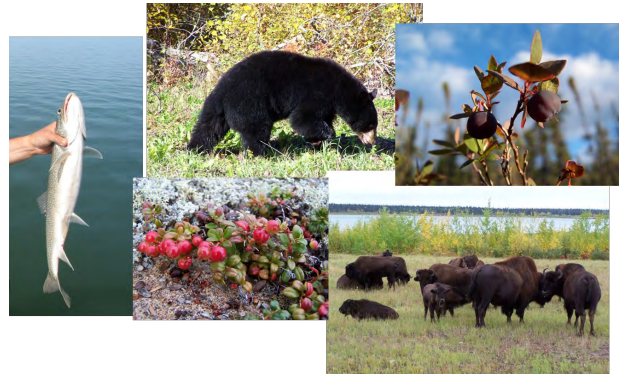
Spices—paprika, cinnamon, cumin, chili powder etc.

\*Reference list on last page.

# Budgeting Tips†

## Foods from the Land

- Eat country foods as often as available
- Wild meats, meat or beans can be used in most of these recipes
  - ◊ Wild meats, fish, and birds are very nutritious since they are higher in protein and other nutrients like iron than store bought meats.
- Gathering local wild greens, and berries can help save money
  - ◊ Most berries can be dried or frozen to keep them longer
- Growing your own vegetables is a great way to save money



## When Buying Foods from the Store

These foods are usually less expensive in all seasons:

Food Group	Lower Cost Choices
<b>Vegetables and Fruit</b>	Cabbage, turnip, potatoes, carrots, apples, local berries in season, wild greens, fruits and vegetables in season
<b>Grain Products</b>	Bread, rice, rolled oats, macaroni or spaghetti, homemade bannock, buns, bread and muffins.
<b>Milk and Alternatives</b>	Milk powder, canned milk, plain milk or plain yogurt, cottage cheese
<b>Meat and Alternatives</b>	Wild meats, fish and birds; canned beans, eggs, dried beans, split peas and lentils, tuna, salmon, ground beef.

†Reference list on last page.

# Budgeting Tips†

## Save Money by Planning Ahead

- ☑ Plan out the meals you plan to have for the week
  - ◇ Remember to include leftovers into your plan
  - ◇ Once you have your meals planned out, make a list
- ☑ Make a shopping list of foods you will need to buy
  - ◇ Check your fridge, freezer and pantry for foods you already have
  - ◇ Stick to your list while shopping to avoid impulse buying unless there is an item on sale that you know you will use
- ☑ Check for food items on sale.
  - ◇ ☆ Draw a star beside the foods on your list that you know are on sale or you have a coupon for
- ☑ Stock up on items you use often when they go on sale
  - ◇ Only buy items you know you will use before they go bad, and you have the storage space for
- ☑ Buy foods on the Nutrition North Canada subsidy list if the program is in your community
  - ◇ Check out the list at:  
<http://www.nutritionnorthcanada.gc.ca/>
- ☑ Plan to have a meat alternative often
  - ◇ Beans, lentils, eggs and nut butters are great sources of protein and are usually cheaper than buying meat from the store.



## Shopping List

Milk  
Eggs ☆  
Cheese  
Canned tomatoes  
Frozen peas ☆  
Frozen corn ☆  
Yogurt  
Carrots  
Potatoes ☆  
Celery  
Rice  
Whole wheat flour  
Bananas ☆  
Oranges  
Canned peaches ☆

† Reference list on last page.

# Budgeting Tips†

## Save Money by Shopping Smart

- ☑ **Buy meats that you can cut up yourself if possible**
  - ◇ You pay more for meats that the store has cut up
- ☑ **Buy items in bulk.**
  - ◇ Flour, pasta and rice are often cheaper if you buy in larger packages
  - ◇ Bags of apples, onions and potatoes are usually cheaper
  - ◇ Bulk buying is only a good idea if you can use the food before it goes bad, and you have the storage space
  - ◇ Ask the store in your community if they will do a bulk or large order for you
- ☑ **Compare prices of fresh, frozen and canned vegetables and fruit**
  - ◇ Choose frozen or canned when fresh is more expensive
- ☑ **Buy unprocessed foods**
  - ◇ Making your own foods from scratch can save money
  - ◇ Convenience, ready-made or processed foods are usually more expensive and a lot higher in sugar, salt and fat.
- ☑ **Bend and stretch at the store**
  - ◇ Sometimes the best deals are on the top of bottom shelves
- ☑ **Compare prices**
  - ◇ Store brand or noname products are just as good as brand names, but much cheaper



† Reference list on last page.

# Reading Labels‡

The **Nutrition Facts** table gives information about the amount of calories and 13 other nutrients in a portion of packaged food.



First, look at the serving size. Eating the amount listed will provide the calories and nutrients listed on the table.

Nutrition Facts	
Per 3/4 cup (175 g)	
Amount	% Daily Value
<b>Calories 160</b>	
<b>Fat 2.5 g</b>	<b>4 %</b>
Saturated 1.5 g + Trans 0 g	<b>8 %</b>
<b>Cholesterol 10 mg</b>	
<b>Sodium 75 mg</b>	<b>3 %</b>
<b>Carbohydrate 25 g</b>	<b>8 %</b>
Fibre 0 g	<b>0 %</b>
Sugars 24 g	
<b>Protein 8 g</b>	
Vitamin A 2 %	Vitamin C 0 %
Calcium 20 %	Iron 0 %

2. Next, look at the calories. This is the amount of energy in one serving of the food

3. Find the % Daily Value (% D.V.). This tells if there is a little or a lot of a nutrient.

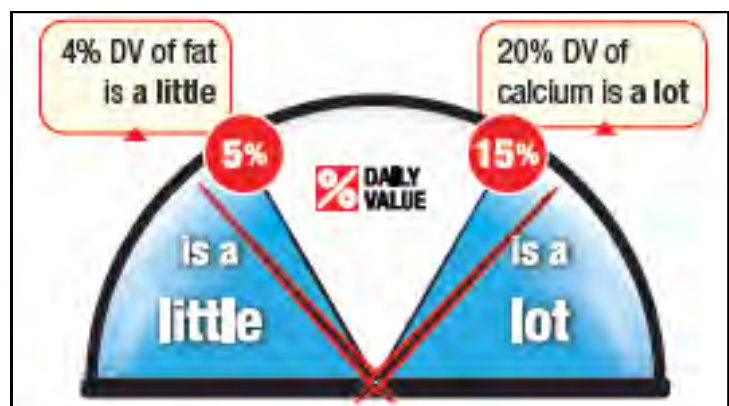
4. Goal is less fat, sugar and sodium

5. Get more fibre, vitamin A & C, calcium and iron

## How Much is a Little or A Lot?

5% or lower is a **LITTLE** amount of a nutrient

15% or higher is **A LOT** of a nutrient



‡ Reference list on last page.

# Beverages and Appetizers

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Clockwise from Top Left: Rose Hips for Rose Hip Tea (page 15), Black Bean and Corn Salsa (page 23), Baked Tortilla Triangles (page 25), Mixed Berry Bannock (Page 17), Guacamole (page 24)





# Rose Hip Tea

Equipment List: Small pot, spoon, measuring cups

Serves 2

## What You Need:

Ingredients	Amounts	Metric
Rose hips	12-15 hips	
Water	2 1/2 cup(s)	625 mL

## How to:

1. Wash rose hips and place into a small pot.
2. Add water to rose hips.
3. Boil for 3-5 minutes.
4. Remove the pot from the heat and mash the rose hips with the back of a spoon to open each hip.
5. Let steep for 20 minutes.
6. Return to heat and bring to a boil

Per Serving - Calories: 0, Fat: 0 g, Sodium: 0 mg, Sugar: 0 g, Fibre: 0 g

Adapted for Northern Use from: <http://eatingrichly.com/10/foraging-rose-hip-recipe-for-tea/>



# Fireweed Tea

Equipment List: Small pot, measuring cups

Serves 2

## What You Need:

Ingredients	Amounts	Metric
Fireweed Leaves	1 small handful	
Water	1 cup(s)	250 mL

## How to:

1. Wash fireweed leaves and place in a small pot.
2. Add water to fireweed leaves.
3. Boil for 1 minutes.
4. Remove the pot from the heat and let steep for 15 minutes.

Per Serving - Calories: 6, Fat: 0 g, Sodium: 9 mg, Sugar: 0 g, Fibre: 0 g

Adapted for Northern Use from: <http://wildfoodsandmedicines.com/fireweed/>



# Berry Bannock

Equipment List: Large pot, knife, peeler, cutting board, spoon, measuring cups and spoons

Serves 6 (approximate cost/serving = \$1.36)

## What You Need:

Ingredients	Amounts	Metric
All purpose flour	2 cup(s)	500 mL
Whole wheat flour	1 cup(s)	250 mL
Oatmeal	1 cup(s)	250 mL
Egg whites	2 egg whites	
Vegetable oil	1/4 cup(s)	60 mL
Milk	2 cup(s)	250 mL
Berries, frozen or fresh	1 cup(s)	250 mL

## How to:

1. Preheat your oven to 400°F.
2. Mix the flour, whole wheat flour, and oatmeal in a bowl.
3. Beat egg whites, oil, and milk together using a whisk or egg beater.
4. Mix the dry ingredients into the wet ingredients until everything is moistened.
5. Add berries and mix to combine.
6. Pour mixture into a greased 9 X 13 inch rectangular baking dish.
7. Bake for 25 to 30 minutes

Per Serving - Calories: 223, Fat: 6.1 g, Sodium: 28 mg, Sugar: 3.1 g, Fibre: 3.3 g

Adapted for Northern Use from: First Nations Healthy Choice Recipes, Chinook Health Region 2004.

**Nutrition tip: You can use any fresh or frozen berries in this recipe. The oatmeal and whole wheat flour in this recipe make it a good source of fibre.**



# Vegetable Sticks with Cottage Cheese Dip

Equipment List: Large pot, knife, peeler, cutting board, spoon, measuring cups and spoons

Serves 6 (approximate cost/serving = \$1.83)

## What You Need:

Ingredients	Amounts	Metric
Cottage cheese	2 cup(s)	500 mL
Lemon juice (one lemon)	2 tablespoon(s)	30 mL
Onion, minced	1/2	
Garlic, minced	2 cloves	
Frozen spinach, thawed and water squeezed out	1 package	300 g
Salt and pepper to taste		
Assorted vegetables, cut into sticks or florets		

## How to:

1. Thaw the frozen spinach in the fridge overnight or in the microwave on defrost.
2. Squeeze out water from the spinach and place the spinach in a large bowl.
3. Add cottage cheese, lemon juice, onion, garlic into bowl with the spinach.
4. Mix well.
5. Add salt and pepper to taste.
6. Chill in refrigerator until ready to serve.

Serve with cut up vegetables such as carrots, celery, peppers, broccoli, etc.

Per Serving (dip only) - Calories: 77, Fat: 1.2 g, Sodium: 382mg, Sugar: 2.7 g, Fibre: 2 g  
Excellent Source of Vitamin A

Adapted for Northern Use from: <http://www.taste.com.au/recipes/14840/spinach+cottage+cheese+dip+with+crudites>

**Nutrition tip: You can use cottage cheese to replace sour cream or mayonnaise in any recipe. Cottage cheese is lower in fat and higher in calcium!**

# Carrot Dip

Equipment List: Food processor/blender, large pot, strainer, knife, peeler, cutting board, measuring cups and spoons

Serves 8 (approximate cost/serving = \$0.71)

## What You Need:

Ingredients	Amounts	Metric
Carrots, peeled and chopped	8 large carrots	
Ground cumin	2 teaspoon(s)	10 mL
Garlic, crushed or minced	3 cloves	
Salt and pepper to taste		

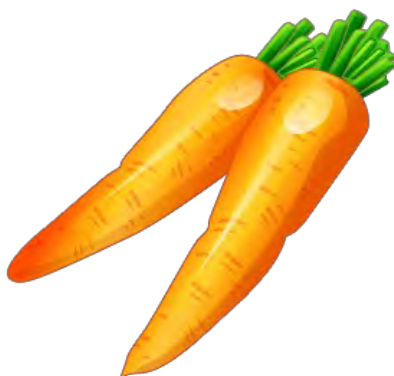
## How to:

1. Peel carrots and chop into small pieces.
2. Place the carrots into a large pot and boil.
3. Boil carrots for 15 minutes or until tender (try piercing with a fork).
4. Place the carrot, cumin and garlic in the bowl of a food processor or blender, or use a potato masher.
5. Blend or mash until smooth. Add a small amount (1 tablespoon) of water or milk to help blend or mash the carrots.
6. Taste and season with salt and pepper.

Per Serving—Calories: 32, Fat: 0.2 g, Sodium: 69 mg, Sugar: 3.4 g, Fibre: 2 g  
Source of Fibre

Adapted for Northern Use from: <http://www.taste.com.au/recipes/2826/carrot+and+cumin+dip>

**Nutrition tip: Fibre is important for healthy digestion.**



# Hummmus

Equipment List: Blender, strainer, knife, cutting board, measuring cups and spoons, vegetable peeler, can opener, wooden spoon,

Serves 6 (approximate cost/serving = \$0.80)

## What You Need:

Ingredients	Amounts	Metric
Chick peas	1 can (15 ounces)	450 mL
Low fat peanut butter	1 tablespoon(s)	15 mL
Lemon juice	1/3 cup(s)	80 mL
Garlic, minced	2 cloves	
Cumin	1/2 teaspoon(s)	2 mL
Salt	1/2 teaspoon(s)	2 mL
Warm water	1/2 cup(s)	125 mL
Vegetable oil	1 teaspoon(s)	5 mL
Assorted vegetables, cut into sticks or florets		

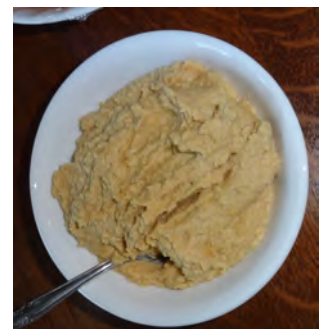
## How to:

1. In a strainer, drain and rinse chick peas.
2. In a blender, add drained chick peas, peanut butter, lemon juice, garlic, cumin and salt.
3. Add water, and blend until smooth, approximately 3-5 minutes.
4. Chill in refrigerator until ready to serve.
5. Serve with assorted vegetables (carrots, celery, peppers, broccoli, cauliflower, etc.).

**Per Serving (hummus only): Calories: 160, Fat: 5.0 g, Sodium: 137 mg, Protein: 8.5 g  
Fibre: 4.6 g**

Adapted for Northern Use from: <http://whatscookingamerica.net/Appetizers/HummusLowFat.htm>

**Nutrition tip: Beans and chickpeas are sources of iron and protein which are important for healthy muscles and blood. They can be used to replace meat in a meal.**



# Tomato Salsa

Equipment List: Bowl, knife, cutting board, spoon, measuring cups and spoons

Serves 6 (approximate cost/serving = \$1.66)

## What You Need:

Ingredients	Amounts	Metric
Diced tomatoes, (drain water or can use fresh tomatoes)	3 cup(s)	750 mL
Green pepper, diced	1 pepper	
Red Onion, diced	1 onion	
Garlic, minced	2 cloves	
Lime juice	2 tablespoon(s)	30 mL
Cilantro, chopped (optional)	1/4 cup(s)	60 mL
Jalapeno peppers, seeded and chopped (optional)	4 teaspoon(s)	20 mL
Salt and pepper to taste		

## How to:

1. Drain tomatoes, clean and chop green pepper, red onion, garlic, cilantro (if using) and jalapeno (if using).
2. In a large bowl mix together tomatoes, green pepper, red onion, garlic, lime juice, cilantro and jalapeno pepper.
3. Add salt and pepper to taste.
4. Refrigerate for at least one hour, or overnight.

Per Serving—Calories: 27, Fat: 0.2 g, Sodium: 31 mg, Sugar: 4.0 g, Fibre: 1.7 g

High in Vitamin B6 and Vitamin C

Adapted for Northern Use from: <http://allrecipes.com/recipe/the-best-fresh-tomato-salsa/>

**Nutrition Tip:** This recipe is much lower in sodium than store bought salsa since you control how much salt you add. Store bought salsas can have up to 250 mg of sodium in 2 tablespoons of salsa, but this recipe only has 31 mg!



# Tomato and Corn Salsa

Equipment List: Bowl, knife, cutting board, spoon, measuring cups and spoons

Serves 6 (approximate cost/serving = \$1.35)

## What You Need:

Ingredients	Amounts	Metric
Diced tomatoes, (drain water or can use fresh tomatoes)	2 cup(s)	500 mL
Corn (thawed if frozen)	2 cup(s)	500 mL
Garlic, minced or crushed	2 cloves	
Jalapeno pepper, seeded and finely chopped (optional)	1	
Cilantro leaves, chopped (Optional)	1/4 cup	60 mL
Salt and pepper to taste		

## How to:

1. Drain juice from tomatoes. Clean and chop jalapeno (if using) and cilantro (if using).
2. Mix together tomatoes, corn, garlic, jalapeno (if using) and cilantro (if using).
3. Add salt and pepper to taste.
4. Refrigerate for at least one hour, or overnight.

Per Serving—Calories: 73, Fat: 0.5 g, Sodium: 30 mg, Sugar: 3.7 g, Fibre: 2.2 g

**Good Source of Vitamin A (15% of daily requirement)**

Adapted for Northern Use from: <http://www.food.com/recipe/corn-and-tomato-salsa-with-cilantro-230486>

**Nutrition Tip:** This recipe is high in Vitamin A. Vitamin A is important for healthy eyes. You can use fresh or canned tomatoes in this recipe.





# Black Bean and Corn Salsa

Equipment List: Large bowl, strainer, knife, cutting board, measuring cups and spoons

Serves 6 (approximate cost/serving = \$2.35)

## What You Need:

Ingredients	Amounts	Metric
Black beans, drained and rinsed	2 cup(s)	500 mL
Corn (frozen or canned)	2 cup(s)	500 mL
Red pepper, diced	1	
Red onion, diced	1 cup(s)	250 mL
Tomato, diced	1 cup(s)	250 mL
Green onion, chopped	6	
Cilantro leaves, chopped (optional)	1/4 cup(s)	60 mL
Jalapeno peppers, seeded and chopped small (optional)	2	
Garlic, crushed or minced	4 cloves	
Lime juice (approximately 2 limes)	4 tablespoon(s)	60 mL
Salt and pepper to taste		

## How to:

1. Clean and chop red pepper, red onion, , green onion, cilantro (if using) and jalapeno pepper (if using). Drain juice from tomatoes.
2. Open canned beans and place in a strainer.
3. Rinse beans under cold water .
4. In a large bowl mix all ingredients together.
5. Let sit in refrigerator for 30 minutes to 1 hour to let the flavours mix.

Per Serving—Calories: 167, Fat: 0.5 g, Sodium: 453 mg, Sugar: 6.6 g, Fibre: 8.7 g

Excellent source of Iron (56% D.V.)

Adapted for Northern Use from: <http://recipes.kaboose.com/black-bean-and-corn-salsa.html>

**Nutrition tip: The beans in this recipe are high in iron. Iron is very important for healthy blood. Other great source of iron are meat, duck, fish and spinach.**

# Guacamole

Equipment List: Bowl, knife, cutting board, spoon, measuring cups and spoons

Serves 6 (approximate cost/serving = \$3.40)

## What You Need:

Ingredients	Amounts	Metric
Avocados, diced	4 avocados	
Lime juice	1 lime	
Diced tomatoes, (drain water or can use fresh tomatoes)	1 cup(s)	
Red Onion, diced	1 onion	
Garlic, minced	2 cloves	
Cilantro, chopped (optional)	1/4 cup(s)	60 mL
Jalapeno peppers, seeded and chopped (optional)	1 jalapeno pepper	
Salt and pepper to taste		

## How to:

1. Juice lime and place juice into a large bowl. Remove skin and pit from avocados and dice. Place avocados in bowl with lime juice. Save one avocado pit.
2. Mash avocado and lime juice until smooth.
3. Clean and chop red onion, garlic, cilantro (if using) and jalapeno (if using). Drain juice from canned tomatoes.
4. Add tomatoes, red onion, garlic, cilantro and jalapeno into avocado mixture.
5. Add salt and pepper to taste.
6. Refrigerate for at least half an hour. Place guacamole in a airtight container and add avocado pit into guacamole to prevent the avocado from browning.
7. Serve with Tortilla Triangles, Baked Chimichangas, or Bean and Veggie Quesadillas

Per Serving—Calories: 27, Fat: 0.2 g, Sodium: 31 mg, Sugar: 4.0 g, Fibre: 1.7 g

Recipe Created by: Nina Wilson

**Nutrition Tip: Avocados are high in fat called monounsaturated fat. This fat is healthy for your heart when you have it every once in a while.**

# Baked Tortilla Triangles



Equipment List: Knife, cutting board, baking sheet, pastry brush, small bowl, whisk, measuring spoons

Serves 6 (approximate cost/serving = \$0.97)

## What You Need:

Ingredients	Amounts	Metric
Whole wheat tortillas	1 package(s)	
Vegetable oil	1/2 tablespoon(s)	7.5 mL
Lime juice	3 tablespoon(s)	45 mL
Cumin	1 teaspoon(s)	5 mL
Chili powder	1 teaspoon(s)	5 mL
Salt	1/4 teaspoon(s)	1 mL

## How to:

1. Preheat your oven to 350°F.
2. Cut tortillas into 8 chip sized wedges.
3. Layer wedges onto a baking sheet.
4. In a small bowl, combine oil, lime juice, cumin, chili powder and salt.
5. Brush oil and spice mixture onto tortillas.
6. Bake for 7 minutes, rotate the pan and bake another 8 minutes until chips are crisp.

Serve with hummus, salsa, spinach dip or guacamole.

Per Serving— Calories: 146, Fat: 2.4 g, Sodium: 238 mg, Sugar: 0.2 g, Fibre: 3.8 g

**High in Fibre**

Adapted for Northern Use from: <http://allrecipes.com/recipe/baked-tortilla-chips/>

**Nutrition tip: These baked chips are a lot lower in fat and salt than store bought chips, and are very easy to make yourself!**

# Spinach Stuffed Mushrooms

Equipment List: Large bowl, knife, cutting board, medium pan, wooden spoon, baking pan

Serves 6 (approximate cost/serving = \$1.88)

## What You Need:

Ingredients	Amounts	Metric
Mushrooms, stems removed and chopped	12 medium mushrooms	
Vegetable oil	1 teaspoon(s)	5 mL
Onion, chopped	1/4 cup(s)	60 mL
Low fat cream cheese	1/4 cup(s)	60 mL
Mozzarella cheese, grated	1/4 cup(s)	60 mL
Frozen spinach, thawed and squeezed dry	1 package(s)	300 g
Salt and pepper to taste		

## How to:

1. Preheat your oven to 375°F.
2. Thaw the frozen spinach in the fridge overnight or in the microwave on defrost.
3. Squeeze out water from the spinach and place the spinach in a large bowl.
4. Wash mushrooms and remove stems. Chop mushrooms stems into small pieces.
5. In a pan over medium heat, heat oil and sauté onion and mushroom stems until soft, about 5 minutes.
6. Add mushrooms, cream cheese, mozzarella cheese, salt and pepper to bowl with spinach. Mix until combined.
7. Spoon spinach and cheese mixture into mushroom caps. Place cups cream cheese side up on a baking pan.
8. Bake for 20-25 minutes until filling is golden.

Per Serving— Calories: 56, Fat: 3.7 g, Sodium: 14 mg, Sugar: 0.8 g, Fibre: 0.9 g

**High in Vitamin A**

Adapted for Northern Use from: <http://yourlighterside.com/2013/01/spinach-stuffed-mushrooms/>

**Nutrition tip: Spinach is high in so many vitamins and minerals that are important to health. Frozen spinach is just as healthy as fresh spinach, and keeps longer in the freezer!**

# Tomato Bruschetta

Equipment List: Knife, cutting board, baking sheet, medium bowl, measuring cups and spoons, grater

Serves 6 (approximate cost/serving = \$2.86)

## What You Need:



Ingredients	Amounts	Metric
Diced tomatoes, (drain water or can use fresh tomatoes)	2 cup(s)	500 mL
Red onion, chopped	1 onion	
Garlic, minced	2 cloves	
Basil, dried	2 teaspoon(s)	10 mL
Oregano, dried	2 teaspoon(s)	10 mL
Parsley, dried	2 teaspoon(s)	10 mL
Vegetable oil	1 tablespoon(s)	15 mL
Lemon juice	1 lemon	
Whole wheat baguette or French bread	1 loaf	
Mozzarella cheese, grated	2 cups(s)	500 mL
Salt and pepper to taste		

## How to:

1. Preheat your oven to 350°F.
2. Cut baguette into 1/2 size slices. Place on a baking sheet.
3. Bake until baguettes are crisp, about 10 - 15 minutes.
4. Drain tomatoes, clean and chop onion, and garlic, and place in a medium bowl.
5. Add basil, oregano, parsley, oil and lemon juice and mix to combine. Add salt and pepper to taste.
6. Remove baguette from oven and top each ring with a tablespoon of bruschetta mixture.
7. Sprinkle top with cheese, and bake in oven for 15 minutes until cheese is browned.

Per Serving— Calories: 95, Fat: 4.3 g, Sodium: 187 mg, Sugar: 0.9 g, Fibre: 1.4 g

Recipe Created by: Nina Wilson

**Nutrition tip: Tomatoes are a good source of Vitamin C (about 30% D.V.) which helps cuts and bruises to heal faster!**









# Soups

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Cheesy Broccoli Soup (Page 37)

Roasted Red Pepper and Sweet Potato Soup (Page 36)



# Duck Soup

Equipment List: Large pot, vegetable peeler, measuring cups, wooden spoon, knife, cutting board

Serves 6

## What You Need:

Ingredients	Amounts	Metric
Ducks, plucked, cleaned and cut up	1-2 ducks	
Onion, diced	1 onion	
Celery, diced	3 large carrots	
Carrots, diced	3 stalks	
Water	16 cup(s)	4000 mL
Rice	1/2 cup(s)	125 mL
Whole wheat macaroni	1/2 cup(s)	125 mL
Salt and pepper to taste		

## How to:

1. Clean and chop onion carrots and celery.
2. In a large pot over medium heat add ducks, onion, carrots, celery and water.
3. Boil for 30 minutes.
4. Add rice and macaroni and simmer until rice and macaroni are cooked.
5. Add salt and pepper to taste.

Per Serving—Calories: 332, Fat: 18.5 g, Sodium: 162 mg, Protein 16.0 g: , Fibre: 3.5 g

### Excellent Source of Vitamin A

Adapted for Northern Use from: Traditional Food Guide for Alaska Native Cancer Survivors; Alaska Native Tribal Health Consortium Cancer Program 2008.

**Nutrition tip: Duck is a good source of protein and a source of iron, which is important for healthy muscles and healthy blood!**



# Fish Chowder

Equipment List: 1 large pot, knife, cutting board, measuring cups and spoons

Serves 6 (approximate cost/serving = \$4.07)

## What You Need:

Ingredients	Amounts	Metric
Fish pieces, chopped	3 cup(s)	750 mL
Chicken stock (Low sodium if possible)	4 cup(s)	1000 mL
Onion, diced	1 onion	
Carrots, diced	3 large carrots	
Celery, diced	4 stalks	
Potatoes, diced	4 medium potatoes	
Evaporated milk	1 can (10.5 ounces)	354 mL
Corn, kernels	1 cup(s)	250 mL
Margarine	2 tablespoon(s)	30 mL
Salt and pepper to taste		

## How to:

1. Wash and chop onion, carrots, celery and potatoes.
2. Cut fish pieces into bite sized chunks.
3. In a large pot on medium heat add onions, carrots, celery, potatoes and chicken stock. Simmer with the lid on for 30 minutes until the vegetables are tender.
4. Add fish pieces, evaporated milk, corn and margarine. Bring to a boil and simmer for 5 minutes until the fish is cooked.
5. Season with salt and pepper.

**Per Serving—Calories: 181, Fat: 4.4 g, Sodium: 328 mg, Sugars: 7.8 g, Fibre: 5.1 g**

**Excellent source of Vitamin A and good source of Vitamin C and Fibre**

Adapted for Northern Use from: Great Food for Northern Cooks, Yellowknife Health and Social Services, NWT Literacy Council and NWT Canada Prenatal Nutrition Program.

# Ground Meat Soup

Equipment List: Large pot, vegetable peeler, measuring cups and spoons, wooden spoon, knife, cutting board

Serves 6 (approximate cost/serving = \$4.41)

## What You Need:

Ingredients	Amounts	Metric
Ground meat	1 pound	450 g
Onion, diced	1 onion	
Celery, diced	3 stalks	
Carrot, diced	3 medium carrots	
Garlic, minced or crushed	2 cloves	
Beef broth	4 cup(s)	1000 mL
Diced tomatoes	1 can (28 ounces)	796 mL
Potatoes, diced	2 medium potatoes	
Frozen corn kernels	1 cup(s)	250 mL
Frozen peas	1 cup(s)	250 mL
Frozen beans	1 cup(s)	250 mL
Salt and pepper to taste		

## How to:

1. Clean and chop onion and celery. Peel and chop carrots and potatoes.
2. In a large pot over medium heat add ground beef and cook until no longer pink. Drain off fat.
3. Add onion, celery, carrots and garlic and sauté for 7 minutes.
4. Add beef broth and tomatoes and bring to a boil.
5. Add potatoes, corn, beans and peas and simmer for 30 minutes or longer.
6. Add salt and pepper to taste.

Per Serving—Calories: 310, Fat: 6.1 g, Sodium: 286 mg, Sugar: 10.3 g, Fibre: 7.4 g

Excellent Source of Vitamin A, Good Source of Iron and Vitamin A

Adapted for Northern Use from: <http://allrecipes.com/recipe/hobo-beef-and-vegetable-soup/>

**Nutrition tip: You can make this soup with any meat you have available. Small pieces of wild or traditional meat would be great in this recipe!**

# Meatball Vegetable Soup

Equipment List: 1 large pot, can opener, knife, cutting board, measuring cups and spoons,

Serves 6 (approximate cost/serving = \$4.80)

## What You Need:

Ingredients	Amounts	Metric
Meatballs (see recipe page 64)	2 cups	500 mL
Diced Tomatoes (canned)	1 can (28 ounces)	840 mL
Onion, chopped	1 onion	
Garlic, minced	3 cloves	
Carrots, diced	2 large carrots	
Celery, diced	4 stalks	
Zucchini, diced	1 large zucchini	
Frozen green beans	1 cup(s)	250 mL
Cabbage, shredded	2 cup(s)	500 mL
Broccoli	1 cup(s)	250 mL
Meat Broth	3 cup(s)	750 mL
Water	1 cup(s)	250 mL
Dried basil and oregano	1 teaspoon(s) each	5 mL
Fresh parsley, minced	1/4 cup(s)	60 mL

## How to:

1. Wash and chop onion, carrots, celery, zucchini, cabbage and broccoli.
2. In a large pot, heat oil over medium heat.
3. Add onion, garlic, carrots, celery, zucchini and great beans to pot and sauté until vegetables are partly cooked, about 6 minutes.
4. Add stock, tomatoes and water, basil and oregano and simmer on medium heat for 30 minutes.
5. Add meatballs, broccoli, cabbage and parsley and simmer for 15 minutes.
6. Serve sprinkled with Parmesan cheese if desired.

Per Serving—Calories: 181, Fat: 4.4 g, Sodium: 328 mg, Sugars: 7.8 g, Fibre: 5.1 g

Excellent source of Vitamin A , Vitamin C and Good Source of Fibre

Adapted for Northern Use from: <http://blissfulglutton.com/bliss-cooks-vegetable-and-turkey-meatball-soup/> and Taste of Home <http://www.tasteofhome.com/Recipes/Veggie-Meatball-Soup-2>

# Roasted Red Pepper and Sweet Potato Soup

Equipment List: Baking sheet, large bowl, knife, cutting board, measuring cups and spoons, garlic press, large pot, blender or potato masher

Serves 6 (approximate cost/serving = \$2.85)

## What You Need:

Ingredients	Amounts	Metric
Red pepper, diced	3 peppers	
Sweet potatoes, cubed into 1 inch cubes	2 potatoes	
Onion, chopped	1 onion	
Garlic, minced or pressed	3 cloves	
Vegetable oil	1 tablespoon(s)	15 mL
Salt	1/4 teaspoon(s)	1 mL
Pepper	1/4 teaspoon(s)	1 mL
Chicken stock (reduced sodium if possible)	4 cup(s)	1000 mL

## How to:

1. Preheat your oven to 425°F.
2. Clean and chop red pepper and sweet potatoes and onions and place in a large bowl.
3. Add garlic, oil, salt and pepper to bowl and toss with vegetables until they are coated.
4. Place vegetables on a baking sheet.
5. Roast in oven for 30 minutes.
6. Stir vegetables in pan and place back in oven for another 30 minutes.
7. In a blender puree vegetables with stock in small batches (about 1 cup of stock and 1/4 of vegetables each time). If you do not have a blender, add all vegetables and stock into a large pot and mash with a potato masher.
8. Place pureed vegetables and stock into a large pot.
9. Whisk in 1 cup water.
10. Bring soup to a boil over medium heat and simmer for 5 minutes.

Per Serving—Calories: 94, Fat: 2.6 g, Sodium:428 mg, Sugar: 6.3 g, Fibre: 2.8 g  
Excellent Source of Vitamin C, and Vitamin A

Adapted for Northern Use from: [http://www.canadianliving.com/food/roasted\\_red\\_pepper\\_and\\_sweet\\_potato\\_soup.php](http://www.canadianliving.com/food/roasted_red_pepper_and_sweet_potato_soup.php)



# Cheesy Broccoli Soup

Equipment List: Blender (or potato masher), large pot, grater, peeler, knife, cutting board, spoon, measuring cups and spoons

Serves 6 (approximate cost/serving = \$2.54)

## What You Need:

Ingredients	Amounts	Metric
Broccoli florets and stems	6 cup(s)	1500 mL
Onion, diced	1	
Potatoes, peeled and diced	2	
Garlic, minced or crushed	1 clove	
Chicken broth	2 cup(s)	500 mL
Orange rind, grated	1 teaspoon	5 mL
Dried thyme	1/2 teaspoon	2 mL
Pepper	1/4 teaspoon	1 mL
Red pepper flakes (optional)	pinch(s)	
1% Milk	2 cup(s)	500 mL
Light cheddar cheese, grated	1 cup(s)	250 mL
Salt to taste		

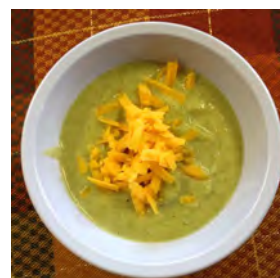
## How to:

1. Clean and coarsely chop broccoli stems and florets.
2. In a large pot combine broccoli, onion, potatoes, garlic, broth, orange rind, thyme, pepper and red pepper flakes.
3. Bring to a boil and simmer for 15 minutes (until vegetables are soft).
4. In a blender puree soup with milk until smooth, or use a potato masher.
6. Return soup to pot and heat until soup is hot (but not boiling).
7. Add salt to taste and more milk if soup is too thick.
8. Serve sprinkled with cheese on top.

Per Serving—Calories: 186, Fat: 5.5 g, Sodium: 419 mg, Sugars: 7.4 g, Fibre: 3.9 g

Adapted for Northern Use from: <http://www.dairygoodness.ca/milk/my-milk-calendar/recipes/broccoli-soup-with-cheddar-cheese>

**Nutrition tip: This Recipe is an excellent source of Vitamin C (232% D.V.). Vitamin C is important for growth and repair of body tissues like skin, hair, and muscles.**



# Colourful Corn Chowder

Equipment List: Large pot, knife, peeler, cutting board, spoon, measuring cups and spoons

Serves 6 (approximate cost/serving = \$3.09)

## What You Need:

Ingredients	Amounts	Metric
Vegetable oil	2 tablespoon(s)	30 mL
Onion, diced	1	
Flour	2 tablespoon(s)	30 mL
Vegetable or chicken broth	5 cup(s)	1250 mL
Potatoes, peeled and diced	2	
Frozen corn kernels	4 cup(s)	1000 mL
Red bell pepper, diced	1/2 cup(s)	125 mL
Green bell pepper, diced	1/2 cup(s)	125 mL
Evaporated skim milk	1 cup(s)	250 mL
Tomatoes, diced	2	
Pepper	1/4 teaspoon(s)	1 mL
Salt to taste		

## How to:

1. Clean and chop onion, red and green peppers. Peel and chop potatoes.
1. Place oil in a large pot over low heat.
2. Add diced onion and sauté for 10 minutes.
3. Sprinkle flour onto onions and cook for 3-5 minutes.
4. Add broth and potatoes.
5. Bring to a boil and simmer over medium heat for 10 minutes until potatoes are tender.
6. Add corn, red and green peppers, evaporated skim milk, pepper and salt and simmer over low heat for 8 minutes, stirring occasionally.
7. Serve with 1 tablespoon of diced tomatoes on top.

Per Serving—Calories: 283, Fat: 5.5 g, Sodium: 346mg, Sugar: 11.5 g, Fibre: 5 g  
Excellent Source of Vitamin C

:Adapted for Northern Use from: <http://www.epicurious.com/recipes/food/views/Summer-Corn-Chowder-106689>

**Nutrition tip: You can use evaporated skim milk in any recipe that calls for cream. It reduces the fat and is a lot cheaper than cream.**









# Salads and Side Dishes

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From Left to Right: Easy Roasted Vegetables (Page 48), Quick Spinach Salad (Page 47), Mock Hashbrown Casserole (Page 51)

# Marinated Salad

Equipment List: Large bowl, small bowl, whisk, knife, cutting board, measuring cups and spoons

Serves 6

## What You Need:

Ingredients	Amounts	Metric
<i>Vegetables for Salad:</i>		
Carrots, chopped	2 cup(s)	500 mL
Cauliflower chopped into florets	2 cup(s)	500 mL
Broccoli chopped into florets	2 cup(s)	500 mL
<i>Dressing:</i>		
Garlic, minced	2 cloves	
Vinegar	1 cup(s)	250 mL
Olive or canola oil	1/4 cup(s)	60 mL
Sugar	2 tablespoon(s)	30 mL
Salt	1 teaspoon(s)	5 mL

## How to:

1. Peel carrots and chop into 1 inch pieces and place in large bowl.
2. Wash cauliflower and chop into florets and add to bowl with carrots.
3. Wash broccoli and chop into florets and add to bowl with carrots and cauliflower.
4. In a small bowl whisk together garlic, vinegar, oil, sugar and salt; whisk in oil.
5. Pour dressing over vegetables and toss to combine.
6. Cover and refrigerate for 4 hours.

Per Serving—Calories: 132, Fat: 8.6 g, Sodium: 438 mg, Sugar: 7.5 g, Fibre: 2.8 g

**Excellent Source of Vitamin A and Vitamin C**

Adapted from: Cooking Nook. <http://www.cookingnook.com/marinated-vegetable-salad.html>

# Greek Salad

Equipment List: large bowl, small bowl, whisk, cutting board, knife, measuring spoons

Serves 8 (approximate cost/serving = \$3.16)

## What You Need:

Ingredients	Amounts	Metric
Romaine lettuce, shopped or torn into bite sized pieces	1 head lettuce	
Red Onion, thinly sliced	1 onion	
Black Olives, drained and pitted	1 can (6 ounces)	200 mL
Green Pepper, diced	1 pepper	
Red Pepper, diced	1 pepper	
Tomatoes, diced	2 large tomatoes	
Cucumber, diced	1 cucumber	
Feta cheese, crumbled	1/2 container	100 g
Vegetable oil	3 tablespoon(s)	
Lemon, juiced	1 lemon	
Dried oregano	1 teaspoon(s)	
Salt and pepper to taste		

## How to:

1. Wash and chop lettuce, onion, green pepper, red pepper, tomatoes and cucumber
2. Add lettuce, onion, olives, peppers, tomatoes, cucumbers and feta cheese into a large bowl
3. In a small bowl whisk oil, lemon juice, oregano salt and pepper together.
4. Pour dressing over salad and toss to coat.

Per Serving—Calories: 174, Fat: 11.1 g, Sodium: 349 mg, Sugars: 4.7 g, Fibre: 4.2 g

**Excellent Source of Vitamin A and Vitamin C**

Adapted for Northern Use from: <http://allrecipes.com/recipe/greek-salad-ii/>



# Caesar Salad

Equipment List: Medium bowl, potato masher, whisk, blender or hand blender (optional), large bowl

Serves 6 (approximate cost/serving = \$1.57)

## What You Need:

Ingredients	Amounts	Metric
Low fat mayonnaise (if available)	1/2 cup(s)	125 mL
Vegetable oil	2 tablespoon(s)	30 mL
Parmesan Cheese	1/4 cup(s)	60 mL
Egg, hard boiled	1	
Lemon juice	2 tablespoon(s)	30 mL
Balsamic or white vinegar	1 tablespoon(s)	15 mL
Garlic, minced or crushed	2 cloves	
Sugar	1 teaspoon(s)	5 mL
Dijon mustard	1/2 teaspoon(s)	2 mL
Worcestershire sauce	1/2 teaspoon(s)	2 mL
Pepper	Pinch	
Lettuce, washed and torn into small pieces	1 head	
Multigrain crutons	1 cup(s)	250 mL

## How to:

1. Peel and mash egg
2. In a medium bowl mix together mayonnaise, oil, parmesan cheese, egg, balsamic vinegar, garlic, sugar, Dijon mustard and pepper. Mix with a whisk, or can blend in a blender until smooth.
3. Wash and dry lettuce. Tear lettuce into bite sized pieces and place in large bowl.
4. Add dressing onto lettuce and mix to cover salad in dressing
5. Add croutons and mix to combine
6. Sprinkle with Parmesan cheese if desired.

Per Serving—Calories: 183, Fat: 13 g, Sodium: 345 mg, Sugars: 2.5 g, Fibre: 2.3 g

Excellent Source Vitamin A and Good Source of Vitamin C

Adapted for Northern Use from: <http://www.foodnetwork.ca/recipes/hail-caesar-salad/recipe.html?dishId=10615>

# Spinach and Asparagus Salad

Equipment List: Large bowl, strainer, knife, cutting board, large pot, spoon, measuring cups and spoons

Serves 6 (approximate cost/serving = \$3.56)

## What You Need:

Ingredients	Amounts	Metric
Spinach	1 large bunch	
Asparagus	1 bunch	
Oranges	4 medium oranges	
Green onion, chopped	1/4 cup(s)	60 mL
Walnut pieces	1/3 cup(s)	80 mL
Orange juice	2 tablespoon(s)	30 mL
Red wine or white vinegar	2 tablespoon(s)	30 mL
Maple syrup	1 teaspoon(s)	5 mL
Vegetable oil	1/2 tablespoon(s)	7.5 mL
Salt and pepper to taste		

## How to:

1. Wash spinach and place into a large bowl. Wash asparagus and snap off tough ends.
2. In a large pot, bring water to a boil. Blanch the asparagus in the boiling water for 2-3 minutes, then remove and immediately place into a bowl of ice water.
3. Drain asparagus and add to spinach in bowl.
4. Remove peel from oranges and cut into sections and add to spinach.
5. Add walnuts and green onion to the spinach.
6. In a small bowl, whisk together the orange juice, red wine vinegar, maple syrup, oil and salt and pepper.
7. Drizzle vinaigrette on top of salad and toss to coat.

Per Serving - Calories: 121, Fat: 5.9 g, Sodium: 79 mg, Sugar: 8.7 g, Fibre: 4.4 g

Excellent Source of Vitamin C, Source of Iron

Adapted for Northern Use from: <http://honestcooking.com/spinach-salad-asparagus-recipe/>

**Nutrition tip: Canada's Food Guide recommends everyone eat one dark green vegetable like spinach or asparagus daily! If possible, try growing your own dark green veggies.**



# Quick Spinach Salad

Equipment List: Large bowl, small bowl, whisk, knife, cutting board, measuring spoons

Serves 8 (approximate cost/serving = \$2.44)

## What You Need:

Ingredients	Amounts	Metric
Spinach	1 bunch	
Green onion, chopped	4 onions	
Grapefruit, peeled and sectioned	2 grapefruits	
Cucumber, sliced	1 cucumber	
Apple, sliced	1 apple	
Cherry Tomatoes, halved	1 package	
Almonds	2 tablespoon(s)	30 mL
Vegetable oil	1 tablespoon(s)	15 mL
Lemon juice or red wine vinegar	2 tablespoon(s)	30 mL
Garlic, minced	1 clove	
Dijon mustard	1 teaspoon(s)	5 mL
Salt and Pepper to taste		

## How to:

1. In a small bowl, whisk together oil, lemon juice, garlic, and dijon mustard. Add salt and pepper to taste.
2. Wash spinach and pat dry with a clean dish towel. Place into a large bowl.
3. Wash and prepare green onion, grapefruit, apples, cucumber, and tomatoes. Add to the bowl with the spinach.
4. Add almonds to salad.
5. Add dressing to salad and toss to combine.

Per Serving—Calories: 94, Fat: 3.2 g, Sodium: 88 mg, Sugar: 4.3 g, Fibre: 3.7 g

**Excellent Source of Vitamin A, and Good Source of Iron**

Adapted for Northern Use from: [http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.5801787/kC8E4/Recipes\\_\\_Quick\\_spinach\\_salad.htm](http://www.heartandstroke.com/site/c.iklQLcMWJtE/b.5801787/kC8E4/Recipes__Quick_spinach_salad.htm)

**Nutrition Tip: You can use any vegetable or fruit you want in this salad. Just add whatever you have on hand!**

# Easy Roasted Vegetables

Equipment List: Two baking trays, parchment paper, medium bowl, knife, cutting board, spoon, measuring spoons

Serves 6 (approximate cost/serving = \$2.63)

## What You Need:

Ingredients	Amounts	Metric
Carrots, diced	2 medium-sized	
Bell peppers, diced	2 medium-sized	
Sweet potato, diced	1 medium-sized	
Cauliflower chopped into florets	Half a head	
Broccoli chopped into florets	Small bunch	
Vegetable oil	2 teaspoon(s)	10 mL
Sea salt and pepper to taste		

## How to:

1. Preheat your oven to 425°F.
2. Line each baking tray with parchment paper.
3. Cut vegetables into pieces all roughly the same size (about 1 inch/2.5 cm around) so that they cook evenly.
4. In a large bowl toss carrots, sweet potato, bell peppers, cauliflower and broccoli in olive oil until coated.
5. Spread out the vegetables on both trays.
6. Roast the vegetables in the oven for 30 to 45 minutes until they are tender.
7. Taste and season with salt and pepper.

Per Serving—Calories: 65, Fat: 2.0 g, Sodium: 62 mg, Sugar: 4.8 g, Fibre: 3.4 g

**Excellent Source of Vitamin A and Vitamin C**

Adapted for Northern Use from: <http://www.theglobeandmail.com/life/food-and-wine/recipes/roasted-vegetables/article648656/>



# Oven Baked Sweet Potato Wedges

Equipment List: Baking sheet, knife, cutting board, peeler, bowl, spoon/fork, measuring cups and spoons

Serves 6 (approximate cost/serving = \$1.13)

## What You Need:

Ingredients	Amounts	Metric
Sweet potatoes	3 large-sized	
Vegetable oil	2 tablespoons(s)	30 mL
Salt	1 teaspoon(s)	5 mL
Assorted spices (optional)	1-2 tablespoon(s)	15-30 mL

## How to:

1. Preheat your oven to 450°F.
2. Peel the sweet potatoes and cut off the ends.
3. Cut the sweet potatoes into wedges.
4. Put the sweet potatoes and oil into a large bowl and mix well.
5. Sprinkle with seasonings. You can use whatever you have like dill, garlic powder, thyme, oregano, paprika, chipotle, Cajun etc.).
6. Spread the sweet potatoes out in a single layer on a baking sheet.
7. Bake in the oven for 15 minutes then remove the baking sheet from the oven and turn over all of the sweet potato pieces.
8. Return potatoes to the oven and bake for another 10 to 15 minutes, until they are browned.
9. Let cool for 5 minutes before serving.

Per Serving—Calories: 121, Fat: 4.8 g, Sodium: 421 mg, Sugar: 5.8 g, Fibre: 3 g  
Excellent Source of Vitamin A

Adapted for Northern Use from: [http://www.simplyrecipes.com/recipes/oven\\_baked\\_sweet\\_potato\\_fries/](http://www.simplyrecipes.com/recipes/oven_baked_sweet_potato_fries/)

**Nutrition tip: Sweet potatoes are excellent Sources of Vitamin A. Vitamin A is important for healthy eyes.**

# Oven Baked Potato Wedges

Equipment List: Baking dish, bowl, spoon, brush, measuring cups and spoons

Serves 6 (approximate cost/serving = \$0.84)

## What You Need:

Serves 6

Ingredients	Amounts	Metric
Potatoes	4 large-sized	
Vegetable oil	1/4 cup(s)	60 mL
Parmesan cheese, grated	1 tablespoon(s)	15 mL
Salt	1 teaspoon(s)	5 mL
Paprika	1 tablespoon(s)	15 mL
Pepper	1/2 teaspoon(s)	2.5 mL
Garlic powder	1/2 teaspoon(s)	2.5 mL

## How to:

1. Preheat your oven to 350°F.
2. Wash potatoes.
3. Cut potatoes into wedges.
4. In a large bowl mix oil, parmesan cheese, salt, paprika, pepper and garlic powder.
5. Mix the next 6 ingredients together and brush onto potatoes.
6. Place skin side down on the baking dish.
7. Bake in the oven for 30 minutes to one hour.

Per Serving—Calories: 266, Fat: 9.1 g, Sodium: 420 mg, Sugar: 2.5 g, Fibre: 4.9 g

Adapted for Northern Use from: <http://www.food.com/recipe/easy-baked-potato-wedges-49200>

**Nutrition tip: These potato wedges are healthier than regular French fries since they have less fat and salt.**

# Mock Hashbrown Casserole

Equipment List: Medium pan, knife, cutting board, baking sheet, baking dish, grater, measuring cups and spoons

Serves 6 (approximate cost/serving = \$2.09)



## What You Need:

Ingredients	Amounts	Metric
Spaghetti squash (or other squash)	1 large	
Greek yogurt (0%)	1 cup(s)	250 mL
Cheddar cheese, grated	1 1/4 cup(s)	250 mL
Vegetable oil	1/2 tablespoon(s)	7.5 mL
Onion, diced	1 onion	
Garlic, minced	2 cloves	
Cayenne pepper (optional)	1/4 teaspoon(s)	1 mL
1% Milk	1/4 cup(s)	60 mL

## How to:

1. Preheat oven to 425°F.
2. Cut spaghetti squash in half and remove seeds from both halves. Place both halves skin side up on a baking sheet or baking dish. Pierce skin with a fork.
3. Roast spaghetti squash in oven until tender and squash is easily removed from skin, about 25 to 30 minutes.
4. Clean and dice onion and mince garlic.
5. Heat oil in a medium pan and sauté onion and garlic until soft, about 7 minutes.
6. When spaghetti squash is ready, use a fork to pull to squash out of skin. Put all squash into a casserole or baking dish.
7. Mix the onions, garlic, 1 cup of cheese, yogurt, cayenne pepper (if using) and milk together with the spaghetti squash.
8. Sprinkle remaining cheese on top.
9. Bake for 15 minutes, until cheese on top is browned.

Per Serving—Calories: 186, Fat: 7.3 g, Sodium: 339 mg, Sugar: 5.2 g, Fibre: 2.6 g

**Excellent Source of Calcium**

Adapted for Northern Use from: <http://exploitsofamilitarymama.com/2013/05/hashbrown-casserole-done-light/>

# Green Bean Casserole



Equipment List: baking dish, knife, cutting board, spoon, measuring cups and spoons

Serves 6 (approximate cost/serving = \$2.49)

## What You Need:

Ingredients	Amounts	Metric
Vegetable oil	1 teaspoon(s)	5 mL
Onion, thinly sliced	1 medium onion	
Onion, chopped fine	1/2 onion	
Frozen green beans	1 package(s)	750 mL
Garlic, minced	1 clove	
Mushrooms, sliced	1 1/2 cup(s)	375 mL
Flour	3 tablespoon(s)	45 mL
Thyme	1/2 teaspoon(s)	2 mL
1% Milk	1 1/2 cup(s)	375 mL
Water chestnuts, sliced (optional)	1 can(s)	327 mL

## How to:

1. Preheat your oven to 350°F.
2. Add green beans to a large microwave safe bowl and add 1/4 cup water. Microwave until beans are cooked through, about 2-3 minutes. Add beans to a baking or casserole dish.
3. In a medium pan on low heat, add oil and thinly sliced onions and gently cook until golden brown, about 10 minutes
4. Remove onions to a bowl and add finely chopped onion, garlic and mushrooms to pan. Sauté for 5 minutes until the mushrooms have released their juices.
5. Sprinkle thyme and flour over mushrooms and stir to combine. Gradually whisk in milk and increase heat to medium. Stir constantly until sauce thickens.
6. Pour mushroom sauce on top of beans. Add drained water chestnuts (if using). Stir until everything is combined.
7. Top with the browned onion and bake for 10-15 minutes until sauce is bubbly.

Per Serving—Calories: 60, Fat: 0.7 g, Sodium: 7 mg, Sugar: 2.0 g, Fibre: 3.8 g

Adapted for Northern Use from: <http://lowfatcooking.about.com/od/sidedishes/r/Healthy-Green-Bean-Casserole.htm>

# Orange-Maple Sweet Potatoes

Equipment List: Large pot, knife, peeler, cutting board, strainer, potato masher, small bowl, baking dish, measuring spoons

Serves 8 (approximate cost/serving = \$0.63)

## What You Need:

Ingredients	Amounts	Metric
Sweet Potatoes, peeled and cubed	2 Large Potatoes	
Garlic, minced	6 Cloves	
Pepper	1/2 Teaspoon(s)	2 mL
Vegetable oil	1 Tablespoon(s)	15 mL
Maple syrup, pancake syrup or honey	2 Tablespoon(s)	30 mL
Orange rind, grated	2 Teaspoon(s)	10 mL

## How to:

1. Preheat your oven to 450°F.
2. Peel and cube sweet potatoes.
3. Place sweet potatoes and garlic into large pot and cover with water. Bring to a boil and cook until the potatoes are tender, about 20 minutes.
4. Drain sweet potatoes and return to pot.
5. Add pepper and olive oil and mash sweet potatoes until smooth.
6. Transfer potatoes to a baking dish.
7. Combine maple syrup and orange rind and drizzle over potatoes.
8. Bake for 25 minutes until top is lightly browned

Per Serving - Calories: 139, Fat: 1.8 g, Sodium: 69 mg, Sugar: 8.7 g, Fibre: 3.8 g

**Excellent Source of Vitamin A and Source of Fibre**

Adapted for Northern Use from: <http://www.besthealthmag.ca/eat-well/recipes/orange-maple-sweet-potatoes>.

**Nutrition tip: This recipe can replace regular mashed potatoes. Sweet potatoes have more fibre and vitamin A which is healthy for your eyes!**

# Blueberry and Almond Stuffing

Equipment List: Large pot, medium pot or kettle, knife, cutting board, spoon, measuring cups and spoons

Serves 12 (approximate cost/serving = \$0.97)

## What You Need:

Ingredients	Amounts	Metric
Vegetable oil	1 teaspoon(s)	5 mL
Onion, chopped	1 onion	
Almonds	1 cup(s)	250 mL
Blueberries	1 cup(s)	250 mL
Mushrooms, sliced	1 cup(s)	250 mL
Whole wheat couscous	2 cup(s)	500 mL
Boiling water	3 cup(s)	750 mL

## How to:

1. Preheat oven to 350°F.
2. Fill a kettle or pot with water and put on stove to boil.
3. Clean and chop onion and mushrooms.
4. Heat oil in a large pot and sauté onions and mushrooms until they are soft.
5. Add almonds and sauté until the almonds start to toast.
6. Add blueberries and sauté until the blueberries are warm.
7. Add couscous and stir to combine.
8. Pour boiling water over couscous mixture and cover. Remove pot from heat and let stand for 5-10 minutes until water is absorbed.
9. Place in a baking dish and bake for 30 minutes.

You can also stuff a turkey or chicken with this stuffing and bake.

Per Serving - Calories: 183, Fat: 5.9 g, Sodium: 2 mg, Sugar: 2.6 g, Fibre: 4.8 g

**Good Source of Fibre**

Adapted for Northern Use from: <http://ourlifeinvermont.wordpress.com/2011/08/16/martha-dan-and-lucia-bulgur-stuffing-with-blueberries-and-almonds/>

**Nutrition tip: You can use fresh or frozen blueberries in this recipe. If you picked wild blueberries in the fall they would be delicious in this recipe.**



# Tropical Fruit Salad

Equipment List: Large bowl, small bowl, whisk, knife, cutting board, measuring spoons

Serves 12 (approximate cost/serving = \$1.83)

## What You Need:

Ingredients	Amounts	Metric
Pineapple	2 cup(s)	
Orange, peeled and sectioned	3 oranges	
Banana, sliced	2 bananas	
Apple, sliced	2 apples	
Canned peaches (packed in water or 100% fruit juice), drained	1 1/2 cup(s)	375 mL
Lite coconut milk (or evaporated milk)	1/4 cup(s)	60 mL
Lime juice	1 tablespoon(s)	15 mL
Brown sugar	2 teaspoon(s)	10 mL

## How to:

1. In a small bowl, whisk together coconut milk, lime juice and brown sugar.
2. Cut up pineapple and remove core and cut into bite sized pieces. Add to large bowl.
3. Wash and prepare oranges, banana and apple and add to bowl with pineapple.
4. Drain the peaches and cut into bite sized pieces and add to bowl with fruit.
5. Add dressing to fruit salad and toss to combine.
6. Refrigerate until ready to serve.

Per Serving—Calories: 96, Fat: 0.4 g, Sodium: 5 mg, Sugar: 18.1 g, Fibre: 3.1 g

**Excellent Source of Vitamin C**

Adapted for Northern Use from: <http://thaifood.about.com/od/thaisnacks/r/fruitsaladrecip.htm>

**Nutrition Tip:** You can use any fruit you want in this salad. If you don't have fresh fruit available you can use canned fruit. Choose canned fruit packed in water or 100% fruit juice.









# Pastas and Pizzas

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Lots of Veggies Spaghetti Sauce (Page 65)



Pasta Salad (Page 60)

# Pasta Salad

Equipment List: Large pot, knife, cutting board, strainer, whisk, large bowl, small bowl, measuring cups and spoons

Serves 10 (approximate cost/serving = \$1.63)



## What You Need:

Ingredients	Amounts	Metric
Whole wheat penne or fusilli	1 package(s)	240 g
Diced tomatoes, (drain water or can use fresh tomatoes)	1 cup(s)	250 mL
Green onion	1/2 cup(s)	125 mL
Celery, diced	1 cup(s)	250 mL
Red pepper, diced	1 cup(s)	250 mL
Carrot, diced	1 cup(s)	250 mL
Zucchini, diced	1 zucchini	
Red wine vinegar	3 tablespoon(s)	45 mL
Dried basil	2 teaspoon(s)	10 mL
Vegetable oil	2 tablespoon(s)	30 mL
Sugar	2 teaspoon(s)	10 mL
Oregano	1 teaspoon(s)	5 mL
Garlic, minced	2 cloves	
Salt and pepper to taste		

## How to:

1. Cook pasta in boiling water following the directions on label.
2. Drain tomatoes, clean and chop green onion, celery, red onion, carrot and zucchini and add to a large bowl.
3. In a small bowl, whisk together red wine vinegar, basil, oil, sugar, oregano, salt and pepper. Pour over vegetables.
4. Drain pasta and rinse in cold water.
5. Add pasta to vegetable mixture and stir until everything is combined.

Per Serving—Calories: 141, Fat: 3.5 g, Sodium: 140 mg, Sugar: 4.9 g, Fibre: 4.1 g

Adapted for Northern Use from: <http://www.tasteofhome.com/recipes/veggie-pasta-salad>

# Easy Mixed Veggie Mac and Cheese

Equipment List: Large pot, medium pot, strainer, grater, whisk, spoon, measuring cups and spoons

Serves 6 (approximate cost/serving = \$3.07)

## What You Need:

Ingredients	Amounts	Metric
Whole wheat macaroni noodles	1 package(s)	450 g
Margarine or butter	2 tablespoon(s)	30 mL
All-purpose flour	3 tablespoon(s)	45 mL
Ground black pepper	1/4 teaspoon(s)	1 mL
Ground nutmeg	pinch(s)	
Low-fat (1 %) milk	3 1/2 cup(s)	875 mL
Reduced-fat sharp cheddar cheese, shredded	1 1/2 cups	170 g
Parmesan cheese, grated	1/3 cup(s)	80 mL
Frozen mixed vegetables	1 package(s)	280 g

## How to:

1. Fill a large saucepot with water and bring to a boil over high heat.
2. Add pasta to boiling water and cook following directions on label.
3. Meanwhile, in medium pot, melt margarine over medium heat.
4. With a wire whisk, stir in flour, pepper, nutmeg, and 1/2 teaspoon salt.
5. Cook 1 minute, stirring constantly.
6. Gradually whisk in milk.
7. Cook over medium heat until sauce boils and thickens slightly, stirring constantly.
8. Boil 1 minute, stirring constantly.
9. Remove pot from heat; stir in cheeses just until melted.
10. Place frozen vegetables in strainer.
11. Drain pasta over vegetables.
12. Return pasta and vegetables into large pot.
13. Stir cheese sauce into vegetables and pasta.

Per Serving—Calories: 541, Fat: 15 g, Sodium: 546 mg, Sugar: 7.5 g, Fibre: 7.9 g

**Excellent Source of Calcium, Source of Iron**

Adapted for Northern Use from: <http://www.goodhousekeeping.com/recipefinder/macaroni-cheese-light-side-2787>

**Nutrition tip: Calcium helps keep your bones healthy and strong!**

# Broccoli and Pepper Pasta

Equipment List: Large pot, non-stick pan, strainer, knife, cutting board, spoon, measuring cups and spoons

Serves 6 (approximate cost/serving = \$2.11)

## What You Need:

Ingredients	Amounts	Metric
Whole wheat pasta (penne, macaroni, spaghetti)	1 package(s)	450 g
Broccoli chopped into florets	4 cup(s)	1000 mL
Vegetable oil	2 tablespoon(s)	30 mL
Garlic, minced or crushed	3 cloves	
Red pepper, sliced thinly	1	
Salt	pinch(s)	
Parmesan cheese	1/4 cup(s)	60 mL

## How to:

1. Clean and chop broccoli and red pepper.
2. Fill a large saucepot with water and bring to a boil over high heat.
3. Add pasta and broccoli to boiling water and cook according to pasta directions, about 10-12 minutes.
4. Meanwhile heat oil in a non-stick pan.
5. Sauté garlic and red pepper until cooked soft, about 4 minutes.
6. Drain pasta and broccoli.
7. Add pasta and broccoli to red pepper and garlic and stir until combined.
8. Stir in salt and parmesan cheese and mix until combined.

Per Serving—Calories: 375, Fat: 7.9 g, Sodium: 340 mg, Sugar: 5.4 g, Fibre: 9 g

**Excellent Source of Vitamin C**

Adapted for Northern Use from: <http://allrecipes.com/recipe/linguini-with-broccoli-and-red-peppers/>

**Nutrition tip: Choose whole grains like whole wheat bread and pasta instead of white bread and pasta. The fibre in whole wheat foods helps prevent problems like heart disease and diabetes.**



# Broccoli and Mushroom Pasta

Equipment List: Large pot, strainer, large non-stick pan, knife, cutting board, measuring cups and spoons, garlic press

Serves 6 (approximate cost/serving = \$2.75)

## What You Need:

Ingredients	Amounts	Metric
Whole wheat pasta (penne or macaroni)	1 package(s)	450 g
Broccoli, chopped into florets	1 head	
Mushrooms, sliced	3 cup(s)	750 mL
Onion, chopped	1	
Garlic, minced or crushed	4 cloves	
Vegetable oil	1 tablespoon(s)	15 mL
Vegetable or chicken broth	1 cup(s)	250 mL
Parmesan cheese	1/4 cup(s)	60 mL

## How to:

1. Fill a large saucepot with water and bring to a boil over high heat.
2. Add pasta to boiling water and cook following directions on label.
3. When pasta is ready take out 1/4 cup of the pasta water and set aside.
4. Drain pasta.
5. Clean and chop broccoli, mushrooms and onion.
6. In a large non-stick pan heat oil over medium heat.
7. Add broccoli, mushrooms, onion and garlic into pan and sauté until tender, about 7 minutes.
8. Reduce heat to low and add broth.
9. Simmer for 5 minutes.
10. Add pasta and pasta water that was set aside into the pan and mix everything.
11. Add parmesan cheese and mix in.

**Per Serving—Calories: 361, Fat: 5.3 g, Sodium: 159 mg, Sugar: 3.6 g, Fibre: 10.8 g  
Excellent Source of Iron, Vitamin C and Fibre**

Adapted for Northern Use from: [http://www.canadianliving.com/food/mushroom\\_broccoli\\_pasta.php](http://www.canadianliving.com/food/mushroom_broccoli_pasta.php)

# Baked Veggie Pasta

Equipment List: Large pot, knife, cutting board, grater, measuring cups, medium pot, wooden spoon, casserole dish

Serves 8 (approximate cost/serving = \$2.45)

## What You Need:

Ingredients	Amounts	Metric
Whole wheat pasta (penne or macaroni)	1 package(s)	450 g
Frozen corn kernels	2 cup(s)	500 mL
Zucchini, cubed	2 cup(s)	500 mL
Green pepper, diced	1 pepper	
Red pepper, diced	1 pepper	
Vegetable oil	1 tablespoon(s)	15 mL
Tomato sauce	1 jar (24 ounces)	710 mL
Salt and pepper to taste		
Cheddar cheese	1 cup(s)	250 mL

## How to:

1. Preheat your oven to 350°F.
2. Fill a large saucepot with water and bring to a boil over high heat.
3. Add pasta to boiling water and cook following directions on label.
4. Drain pasta and add to oven safe casserole dish.
5. Clean and chop zucchini, green pepper and red pepper.
6. In a medium pot, add oil and heat over medium heat.
7. Add corn, zucchini, red and green pepper and sauté until vegetables are tender, about 5 minutes.
8. Add tomato sauce to vegetables and bring to a boil. Add salt and pepper to taste.
9. Once tomato sauce is boiling, mix the sauce with the noodles in the casserole dish.
10. Sprinkle top with cheese.
11. Bake for 15 minutes until cheese is melted.

Per Serving—Calories: 503, Fat: 11.9 g, Sodium: 272 mg, Sugar: 7.9 g, Fibre: 11 g  
Excellent Source of Calcium and Vitamin C

Recipe created by Nina Wilson

# Lots of Veggies Spaghetti



Equipment List: 2 large pots, knife, cutting board, grater, measuring cups and spoons, wooden spoon, strainer

Serves 8 (approximate cost/serving = \$4.92)

## What You Need:

Ingredients	Amounts	Metric
Whole wheat spaghetti	1 package(s)	450 g
Lean ground meat	1 pound	500 g
Onion, diced	1 onion	
Green pepper, diced	1 pepper	
Red pepper, diced	1 pepper	
Zucchini, diced	1 zucchini	
Mushrooms, sliced	1 1/2 cup(s)	375 mL
Carrots, grated	2 large carrots	
Frozen chopped spinach, thawed and water squeezed out	1 package	300 g
Thyme	1 teaspoon(s)	5 mL
Oregano	1 teaspoon(s)	5 mL
Basil	1 teaspoon(s)	5 mL
Garlic, crushed or minced	4 cloves	
Crushed tomatoes (28 ounce can)	2 can(s)	875 mL
Diced tomatoes (28 ounce can)	1 can	1750 mL
Salt and pepper to taste		

## How to:

1. Clean and chop onion, peppers, zucchini, mushrooms and grate carrots.
2. In a large pot over medium heat brown ground beef. Drain excess fat.
3. Add onion, green pepper, red pepper, zucchini, mushrooms and carrots and cook until vegetables are tender, about 5 minutes.
4. Add spinach, thyme, oregano, basil, and garlic and cook 2-3 minutes more
5. Add diced tomatoes and crushed tomatoes and reduce heat to low. Simmer for 1 hour or longer to let flavours blend together.
6. Serve over whole wheat spaghetti

Per Serving—Calories: 434, Fat: 4.3 g, Sodium: 578 mg, Sugar: 14.8 g, Fibre: 11.3 g

Adapted for Northern Use from: <http://allrecipes.com/recipe/lots-oveggies-sausage-spaghetti-sauce/>

# Easy Vegetable Lasagna

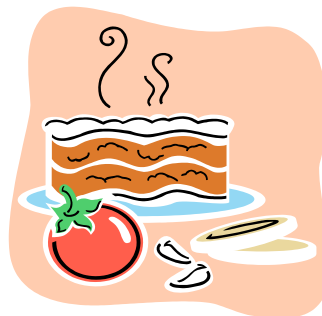
Equipment List: 2 Large pots, medium mixing bowl, grater, 9 X 13 baking pan (cake pan), Wooden spoon, strainer, knife, cutting board, measuring cups and spoons

Serves 12 (approximate cost/serving = \$3.10)

## What You Need:

Ingredients	Amounts	Metric
Whole wheat lasagna noodles	1 package(s) (20 noodles)	450 g
Vegetable oil	2 tablespoon(s)	30 mL
Onion, chopped	1 onion	
Garlic, minced	3 cloves	
Green pepper, diced	1 pepper	
Red pepper, diced	1 pepper	
Zucchini, diced	1 large zucchini	
Mushrooms, sliced	2 cup(s)	500 mL
Spaghetti sauce	6 cup(s)	1500 mL
Cottage cheese (1% or 2%)	2 cup(s)	500 mL
Parmesan Cheese	1/2 cup(s)	125 mL
Frozen chopped spinach, thawed and water squeezed out	1 package	300g
Eggs, beaten	2 eggs	
Milk (1%, 2% or Skim)	1/2 cup(s)	125 mL
Oregano	2 teaspoon(s)	10 mL
Part Skim mozzarella cheese, grated	3 cup(s)	750 mL

Recipe continues next page.



**Nutrition tip: This recipe is an excellent source of calcium that is important for keeping bones and teeth healthy!**

# Easy Vegetable Lasagna

## How to:

1. Preheat your oven to 375°F
2. Fill a large saucepot with water and bring to a boil over high heat.
3. Add lasagna noodles to boiling water and cook for half the time the directions on label states, about 6 minutes. Drain and set aside until ready to use.
4. Clean and chop onion, green pepper, red pepper, zucchini and mushrooms
5. Meanwhile in another large pot, heat oil over medium heat.
6. Add onion, garlic, green pepper and red pepper and sauté until soft, about 3 minutes.
7. Add zucchini and mushrooms to other vegetables and sauté for 3 minutes more.
8. Add spaghetti sauce to vegetables and stir to combine.
9. Bring sauce to a boil and simmer for 7—10 minutes.
10. In a small bowl, beat eggs and milk together.
11. In a medium bowl add cottage cheese, parmesan cheese, spinach, oregano and egg and milk mixture. Stir to combine
12. In the baking dish, spoon a small amount of tomato sauce onto bottom of pan
13. Place 4 noodles on top of sauce.
14. On top of noodles place 1/3 of sauce, then sprinkle with cheese
15. On top of cheese, layer 4 more noodles.
16. On top of noodles, spread the cottage cheese and spinach mixture
17. Layer 4 more noodles
18. Place another 1/3 of spaghetti sauce onto noodles and sprinkle with cheese
19. Layer 4 more noodles
20. Finish lasagna by adding last of spaghetti sauce and sprinkle with remaining cheese.
21. Cover with aluminum foil and bake for 30 minutes. Then remove foil from lasagna and bake for another 10 minutes until cheese is melted.
22. Let lasagna rest for 15 minutes before cutting.

Per Serving—Calories: 331, Fat: 9.3 g, Sodium 738 mg, Sugar: 8.6 g, Fibre: 6.5 g

Excellent Source of Fibre, Vitamin A, Vitamin C and Calcium

Adapted for Northern Use from: <http://kidscooking.about.com/od/dinnerrecipes/r/vegetablelasagn.htm>

And <http://www.robertsplace.ca/recipes/lasagna.htm>

# Pizza Dough

Equipment List: Pizza pan/baking sheet, large mixing bowl, measuring cups and spoons

Serves 6 (approximate cost/serving = \$0.82)

## What You Need:

Ingredients	Amounts	Metric
Warm Water	1 cup(s)	250 mL
Vegetable oil	2 tablespoon(s)	30 mL
Salt	1 teaspoon(s)	5 mL
Flour	2 1/2 cup(s)	625 mL
Sugar	1 teaspoon(s)	5 mL
Yeast (active dry)	1 package	30 mL

## How to:

1. In a large bowl add water, sugar and yeast and stir to dissolve. Let stand about 10 minutes.
2. Stir in flour, salt and oil and mix until combined.
3. On a lightly floured surface, knead dough for 5 minutes.
4. Place dough in a greased bowl and cover with a clean cloth
5. Let dough rise for 10 –15 minutes.
6. Spread dough onto a greased pizza pan.

Use this dough with the Veggie Delight Pizza recipe on Page 21

Per Serving—Calories: 295, Fat: 5.6 g, Sodium: 390 mg, Sugar: 0.8 g, Fibre: 1.4 g

Adapted for Northern Use from: <http://allrecipes.com/recipe/quick-and-easy-pizza-crust/>

**Nutrition tip: It is quick and easy to make your own pizza dough, and healthier too!**

# Veggie Delight Pizza

Equipment List: Pizza pan/baking sheet, grater, knife, cutting board, measuring cups

Serves 6 (approximate cost/serving = \$2.93)

## What You Need:

Ingredients	Amounts	Metric
Pizza crust, unbaked	1	
Pizza sauce	1 cup(s)	250 mL
Cheese, shredded	2 cup(s)	225 g
Broccoli, chopped into florets	1 cup(s)	250 mL
Red pepper, diced	1 cup(s)	250 mL
Mushrooms, sliced	1 cup(s)	250 mL
Tomato, sliced	2	

## How to:

1. Preheat your oven to 350°F.
2. Clean and chop broccoli, red pepper, mushrooms, and tomatoes.
3. Place pizza crust on a pizza pan or baking sheet, and spread pizza sauce evenly over the top.
4. Put the broccoli, red pepper, mushrooms and tomatoes on the pizza.
5. Sprinkle with cheese.
6. Bake in preheated oven for 15 to 20 minutes, until vegetables are tender, and cheese is melted and lightly browned.

Per Serving—Calories: 452, Fat: 20.3 g, Sodium 566 mg, Sugar: 4.4 g, Fibre: 4 g  
Excellent Source of calcium, Vitamin A

Adapted for Northern Use from: <http://www.petitfoodie.com/vegetable-pizza-roll-ups/>

**Nutrition tip: You can use any vegetable you have on these pizzas. You can also try adding drained canned pineapple for a different taste.**

# Veggie Pizza Roll-Ups

Equipment List: Medium square baking dish, rolling pin, knife, cutting board, measuring cups, garlic press

Serves 6 (approximate cost/serving = \$1.22)

## What You Need:

		Serves 6
Ingredients	Amounts	Metric
Pizza crust, unbaked	1	
Low fat cream cheese, at room temperature	1/2 cup(s)	125 mL
Broccoli, chopped into florets	1/2 cup(s)	125 mL
Red pepper, diced	1/2 cup(s)	125 mL
Mushrooms, sliced	1/2 cup(s)	125 mL
Parmesan cheese	1/4 cup(s)	60 mL
Garlic, minced or crushed	2 cloves	

## How to:

1. Preheat your oven to 350°F.
2. Clean and chop broccoli, red pepper and mushrooms.
3. In a large bowl mix together cream cheese, broccoli, red pepper, mushrooms, parmesan cheese and garlic.
4. Roll out pizza dough.
5. Spread veggie mixture onto pizza dough.
6. Roll up dough into a log (like a cinnamon bun).
7. Cut dough log into 1 inch slices.
8. Grease a medium sized square baking dish.
9. Place dough rolls into baking dish, put the cut side down.
10. Bake for 13 - 15 minutes or until golden brown.

Per Serving—Calories: 228, Fat: 6.1 g, Sodium: 634 mg, Sugars: 6.2 g, Fibre: 1.9 g  
Good Source of Vitamin A and Vitamin C

Adapted from: Petit Foodie; <http://www.petitfoodie.com/vegetable-pizza-roll-ups/>

**Nutrition tip: Vitamin C helps our bodies absorb iron which is important for healthy blood and muscles!**



# Fruit Pizza

Equipment List: Pizza pan/baking sheet, large bowl, electric mixer, knife, cutting board, measuring cups and spoons

Serves 6 (approximate cost/serving = \$2.43)

## What You Need:

Ingredients	Amounts	Metric
Pizza crust, unbaked	1	
Low fat cream cheese	1 package (8 ounces)	
White sugar	1/4 cup(s)	
Vanilla extract	2 teaspoon(s)	
Assorted fruit, sliced		

## How to:

1. Preheat your oven to 350°F.
2. Bake pizza crust in preheated oven for 8 to 10 minutes, or until lightly browned.
3. Cool pizza crust.
4. In a large bowl, beat cream cheese with sugar and vanilla until fluffy.
5. Spread cream cheese mixture onto cooled crust.
6. Arrange fruit, (bananas, peaches, frozen fruit etc.), on top of filling.
7. Refrigerate until ready to serve.

Per Serving—Calories: 334, Fat: 8.7 g, Sodium: 167 mg, Sugar: 20.1 g, Fibre: 2.4 g

Adapted for Northern Use from: <http://allrecipes.com/recipe/fruit-pizza-i/>

**Nutrition tip: Any fresh, frozen or canned fruit would be delicious on this pizza. Serve this pizza as a snack or a dessert!**









# Vegetarian Main Dishes

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Baked Chimichangas (Page 82)

Bean and Cheese Enchiladas (Page 81)



# Corn and Bean Tacos

Equipment List: Medium sized pot, knife, cutting board, grater, measuring cups

Serves 6 (approximate cost/serving = \$3.60)

## What You Need:

Ingredients	Amounts	Metric
Whole wheat tortillas	1 package(s)	240 g
Black beans	1 can (19 ounces)	540 g
Zucchini, chopped	1 zucchini	
Frozen corn kernels	1 cup(s)	250 mL
Tomato sauce	1/2 cup(s)	125 mL
Cheddar cheese, grated	1 cup(s)	250 mL
Lettuce, chopped small	2 cup(s)	500 mL
Low fat sour cream	1 cup(s)	250 mL

## How to:

1. Open canned beans and place in a strainer.
2. Rinse beans under cold water.
3. Clean and chop zucchini.
4. In a medium sized pot, add black beans, zucchini, corn and tomato sauce, and bring to a boil over medium heat.
5. When boiling, reduce heat to low and simmer for 8 minutes.
6. Assemble tacos by placing a tortilla on a plate, and place 3 tablespoons of beans and veggie filling into the middle of the tortilla.
7. Top the filling with a small amount of cheese, lettuce and sour cream (if wanted).
8. Roll up tortillas.

Per Serving—Calories: 345, Fat: 11.3 g, Sodium 667 mg, Sugar: 3.7 g, Fibre: 10.2 g  
Excellent Source of Calcium, Fibre and Iron

Adapted for Northern Use from: <http://www.vegetariantimes.com/recipe/tasty-black-beans-and-corn-tacos/>

**Nutrition tip: Iron in your food means healthy blood! Beans are an excellent source of iron.**

# Bean and Veggie Quesadillas

Equipment List: Large cookie sheet, strainer, large non-stick pan, grater, spoon, measuring cups and spoons

Serves 6 (approximate cost/serving = \$2.91)

## What You Need:

Ingredients	Amounts	Metric
Whole wheat tortillas	1 package(s)	240 g
Broccoli chopped into florets	1 cup	250 mL
Green pepper, diced	1 cup	250 mL
Red pepper, diced	1 cup	250 mL
Black beans	1 can (19 ounces)	540 mL
Vegetable oil	1 teaspoon	5 mL
Chili powder	1 tablespoon	15 mL
Reduced-fat cheddar cheese, shredded	1 1/2 cup(s)	170 g
Salt and pepper to taste		

## How to:

1. Preheat oven to 350°F.
2. Place 2 tortillas on a large cookie sheet.
3. Open canned beans and place in a strainer.
4. Rinse beans under cold water .
5. In a large non-stick pan heat oil.
6. Sauté red pepper, green pepper, broccoli and beans until soft. About 3 minutes.
7. Add chili powder, salt and pepper and sauté 1 minute.
8. Add 1/6 of veggie and bean mixture onto one half of each of the tortillas.
9. Sprinkle with cheese.
10. Fold other half of tortilla over vegetable mixture and cheese.
11. Repeat until all filling is used.
12. Bake for 10 minutes until cheese is melted.

Per Serving—Calories: 281, Fat: 8 g, Sodium 472 mg, Sugar: 2.7 g, Fibre: 9.9 g

Excellent Source of Vitamin C, Iron and Fibre

Adapted for Northern Use from: <http://heavenlyhomemakers.com/eat-more-fruits-and-veggies-chicken-veggie-quesadillas>

**Nutrition tip: You can add any kind of vegetables you like to this recipe. Try mushrooms, zucchini, corn kernels, onion or any of your family's favorites!**

# Veggie and Bean Wraps

Equipment List: Large pan, knife, cutting board, grater, measuring cups and spoon, wooden spoon, baking sheet

Serves 6 (approximate cost/serving = \$2.96)

## What You Need:

Serves 6

Ingredients	Amounts	Metric
Whole wheat tortillas	1 package(s)	240 g
Vegetable oil	1 tablespoon(s)	15 mL
Garlic, minced or crushed	2 cloves	
Red pepper, diced	1 cup(s)	250 mL
Green pepper, diced	1 cup(s)	250 mL
Zucchini, diced	1 cup(s)	250 mL
Onion, diced	1 onion	
Ground cumin	2 teaspoon(s)	10 mL
Black beans	1 can (19 ounces)	540 g
Cheddar cheese	1 cup(s)	250 mL

## How to:

1. Preheat your oven to 350°F.
2. In a large pan, heat oil over medium heat.
3. Add garlic, red and green peppers, zucchini and onions and sauté until vegetables are tender, about 8 minutes.
4. Add cumin and sauté 2 minutes.
5. Open canned beans and place in a strainer.
6. Rinse beans under cold water.
7. In a medium bowl mash beans with a fork.
8. Add vegetables and cheese to bowl with mashed beans and mix well.
9. Fill each tortilla with 3 tablespoons of beans and vegetable mixture.
10. Roll up tortillas and place them on a baking sheet with the seam side down.
11. Bake for 10 minutes until filling is heated through.

Per Serving—Calories: 383, Fat: 12.1 g, Sodium 401 mg, Sugar: 4.1 g, Fibre: 12 g  
Excellent source of Fibre and Vitamin C

Adapted for Northern Use from: <http://www.epicurious.com/recipes/food/views/Black-Bean-and-Vegetable-Wraps-5926>



# Speedy Veggie Stir-Fry

Equipment List: Small bowl, knife, cutting board, Large non-stick pan or wok, measuring cups and spoons, garlic press, whisk, wooden spoon

Serves 6 (approximate cost/serving = \$3.49)

## What You Need:

Ingredients	Amounts	Metric
Cauliflower, chopped into florets	1 cauliflower	
Broccoli, chopped into florets	1 broccoli	
Red pepper, diced	1 pepper	
Green pepper, diced	1 pepper	
Baby corn	1 can (15 ounces)	450 mL
Vegetable oil	1 tablespoon(s)	15 mL
Soy sauce	1/3 cup(s)	80 mL
Chicken broth	1/4 cup(s)	60 mL
Vinegar	2 tablespoon(s)	30 mL
Sugar	1 tablespoon(s)	15 mL
Garlic, minced or crushed	2 cloves	
Cornstarch	1 tablespoon	15 mL

## How to:

1. Clean and chop the cauliflower, broccoli, red pepper and green pepper.
2. Open can of baby corn and drain out liquid.
3. In a small bowl, whisk together soy sauce, broth, vinegar, sugar, garlic and cornstarch.
4. Heat olive oil in a large non-stick pan or wok over medium-high heat.
5. Add cauliflower sauté for 5 minutes.
6. Add broccoli, red pepper, green pepper and baby corn to pan with cauliflower and sauté until all vegetables are tender, about 7 minutes.
7. Add soy sauce mixture to pan and coat vegetables.
8. Heat until the sauce becomes thicker, about 2 minutes.
9. Serve over cooked brown rice, or whole wheat pasta.

Per Serving—Calories: 110, Fat: 3.5 g, Sodium: 517 mg, Sugars: 6.5 g, Fibre: 6.4 g  
Excellent Source of Fibre and Vitamin C

Adapted for Northern Use from: [http://www.fortysomething.ca/2012/05/15\\_basic\\_stir\\_fry\\_sauce\\_recipes.php](http://www.fortysomething.ca/2012/05/15_basic_stir_fry_sauce_recipes.php)

# Vegetable Chow Mein

Equipment List: Large pot, strainer, knife, cutting board, measuring cups and spoons, Large non-stick pan or wok, wooden spoon

Serves 6 (approximate cost/serving = \$2.00)

## What You Need:

Ingredients	Amounts	Metric
Egg noodles	1 package	480 g
Red bell pepper, diced	1 pepper	
Green bell pepper, diced	1 pepper	
Mushrooms, sliced	1 cup(s)	250 mL
Soy sauce (use low sodium if possible)	2 tablespoon(s)	30 mL
Sugar	1 teaspoon(s)	5 mL
Vinegar	1 tablespoon(s)	15 mL
Vegetable oil	1 tablespoon(s)	15 mL

## How to:

1. Fill a large saucepot with water and bring to a boil over high heat.
2. Add egg noodles to boiling water and cook following directions on label.
3. Drain noodles when ready.
4. Clean and chop the red pepper, green pepper and mushrooms.
5. Heat olive oil in a large non-stick pan or wok over medium-high heat.
6. Add red pepper, green pepper and mushrooms to hot pan and sauté until vegetables are tender, about 5 minutes.
7. Add cooked noodles to pan and sauté for 2 minutes until noodles are hot.
8. Stir in soy sauce, vinegar and sugar and cook one minute.

Per Serving—Calories: 154, Fat: 4.2 g, Sodium: 206 mg, Sugar: 2.9 g, Fibre: 2.3 g  
Excellent Source of Vitamin C

Adapted for Northern Use from: <http://chinesefood.about.com/od/vegetablesrecipes/r/chowmein.htm>

**Nutrition Tip:** You can use any type of pasta for this recipe. If you don't have egg noodles you can make this recipe with whole wheat spaghetti noodles.

# Bean and Cheese Enchiladas

Equipment List: Blender, medium pot, strainer, large bowl, spoon, measuring cups and spoons, rimmed baking dish

Serves 8 (approximate cost/serving = \$3.13)



## What You Need:

Ingredients	Amounts	Metric
Cottage Cheese (1%)	2 cup(s)	500 mL
Black beans, drained and rinsed	1 can (19 ounces)	19 ounces
Whole wheat tortillas	16 tortillas	
Vegetable oil	2 teaspoon(s)	10 mL
Garlic, minced	3 cloves	
Onion, diced	1 large onion	
Chili powder	4 teaspoon(s)	20 mL
Vinegar	2 tablespoon(s)	30 mL
Crushed tomatoes (canned)	2 cup(s)	500 mL
Vegetable Broth	2 cup(s)	500 mL
Salt and Pepper to taste		

## How To:

1. Preheat oven to 350°F.
2. In a blender, process cottage cheese until smooth. Place cottage cheese into a large bowl.
4. Open canned beans and place in a strainer. Rinse beans under cold water.
5. Add black beans to cottage cheese and mix until combined.
6. In a medium pot, heat oil over medium heat and sauté onion and garlic until soft, about 5 minutes.
7. Add chili powder to onion and garlic and cook 1 minute.
8. Add vinegar, crushed tomatoes and broth and simmer for 5 minutes.
9. Transfer tomato mixture to blender and blend until smooth.
10. Place 1/2 cup of tomato mixture to bottom of rimmed baking dish.
11. Place 2 tablespoons of cottage cheese mixture in the center of a tortilla and roll the tortilla around filling. Place the tortillas seam side down on a rimmed baking dish.
12. Pour remaining tomato sauce onto enchiladas and bake for 8-10 minutes.

Per Serving—Calories: 364, Fat: 4.0 g, Sodium: 689 mg, Sugar: 5.8 g, Fibre: 12.1 g.

Adapted for Northern Use from: <http://www.marthastewart.com/335066/bean-and-cheese-enchiladas>

# Baked Chimichangas



Equipment List: Rimmed baking dish, strainer, large non-stick pan, spoon, measuring cups and spoons

Serves 6 (approximate cost/serving = \$2.27)

## What You Need:

Ingredients	Amounts	Metric
Whole wheat tortillas	6 tortillas	
Vegetable oil	1/2 tablespoon(s)	7.5 mL
Onion, diced	1 onion	
Garlic, minced	3 cloves	
Chili powder	1 1/2 teaspoon(s)	7 mL
Cumin	1/2 teaspoon(s)	2 mL
Diced tomatoes, (drain water or can use fresh tomatoes)	1/2 cup(s)	125 mL
Cilantro, chopped (optional)	2 tablespoon(s)	30 mL
Black beans, drained and rinsed	1 can (19 ounces)	19 ounces
Low fat sour cream	1/4 cup(s)	60 mL
Low fat cheddar cheese	1 cup(s)	250 mL

## How to:

1. Preheat oven to 450°F.
2. Open canned beans and place in a strainer. Rinse beans under cold water.
3. Clean and chop onion and cilantro (if using), drain tomato. Grease a rimmed baking dish.
4. In a medium pan heat oil and sauté onion and garlic until soft, about 5 minutes.
5. Add the chili powder, cumin, and cook for 1 minute. Add chopped tomato and cilantro (if using) to pan and cook about 2 minutes.
6. Add beans and sour cream and cook until mixture heated through.
7. Spread 2/3 cup of black bean mixture in the middle each tortilla and sprinkle with cheese.
8. Fold the tortilla around the mixture and place on the baking dish seam side down.
9. Bake for 8-10 minutes, then flip the chimichangas and bake for another 8-10 minutes.

Per Serving—Calories: 330, Fat: 8.4 g, Sodium: 696 mg, Sugar: 1.5 g, Fibre: 5.3 g

Adapted for Northern Use from: <http://www.foodnetwork.com/recipes/food-network-kitchens/almost-famous-chimichangas-recipe/index.html>

# Broccoli and Pepper Frittata

Equipment List: Medium sized pot, knife, cutting board, grater, measuring cups and spoons, medium bowl, whisk, large pan and lid to fit pan

Serves 6 (approximate cost/serving = \$1.99)

## What You Need:

Ingredients	Amounts	Metric
Water	1/2 cup(s)	125 mL
Broccoli, chopped into florets	2 cup(s)	500 mL
Cauliflower, chopped into florets	1 cup(s)	250 mL
Onion, diced	1 onion	
Red pepper, thinly sliced	1 cup(s)	250 mL
Vegetable oil	1 tablespoon(s)	15 mL
Eggs	5 large	
Milk	2 tablespoon(s)	30 mL
Salt	1/4 teaspoon(s)	1 mL
Cheddar cheese	1/2 cup(s)	125 mL

## How to:

1. Clean and chop broccoli, cauliflower, onion and red pepper.
2. In a medium pot add chopped broccoli, cauliflower and water and boil for 2 minutes.
3. Drain broccoli and cauliflower in a strainer.
4. In a large oven-safe pan heat oil over medium heat.
5. Add onion, red pepper broccoli and cauliflower and sauté until soft, about 3 minutes.
6. In a medium bowl, whisk together eggs, milk and salt until well blended.
7. Reduce heat on pan to medium low and pour egg mixture over top. Stir to combine everything.
8. Place a lid over top of pan and cook for 15 minutes until eggs are no longer runny. (If your pan doesn't have a lid, use a lid from a large pot).
9. Sprinkle with cheese and let stand for 10 minutes.

Per Serving—Calories: 123, Fat: 6.8 g, Sodium 323 mg, Sugar: 3.1 g, Fibre: 2.7 g  
Excellent Source of Vitamin C, Vitamin A and Calcium

Adapted for Northern Use from: <http://www.smartbalance.com/recipes/fresh-broccoli-and-red-pepper-frittata>

# Bean Chili

Equipment List: Large pot, knife, cutting board, measuring cups, vegetable peeler, wooden spoon

Serves 6 (approximate cost/serving = \$4.35)

## What You Need:

Serves 6

Ingredients	Amounts	Metric
Celery, diced	4 stalks	
Onion, diced	1 onion	
Red pepper, diced	1 pepper	
Green pepper, diced	1 pepper	
Vegetable oil	1 tablespoon(s)	15 mL
Diced tomatoes	1 can (28 ounces)	840 mL
Tomato sauce	1 jar (24 ounces)	710 mL
Black beans	1 can (19 ounces)	540 mL
Kidney beans	1 can (15 ounces)	450 mL
Frozen corn kernels	2 cups(s)	500 mL
Water	1 1/2 cups	375 mL
Chili powder	2 tablespoon(s)	30 mL
Garlic, minced or crushed	2 cloves	
Salt and pepper to taste		

## How to:

1. Wash a dice onion, celery, red and green peppers.
2. Open canned black bean and kidney beans and place in a strainer.
3. Rinse beans under cold water.
4. In a large pot, heat oil over medium heat.
5. Add onion, celery, red and green peppers and sauté until vegetables soft, about 5 minutes.
6. Add diced tomatoes, tomato sauce, black beans, kidney beans, corn and water.
7. Bring to a boil.
8. Add chili powder, garlic and season with salt and pepper to taste. Reduce heat to low and simmer for 15 minutes.

Per Serving—Calories: 349, Fat: 4.7 g, Sodium 347 mg, Sugar: 15.1 g, Fibre: 9.9 g  
Excellent Source of Vitamin C, Iron and Fibre

Adapted for Northern Use from: <http://allrecipes.com/recipe/easy-homemade-chili/>









# Fish, Meat and Poultry

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# Baked Whitefish

Equipment List: 1 baking pan or cookie sheet, knife, cutting board, measuring spoons

Serves 4 (approximate cost/serving = \$4.25)

## What You Need:

Ingredients	Amounts	Metric
Whitefish, fillets	2 fillets	
Lemon	2 lemons	
Margarine	1 teaspoon(s)	5 mL
Pepper	1 teaspoon(s)	5 mL
Salt	1/2 teaspoon(s)	2 mL

## How to:

1. Preheat oven to 350°F.
2. Place fillets into a baking dish.
3. Sprinkle fillets with 1/2 teaspoon of pepper and 1/4 teaspoon of salt, and the juice of half a lemon each.
4. Slice the other lemon into thin slices.
5. Add 1/2 teaspoon of margarine onto each fillet.
6. Place lemon slices on top of fillets.
7. Bake whitefish fillets for 20 minutes.

Per Serving—Calories: 290, Fat: 6.6 g, Sodium: 389 mg, Sugars: 3.3 g, Fibre: 2.5 g

### Excellent Source of Vitamin C

Adapted for Northern Use from: Great Food for Northern Cooks, Yellowknife Health and Social Services, NWT Literacy Council and NWT Canada Prenatal Nutrition Program



# Moose Stew

Equipment List: Large pot, knife, cutting board, measuring cups and spoons, vegetable peeler, whisk, wooden spoon, small bowl

Serves 8 (approximate cost/serving = \$1.97)

## What You Need:

Ingredients	Amounts	Metric
Moose Meat (can use any wild meat or stewing beef )	1 1/2 pounds	
Vegetable oil	1 tablespoon(s)	15 mL
Onion, diced	1 onion	
Celery, diced	2 stalks	
Carrots, diced	3 carrots	
Potatoes, diced	2 medium potatoes	
Turnip, diced	1 1/2 cup(s)	375 mL
Water	3 1/2 cup(s)	875 mL
Condensed tomato soup, low sodium if possible	1 can (10.5 ounces)	330 mL
Flour	2 tablespoon(s)	30 mL
Salt and pepper to taste		

## How to:

1. Wash a dice onion and celery. Peel and dice carrots, potatoes and turnip.
2. In a large pot, heat oil over medium heat. Add moose meat and sauté until all sides are browned.
3. Add onion and celery and sauté until vegetables soft, about 5 minutes.
4. Add 3 cups water and condensed tomato soup to meat and vegetables in pot.
5. Add carrots, potatoes, and turnip into pot.
6. Simmer on low for 30 minutes until potatoes and carrots are soft, and longer if possible so that meat is tender.
7. In a small bowl, whisk together 1/2 cup cold water and flour until smooth.
8. Add flour and broth to stew pot and stir to combine. Bring to a boil and let thicken.
9. Add salt and pepper to taste.

**Per Serving—Calories: 389, Fat: 9.4 g, Sodium: 668 mg, Sugar: 6.5 g, Fibre: 7.7 g  
Excellent Source of Vitamin A, Iron and Fibre**

Adapted for Northern Use from: Great Food for Northern Cooks, Yellowknife Health and Social Services, NWT Literacy Council and NWT Canada Prenatal Nutrition Program

# Easy Stew

Equipment List: Large pot, knife, cutting board, measuring cups, vegetable peeler, whisk, wooden spoon

Serves 8 (approximate cost/serving = \$3.83)

## What You Need:

Ingredients	Amounts	Metric
Stewing meat (can use wild meat or stewing beef )	2 cup(s)	500 mL
Vegetable oil	1 tablespoon(s)	15 mL
Onion, diced	1 onion	
Celery, diced	4 stalks	
Carrots, diced	4 carrots	
Potatoes, diced	4 medium potatoes	
Mushrooms, sliced	1 cup(s)	250 mL
Beef broth	6 cups	1500 mL
Frozen corn kernels	1 1/2 cup(s)	375 mL
Frozen peas	1 1/2 cups	375 mL
Frozen beans	1 1/2 cup(s)	375 mL
Salt and pepper to taste		
Flour	1/4 cup	60 mL

1. Wash a dice onion, celery, and mushrooms. Peel and dice carrots and potatoes.
2. In a large pot, heat oil over medium heat. Add stewing meat and sauté until all sides are browned.
3. Add onion and celery and sauté until vegetables soft, about 5 minutes.
4. Add broth to meat and vegetables in pot.
5. Add carrots, potatoes, mushrooms, corn, peas and beans into pot.
6. Simmer on low for 1 hour until potatoes and carrots are soft, and longer if possible so that meat is tender.
7. Remove 1/2 cup broth from pot and place into a small bowl. Add flour to broth in bowl and whisk until smooth.
8. Add flour and broth to stew pot and stir to combine. Bring to a boil and let thicken.

Per Serving—Calories: 389, Fat: 9.4 g, Sodium: 668 mg, Sugar: 6.5 g, Fibre: 7.7 g  
Excellent Source of Fibre, Iron and Vitamin A

Recipe created by Nina Wilson

# Spinach and Broccoli Stuffed Chicken

Equipment List: 1 baking pan or cookie sheet, large bowl, knife, cutting board, measuring cups and spoons, parchment paper, plastic wrap, kitchen mallet or frying pan

Serves 6 (approximate cost/serving = \$6.21)

## What You Need:

Ingredients	Amounts	Metric
Chicken breasts (boneless, skinless)	6 breasts	
Red onion, finely chopped	1/3 onion	
Garlic, minced	6 cloves	
Frozen spinach, thawed	1 package	300 g
Broccoli, chopped into florets	1 cup(s)	250 mL
Feta cheese	1/2 container	100 g
Greek yogurt, plain	2 cup(s)	500 mL
Salt	1/4 teaspoon(s)	1 mL
Pepper	1/4 teaspoon(s)	1 mL
Dried basil	1 teaspoon(s)	5 mL

## How to:

1. Preheat oven to 400°F.
2. On a cutting board, place a piece of plastic wrap over top of the chicken breasts and pound out using a kitchen mallet or pan until each breast is about 1/4 inch thick.
3. Thaw spinach and squeeze out any water. Place spinach in a large bowl.
4. Wash and chop broccoli, onion and garlic and add to bowl with spinach.
5. Add feta cheese, yogurt, to bowl with veggies and mix until everything is combined.
6. Divide veggie and cheese mixture onto each chicken breast.
7. Fold chicken over cheese mixture and place each breast seam side down onto a baking sheet lined with parchment paper.
8. Sprinkle chicken with salt, pepper and basil and bake for 30 minutes.

Per Serving—Calories: 290, Fat: 6.6 g, Sodium: 389 mg, Sugars: 3.3 g, Fibre: 2.5 g

**Excellent Source of Vitamin A and good source of Vitamin C**

Adapted for Northern Use from: <http://busyfoodie.wordpress.com/2013/03/02/spinach-and-broccoli-stuffed-chicken/>

# Meatballs

Equipment List: large bowl, cookie sheet, wooden spoon,

Serves 6 (approximate cost/serving = \$1.43)

## What You Need:

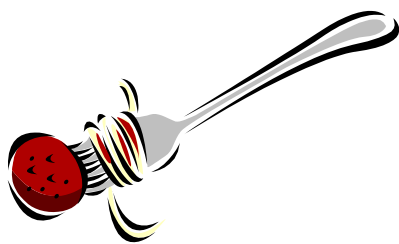
Ingredients	Amounts	Metric
Ground Meat (can use moose, caribou, musk-ox, or any other meat you have available)	1 pound	16 ounces
Egg	1 egg	
Water	2 tablespoon(s)	30 mL
Bread crumbs	1/2 cup(s)	125 mL
Onion, minced	1/4 cup(s)	60 mL
Garlic, minced or crushed	2 cloves	
Salt	1/4 teaspoon(s)	1 mL
Pepper	1/4 teaspoon(s)	1 mL

## How to:

1. Preheat oven to 350°F.
2. Wash and mince onion
3. In a large bowl mix ground meat, egg, water bread crumbs, onion, garlic, salt and pepper until combined.
4. Roll mixture into ball about 1 inch in diameter
5. Place on a cookie sheet covered with greased tin foil
6. Bake for 25 - 30 minutes until no longer pink in the middle

Per Serving—Calories: 145, Fat: 4.3 g, Sodium: 151 mg, Sugars: 0.9 g, Fibre: 0.5 g

Adapted for Northern Use from: <http://busycooks.about.com/od/groundbeefrecipes/r/easymeatballs.htm>



# Easy Shepherd's Pie

Equipment List: Large pot, medium pot, knife, cutting board, measuring cups, vegetable peeler, wooden spoon, casserole dish, potato masher

Serves 6 (approximate cost/serving = \$3.50)

## What You Need:

Ingredients	Amounts	Metric
Potatoes, diced	4 medium potatoes	
Margarine	1 tablespoon(s)	15 mL
Milk	2 tablespoons(s)	30 mL
Ground meat (you can use caribou, musk-ox, moose, or any other ground meet you have available)	1 pound	450 g
Onion, diced	1 onion	
Celery, diced	4 stalks	
Mushrooms, sliced	1 1/2 cup(s)	375 mL
Carrot, diced	4 medium carrots	
Frozen corn kernels	1 cup(s)	250 mL
Frozen peas	1 cup(s)	250 mL
Frozen beans	1 cup(s)	250 mL
Beef broth	1/2 cup(s)	125 mL
Salt and pepper to taste		

Recipe continues next page.

**Nutrition tip: This recipe would be very tasty using vegetables grown in your own garden. Growing your own vegetables can help you eat healthy and save money!**



# Easy Shepherd's Pie

## How to:

1. Preheat your oven to 400°F.
2. Peel and dice potatoes.
3. In a large pot of water add potatoes and boil until potatoes are soft, about 20 minutes.
4. Drain potatoes and return to pot.
5. Add margarine and milk and mash potatoes until smooth. Set aside.
6. Meanwhile clean and chop onion celery and mushrooms, and peel and chop carrots.
7. In a medium pot, heat oil over medium heat.
8. Add ground meat and cook until no longer pink. Drain off fat.
9. Add onion, celery, mushrooms and carrots and sauté until vegetables are tender, about 10 minutes.
10. Add corn, peas and beans and broth and cook on low heat for 10 minutes, stirring occasionally.
11. Place beef mixture into a baking dish.
12. Spread mashed potatoes over beef mixture.
13. Bake for 30 minutes until bubbling.

**Per Serving—Calories: 345, Fat: 8.2 g, Sodium: 183 mg, Sugar: 6.9 g, Fibre: 6.2 g  
Excellent Source of Fibre and Vitamin A, Good source of Iron and Vitamin C**

Adapted for Northern Use from: [http://www.simplyrecipes.com/recipes/easy\\_shepherds\\_pie/](http://www.simplyrecipes.com/recipes/easy_shepherds_pie/)

**Nutrition tip: This recipe is easy to double if you have the ingredients available. Make one casserole for tonight and make another casserole and put it in the freezer for another night.**



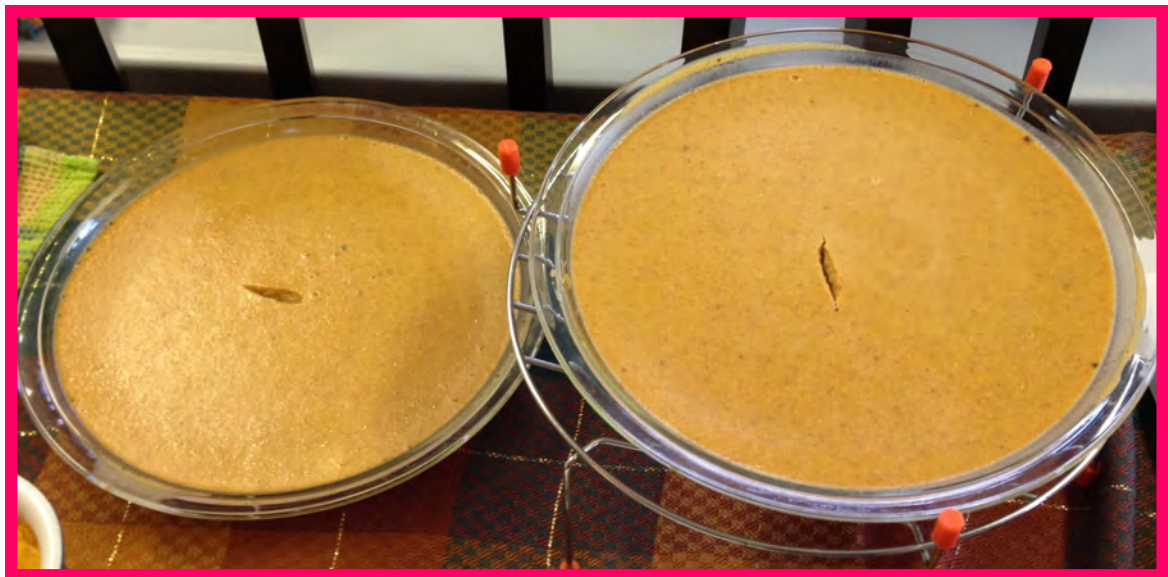




# Desserts and Baked Goods

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Pumpkin Cheesecake (Page 107)

# Honey Yogurt Fruit Dip

Equipment List: Bowl, knife, cutting board, spoon, measuring cups/spoons

Serves 8 (approximate cost/serving = \$0.98)

## What You Need:

Ingredients	Amounts	Metric
Vanilla yogurt (non fat)	2 cup(s)	500 mL
Honey	1/4 cup(s)	60 mL
Ground cinnamon	1 teaspoon(s)	5 mL
Assorted fruit, cut into large pieces		

## How to:

1. In a small bowl, stir together the yogurt, honey and cinnamon.
2. Refrigerate.
3. Serve with fruit such as grapes, apples, oranges, and bananas.

Per Serving (dip only) - Calories: 60, Fat: 0 g, Sodium: 25 mg, Sugar: 11 g, Fibre: 0.2 g

Adapted for Northern Use from: rachaelraymag.com.



# Fruit Kabobs with Yogurt Dip

Equipment List: Bowl, knife, cutting board, spoon, skewers, measuring cups/spoons

Serves 6 (approximate cost/serving = \$2.76)

## What You Need:

Ingredients	Amounts	Metric
Vanilla yogurt (non fat)	1 1/2 cup(s)	250 mL
Brown sugar	1 tablespoon(s)	15 mL
Lemon juice	1/4 teaspoon(s)	1 mL
Assorted fruit, cut into large pieces		

## How to:

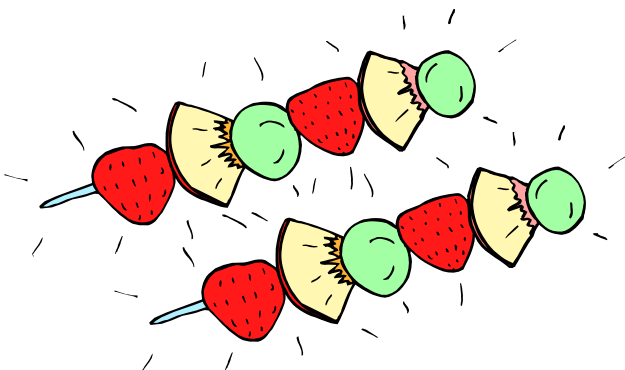
1. In a bowl, mix together yogurt, brown sugar and lemon juice.
2. Refrigerate.
3. Serve with fruit such as grapes, apples, oranges, and bananas.

Fruit can be threaded onto skewers to make kabobs or left as pieces.

Per Serving (dip only) - Calories: 32, Fat: 0 g, Sodium: 25 mg, Sugar: 3.8 g, Fibre: 0 g

Adapted for Northern Use from: <http://www.food.com/recipe/yogurt-dip-for-fruit-378378>

**Nutrition tip: Yogurt is a good source of calcium. Calcium is important to keep bones and teeth strong and healthy!**



# Fruit and Yogurt Parfaits

Equipment List: Small bowl, knife, cutting board, spoon, measuring cups/spoons

Serves 4 (approximate cost/serving = \$2.79)

## What You Need:

Ingredients	Amounts	Metric
Vanilla yogurt (non-fat)	2 cup(s)	500 mL
Frozen berries (blueberries, strawberries, raspberries or other)	3 cup(s)	750 mL

## How to:

1. In a small clear glass place a 2 tablespoon of berries.
2. Top with 2 tablespoons of yogurt.
3. Repeat layers of berries and yogurt until glass is full.
4. Refrigerate until ready to serve.

*Can top with 1/4 cup granola or nuts if you would like to add some crunch.*

Per Serving—Calories: 115, Fat: 0.7 g, Sodium: 51 mg, Sugar: 14.5 g, Fibre: 3.1 g  
Source of Fibre

Adapted for Northern Use from: [foodnetwork.com](http://foodnetwork.com).

**Nutrition tip: You can use any combination of fresh, frozen or canned fruit in this recipe. Try making the parfaits with different layers of colour using different coloured fruit!**





# Sunshine Parfaits

Equipment List: Small bowl, knife, cutting board, spoon, measuring cups/spoons

Serves 4 (approximate cost/serving = \$4.10)

## What You Need:

Ingredients	Amounts	Metric
Vanilla yogurt (non-fat)	2 cup(s)	500 mL
Lime juice (optional)	2 teaspoon(s)	10 mL
Cayenne pepper (optional)	pinch(s)	
Canned fruit, drained (tropical fruit salad works well in this recipe)	2 cans	450 mL (each)
Banana, sliced	2	

## How to:

1. In a small bowl, stir together yogurt, lime juice (if using), cayenne pepper (if using) and drained canned fruit.
2. Place 1/2 of a banana into a tall glass.
3. Spoon 1/2 cup yogurt mixture over the banana.
4. Refrigerate until ready to serve.

Can top with 1/4 cup granola or nuts if you would like to add some crunch.

**Per Serving—Calories: 254, Fat: 0.2 g, Sodium: 69 mg, Sugar: 45.1 g, Fibre: 3.4 g  
Excellent Source of Vitamin C**

Adapted for Northern Use from: <http://www.foodnetwork.com/recipes/semi-homemade-cooking-with-sandra-lee/tropical-fruit-parfait-recipe/index.html>

**Nutrition tip: When buying canned fruit, look for the varieties that are packed in 100% fruit juice, or packed in water. Avoid canned fruit packed in syrup, it has added sugar.**

# Peachy Blueberry Cobbler

Equipment List: Baking sheet, large bowl, knife, cutting board, measuring cups and spoons, garlic press, large pot, blender or potato masher

Serves 6 (approximate cost/serving = \$2.50)

## What You Need:

Ingredients	Amounts	Metric
Flour (regular or whole wheat)	1 1/2 cup(s)	375 mL
Sugar	3/4 cup	200 mL
Baking powder	3 teaspoon(s)	15 mL
Milk (1% or skim)	1 cup(s)	250 mL
Blueberries (frozen or fresh)	2 cup(s)	500 mL
Peaches, chopped (drained if using canned)	2 cup(s)	500 mL

## How to:

1. Preheat your oven to 350°F.
2. Drain canned peaches and chop into small pieces.
3. In a large bowl, mix peaches and blueberries together. Set Aside.
4. In a second large bowl, mix together flour, sugar and baking powder.
5. Add milk to flour mixture and mix well.
6. Spray a large casserole dish with non-stick cooking spray or grease with a small amount of margarine or oil.
7. Pour milk and flour batter into casserole dish.
8. Pour fruit on top of the batter in the casserole dish.
9. Bake for 1 hour.

Per Serving—Calories: 302, Fat: 0.9 g, Sodium: 23 mg, Sugar: 43.1 g, Fibre: 3.1 g

Adapted for Northern Use from: <http://www.food.com/recipe/blueberry-peach-cobbler-18358>

**Nutrition Tip:** You can use frozen or fresh blueberries in this recipe and frozen, fresh or canned peaches. Just use what you have on hand!



# Full of Fruit Carrot Cake

Equipment List: 13 X 9 baking dish, small bowl, large bowl, whisk, hand mixer, wooden spoon, measuring cups and spoons

Serves 6 (approximate cost/serving = \$2.44)

## What You Need:

Ingredients	Amounts	Metric
Flour	1 cup(s)	250 mL
Whole wheat flour	1/2 cup(s)	125 mL
Baking powder	1 teaspoon(s)	5 mL
Baking soda	1/2 teaspoon(s)	2 mL
Cinnamon	1 teaspoon(s)	5 mL
Ginger (ground)	1 teaspoon(s)	5 mL
Egg	3	
Vegetable oil	1/4 cup(s)	60 mL
Unsweetened applesauce	1/4 cup(s)	60 mL
Brown sugar, lightly packed	1 cup(s)	250 mL
Vanilla	1 teaspoon(s)	5 mL
Carrots, grated	2 cup(s)	500 mL
Raisins	1/2 cup(s)	125 mL
Pineapple tidbits, drained	1 cup(s)	250 mL
Walnuts, chopped (optional)	1/2 cup(s)	125 mL

## How To:

1. Preheat your oven to 375°F.
2. Lightly grease a 13 X 9 baking pan, or you can line the pan with parchment paper.
3. In a small bowl, mix flour, whole wheat flour, baking powder, baking soda, cinnamon, and ginger together.
4. In a large bowl add eggs, oil, applesauce, brown sugar and vanilla. Beat with a whisk until well combined. May use a hand blender if you would like.
5. Fold the flour mixture into the egg and sugar mixture.
6. Stir in carrots, pineapple, raisins and walnuts (is using).
7. Pour into greased pan.
8. Bake for 30-35 minutes, until a toothpick inserted into the centre comes out clean.

Per Serving—Calories: 265, Fat: 9.8 g, Sodium: 98 mg, Sugar: 22.5 g, Fibre: 2.6 g

Adapted for Northern Use from: Families on a Smart Budget: Participant's Handbook

# Blueberry Banana Bread

Equipment List: loaf pan, small bowl, large bowl, whisk, hand mixer, wooden spoon, measuring cups and spoons

Serves 6 (approximate cost/serving = \$1.25)

## What You Need:

Ingredients	Amounts	Metric
Flour	1 cup(s)	250 mL
Whole wheat flour	1/2 cup(s)	125 mL
Sugar	1/2 cup(s)	125 mL
Baking powder	2 1/2 teaspoon(s)	12 mL
Oats	1/2 cup(s)	125 mL
Egg	2	
Unsweetened applesauce	1/2 cup(s)	125 mL
Very ripe bananas, mashed	3	
Blueberries	1 cup(s)	250 mL

## How To:

1. Preheat your oven to 350°F.
2. Lightly grease a loaf pan.
3. In a large bowl, mix together flour, whole wheat flour, baking powder and oats.
4. In a small bowl whisk together eggs, sugar, applesauce and bananas.
5. Add banana mixture to flour mixture and stir until mixed.
6. Add blueberries and stir into batter.
7. Pour into loaf pan.
8. Bake for one hour, until a toothpick inserted into the centre comes out clean.

Per Serving—Calories: 291, Fat: 1.4 g, Sodium: 155 mg, Sugar: 28.0 g, Fibre: 5.1 g

Adapted for Northern Use from: <http://www.food.com/recipe/healthy-blueberry-banana-bread-93426>



# Pumpkin Cheesecake

Equipment List: Large bowl, large baking dish with high sides, medium bowl, spatula, measuring cups and spoons, 9 inch cake pans (2 pans), electric beater or whisk

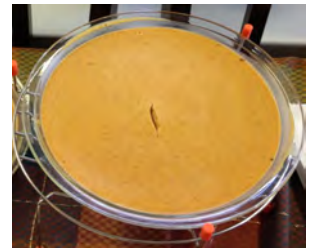
Serves 16 (approximate cost/serving = \$1.06)

## What You Need:

Ingredients	Amounts	Metric
Low fat cream cheese	1 package	8 ounces
Sugar	1 cup(s)	250 mL
Eggs	8 large eggs	
Vanilla	1 teaspoon(s)	5 mL
Cinnamon	2 teaspoon(s)	10 mL
Nutmeg	1/2 teaspoon(s)	2 mL
Cloves	1/4 teaspoon(s)	1 mL
Ground ginger	1/2 teaspoon(s)	2 mL
Pumpkin Puree	1 cup(s)	250 mL
Greek yogurt (0%)	1 cup(s)	250 mL

## How to:

1. Preheat oven to 300°F.
2. Fill a kettle or pot with water and put on stove to boil.
3. In a medium bowl blend together the cream cheese and sugar.
4. Add eggs and beat after each one is added. Add in vanilla, cinnamon, nutmeg, cloves and ginger and beat until combined.
5. In a separate bowl, mix together pumpkin puree and Greek yogurt.
6. Add pumpkin mixture to cream cheese mixture and mix until fully combined.
7. Place mixture into greased cake pans and place pans in baking dish. Fill baking dish with boiling water until the bottom of the pan has about 1/2 inch water.
8. Bake for 15– 20 minutes until a knife inserted into the centre of the cake comes out clean.



Per Serving—Calories: 109, Fat: 3.3 g, Sodium: 104 mg, Sugar: 14.5 g, Fibre: 0.2 g

**Good Source of Vitamin A**

Adapted for Northern Use from: <http://www.shape.com/blogs/healthy-eating/fit-foodies/pumpkin-cheesecake-recipe-greek-yogurt>

**Nutrition tip: Pumpkin is a good source of Vitamin A which is good for healthy eyes!**

# Fruity Breakfast Burritos

Equipment List: 2 small bowls, pastry brush, measuring cups, baking sheet

Serves 6 (approximate cost/serving = \$1.98)

## What You Need:

Ingredients	Amounts	Metric
Whole wheat tortillas	1 package(s)	240 g
Yogurt (vanilla or fruit flavoured)	1 1/2 cup(s)	375 mL
Frozen berries (blueberries, strawberries, raspberries or combination of 2 or 3)	1 1/2 cup(s)	375 mL
Sugar	2 tablespoon(s)	30 mL
Cinnamon	1 teaspoon(s)	5 mL
Margarine, melted	2 tablespoon(s)	30 mL

## How to:

1. In a small bowl mix sugar and cinnamon together.
2. Melt margarine in a separate small bowl in the microwave.
3. With a pastry brush, spread melted margarine onto one side of tortilla.
4. Sprinkle tortilla with margarine with sugar and cinnamon mixture.
5. Place tortilla on work surface with sugar side facing down.
6. Spread 1/2 cup yogurt down center of tortilla.
7. Place 1/2 cup of berries on top of yogurt.
8. Wrap tortillas tightly.
9. Place tortillas on a baking sheet.
10. Place baking sheet in freezer for 30 minutes or until yogurt is frozen.

Per Serving—Calories: 192, Fat: 5.1 g, Sodium: 171 mg, Sugar: 9.8 g, Fibre: 3.8 g

Adapted for Northern Use from: <http://onceamonthmom.com/fruity-breakfast-burritos/>

**Nutrition tip: You can make these breakfast burritos ahead of time and keep them in the freezer. Just take one out of the freezer for a quick breakfast or snack!**









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