

2019 Recipe Booklet

Wellness@Work
HEALTHY
RECIPE CONTEST



We asked employees to submit their favourite healthy recipes! Try out one of the recipes below and let us know what you think! Use the hashtag #WellnessatUofG.



Yummy Guacamole and Quinoa Sweet Potato Boats

Submitted by: Brittany Dubbeldam

Ingredients:

- 2 large sweet potatoes
- 1 tablespoon olive oil
- ¼ cup chopped red onion
- ¼ cup chopped bell pepper
- ½ cup frozen corn
- ½ cup cooked quinoa
- 1 cup canned black beans drained and rinsed
- 1 tablespoon chili powder
- 1 teaspoon cumin
- ½ teaspoon smoked paprika
- Sea salt to taste



Method:

1. Preheat the oven to 400 ° F. Place sweet potatoes on a baking sheet and prick with a fork. Place in the oven and bake for 40 minutes.
2. Meanwhile, heat the oil in a large skillet. Add the onion and pepper and sauté until tender, about 5 minutes.
3. Add corn, quinoa, black beans and spices and cook 2-3 more minutes.
4. When sweet potatoes are fork tender, remove from oven and let rest for 5 minutes. Slice in half and place each half on a plate. Top with quinoa mixture, avocado and a drizzle of your favourite sauce (I use both tahini and hot sauce).
5. Finish with a sprinkle of cilantro and enjoy!

Please note: You can also crack an egg into the sweet potato under the mixture and cook for another 3-5 minutes if you'd like to add more protein!

Rationale:

I am in LOVE with this recipe- and have had great feedback when sharing with my friends and family! It is easy to make in large quantities and it is so filling! You benefit from the high-fibre quinoa and beans as well as the obvious yumminess of the sweet potato and avocado blend that is to die for! You get your healthy fats, vitamin-rich minerals and antioxidants, so I believe this meal can promote good gut health. The BEST part about this recipe is that it is adaptable. If you prefer meat in your meals, you can add any sliced/ground meat. Or if you desire a breakfast version, I like to crack an egg on top.

Source:

I have modified this recipe from a few different sources including one from family. Kayla Itsines has a version with only veggies and egg instead; however, I love the added fibre given from the beans and quinoa, and I find this version more filling for a lunch meal.

One Pot Chicken Quinoa Sweet Potato Boats

Submitted by: Patricia Hass

Ingredients:

- 1 – 2 tbsp oil
- 2 garlic cloves pressed or cut small
- ½ red pepper, cut in cube
- ½ yellow pepper cut in cubes
- 1 lb ground chicken
- 1 tbsp dill (fresh/paste)
- 1 tbsp Harissa spice (can be bought at Zehrs)
- 1 cup diced canned tomatoes
- 1 ½ cup cooked Quinoa
- 4 cup spinach, chopped
- ½ cup feta, crumbled



Method:

1. Heat oil in large pan on med-high heat, add onion, peppers and minced garlic, cook until onion softens.
2. Add ground chicken and season with salt and pepper, cook until no longer pink.
3. Once chicken is cooked turn heat down and mix in chopped spinach leaves, dill, harissa spice, tomatoes and cooked quinoa.
4. Mix until spinach is wilted and everything is heated.
5. Top with feta cheese and serve.

Rationale:

It is fast and easy to make with ingredients that are healthy choices (such as chicken, spinach and quinoa).

It also has ingredients that can be easily substituted to suit those that are vegetarian by incorporating more vegetables, chickpeas or tofu.

Source:

It is a recipe that was posted to social media by my daughter's friend who is a Registered Dietitian, that I tweaked a bit to incorporate a bit more of my own preferred flavours.

Smashed Avocado Toast with Egg

Submitted by: Wida Paikar

Ingredients:

- 1 slice of bread, toasted
- 1/2 ripe medium avocado
- Small squeeze fresh lemon juice
- 1 hard-boiled egg
- Favourite pepper blend
- Drizzle extra-virgin olive oil
- Salt for taste



Method:

1. Use a fork to smash the avocado down onto the toasted bread slice.
2. Scatter a small squeeze of lemon juice over the avocado.
3. Slice the hard-boiled egg into coins, and then place them on top of the smashed avocado.
4. Finish by sprinkling a little pepper, salt, and a very light drizzle of olive oil on top of the egg.

Rationale:

This recipe is healthy and packed with protein. Avocados have potassium, dietary fiber and healthy fats that promotes healthy heart and reduces high blood pressure. Avocados also contain Vitamin A,B,C,E, and K.

Eggs are inexpensive and a good source of high quality protein and other minerals such as zinc, iron and copper. Eggs promote heart health, brain development and protect bones.

Source:

I came across this recipe a while ago while browsing through healthy lifestyles on Instagram. I have also seen many influencers in Instagram that integrate this as part of their daily breakfast routine.

Brown Lentil Salad

Submitted by: Gausiya Khan

Ingredients:

- 2 cups brown lentils (soaked & boiled or canned). Personally, I hate preservatives so I prefer doing the prep.
- 1/2 cup fresh parsley or coriander leaves
- Chopped 1/2 cup fresh mini or cherry tomatoes or any diced tomatoes 1/2 cup fresh diced cucumber
- 1/4 cup olive oil or avocado oil as preferred
- 6-7 tbsp fresh lemon juice, or more to taste
- 1/4 tsp sea salt or salt to taste
- 1/8 tsp cayenne pepper or pepper flakes

Method:

If not using canned lentils: Soak lentil for minimum 2 hours (Soaking lentils helps it cook faster, less consumption of gas or electricity). Then, boil it in 6 cups of water with ¼ teaspoon of salt or to taste. Boil it until tender but not overly soft. Drain lentils, and then rinse with cold water. Drain well.

If using canned lentils: Just run the lentils in cold water and drain well.

Place lentils in a mixing bowl. In a small bowl, whisk together olive oil, fresh lemon juice, sea salt (if not added earlier) and cayenne pepper. Pour the dressing over the lentils and add fresh chopped parsley, cucumber and tomatoes to the bowl. Stir all ingredients together with a fork until the lentils are evenly coated with dressing and the parsley, cucumber and tomatoes is dispersed throughout.

Refrigerate in a covered container for about 30 minutes, or until chilled. Serve.

If you prefer to store it for some time, do not add tomatoes and cucumber, then it will last for 4-6 days in the refrigerator in a sealed airtight container.

Rationale:

All ingredients in this recipe are healthy. Brown lentils are highly nutritious and are beneficial for heart health. The fibre, folic acid, and potassium in lentils all support heart health. Lentils also add essential vitamins, minerals, and fibre to the diet, and they provide protein and sustenance that can replace meat in meals and full of protein.

Tomatoes, cucumber, parsley are all good sources of vitamins too especially A & C. Olive oil is antioxidant.

Source:

Lentil rice, a specialty rice is a delicacy of our culture cooked with minced meat. However, on my journey to eat healthy I removed the rice and the meat and converted it into a simple salad dish. Although a salad, I eat it as a main dish because it is healthy, easy to prepare and refrigerate. It is a full main course dish for lunch in office or dinner for my kids, especially my teenager, with baked or fried fish.

Eggroll in a Bowl

Submitted by: Heidi Muller

Ingredients:

- 1 lb lean ground chicken (or turkey or pork)
- 4 cloves garlic, minced
- 1 T fresh ginger, minced (use jarred to make this easy – often found in the spice aisle!)
- 1 medium yellow onion, thinly sliced
- 1 bag of coleslaw mix (14oz)
- 1 cup cooked brown rice
- 3 T low sodium liquid aminos or soy sauce
- 2 t rice wine vinegar
- Sliced green onions, for garnish
- Sesame seeds, for garnish
- Hot sauce, optional garnish

Method:

1. In a skillet over medium high heat, brown meat, breaking it up as it browns. Add ginger & garlic while breaking it up and browning it.
2. Add sliced onions while the meat is browning to the pan with a pinch of sea salt, cook all until meat is browned and onions are tender.
3. Add coleslaw mix, cook until wilted down – about 5-8 minutes.
4. Add cabbage and carrots, cook until wilted down, about 5-7 minutes.
5. Add liquid aminos (or soy sauce) and vinegar and mix all together.
6. Mix in cooked brown rice, or serve over rice, whichever you prefer.
7. Sprinkle with green onions and sesame seeds.

Note: You can sub in other veggies if you prefer. Sometimes I add mushrooms for variety too! Whatever is easy for you! :)

Rationale:

I believe this is a healthy recipe as it packs in lots of veggies, lean protein and a bit of whole grains. While it ends up looking like more of a jumble on your plate than the new food guide picture, it definitely meets the mark of the new suggestions, especially if you pair it with some fresh fruit for dessert! Using a few short cuts like minced ginger from a jar and a bag of coleslaw mix, it is easy to throw together fairly quickly with minimal prep time required. The versatility of using ground chicken, pork or turkey means you can buy whatever is on sale and hopefully save on some costs as well (hot tip – if you see it on sale, fill your freezer!). In addition to being affordable and easy to make, my favourite thing is that all three of my kids (6, 4 and 1 year old) and my husband love it. It's a meal I make where we can sit down and enjoy each other's company rather than fighting to get the kids to eat! In a regular rotation at our house, we love this one!

Source:

Modified from: <http://www.fitmomangelad.com/egg-roll-bowl/>

Tropical Breakfast Smoothie

Submitted by: Heidi Muller

Ingredients:

- 1 cup frozen pineapple
- 1 cup frozen mango
- 1 banana - the riper the better
- 1/4 cup ground flax seeds
- 1 cup almond milk
- 1 cup plain kefir (could also omit or use yogurt)
- 2 cups spinach
- 2 tablespoons Hemp Protein (<https://manitobaharvest.com/products/hemp-yeah-balanced-protein-fibre/>)

*more water or almond milk as needed if too thick

Note: I often eyeball these ingredients. No need to be too specific with the amounts.

This amount serves one adult & 3 kids at my house- if you wanted to stretch it further you can add more liquid or a second banana.

Method:

1. Put all ingredients in a blender and blend like crazy! In my Vitamix, I start at level 4 and go to level 10 and continue blending until it looks smooth and delicious, and I add water or more almond milk as needed.

Meal prep tip - you can prep 5 days of this in your freezer easily! I use the ziploc large round containers (<https://ziploc.ca/en/products/containers/round/containers-large-round>) and prep 5 at a time so my weekday breakfasts are set.

2. Simply put the banana, pineapple, mango, spinach & flax in the container and freeze it. I take it out about 30 minutes before I plan on blending it.

Rationale:

This recipe is so healthy! All real, whole foods and no processed sugars. I specifically use the plain kefir and almond milk to ensure there is no added sugar like smoothies that use juice or flavored yogurts. My kids love it and I love that they are off to school having had fruits and vegetables. This recipe is in keeping with the new food guide as it includes whole foods, fruit and vegetables and my family enjoys eating it together.

Tip -for kids I use mason jars with silicone reusable straws and they love it!

Source:

Made it up myself. :)

Anda Bhurji (Scrambled Eggs- Indian Style)

Submitted by: Jaspreet Kaur

Ingredients:

- Vegetable Oil- 2 tsp
- Cumin seeds-1 tsp
- Red Onion- 1 small (chopped and diced)
- Ginger - 2 cm piece (Chopped and diced)
- Tomatoes- 1 medium (Chopped and diced)
- Red Chili Powder- 1/4 tsp
- Turmeric powder-1/4 tsp
- Precut mixed frozen vegetables- 1 cup
- Eggs- 6 large (Beaten)
- Extra Firm Tofu - 200 g (Grated)
- Salt to taste, and chopped cilantro to garnish

Method:

- In a frying pan heat the oil, add cumin seeds, let them roast for 1-2 min, add onions, sauté for 1-2 min., add ginger, sauté for 1-2 min., reduce heat and add red chili powder and turmeric powder, immediately add the frozen veggies.
- Add salt according to your taste, sauté veggies for 1-2 min, then cover the pan and let the veggies become soft (4-5 min) on low heat.
- Once the veggies are soft, add beaten eggs and grated tofu. Keep stirring constantly till the eggs are cooked to your desired texture.
- Garnish with chopped cilantro.

Rationale:

It has a high protein content due to eggs and tofu and high fiber content due to all the veggies.

Source:

Anda Bhurji (Indian style scrambled eggs) is a common Indian breakfast dish. I have modified it and made it high protein by adding tofu thus it can be used as a Main/Entree as well.

Reference: www.food.ndtv.com/masala-anda-bhurji-86

Quick and East Healthy Fudge

Submitted by: Jennifer Demeis

Ingredients:

- ½ cup of coconut oil
- 1 teaspoon vanilla extract
- 3 tablespoons honey (or maple syrup if vegan)
- ¾ cups of almond or peanut butter
- 3 tablespoons of cocoa powder
- ½ cup Brown Rice Krispies

Method:

1. In a small pot melt the coconut oil over low heat. Once melted, add the vanilla extract, honey or maple syrup, and nut butter. Whisk until liquid.
2. Next add cocoa powder and mix with a spoon until it thickens.
3. Then take a Tupperware container and line it with plastic wrap. Pour the Rice Krispies over the plastic wrap, and then pour the fudge on top.
4. Place the container in the freezer for 30 minutes until the fudge has set. Then using the plastic wrap, lift the fudge out of the container onto a cutting board. Remove the plastic wrap.
5. Cut the fudge into squares and store it in the freezer in an airtight container.

Rationale:

I consider this recipe to be healthy because there is no added sugar or artificial ingredients. This recipe accommodates a variety of dietary needs because it is gluten- free, dairy-free, and vegan. Creating this recipe is inexpensive, quick, and easy.

This fudge allows you to take a break and enjoy a sweet treat with a friend, guilt-free!

Source:

I received this recipe from a friend years ago. Original source unknown.

Stuffed (with goodness) Peppers

Submitted by: Jessica Proeller

Ingredients:

- 1 tsp olive oil
- 1 tbsp butter
- 2-4 peppers (cut in half)
- 2 stocks of celery
- 1 cup of carrot (I used baby carrots)
- 1 white onion
- 3 mushrooms (I used cremini mushrooms)
- 1 cup white rice (I used instant white rice)
- 1 bottle of strained tomatoes (I used Molisana)
- ¼ cup shredded cheddar cheese
- 1 lb ground beef (I used beef and pork)
- 2 tbsp 14% sour cream
- 1 pinch garlic powder
- 1 pinch Italian seasoning
- Salt and pepper to taste

Method:

1. In your food processor, add in onion, carrots, celery and mushrooms. Pulverize until all the veggies are minced up.
2. In a small saucepan on medium heat, add butter until it melts and bubbles. Then, add in your minced vegetables. Cook until veggies are soft (approximately 10 minutes).
3. In the other frying pan, cook ground beef/pork until meat is browned.
4. While veggies and meat are cooking, boil your rice (I used instant so I just cooked mine in the microwave).
5. Once everything is cooked, combine vegetables, rice and meat in one pan.
6. Stir everything together and add 3/4 of the bottle of Molisana and your spices.
7. Once that's all mixed, slowly stir in the two tablespoons of sour cream. I also stirred in a handful of the cheddar cheese into the meat/veg/rice mixture.
8. Cut your peppers in half and remove the seeds and membranes.
9. In the sauce bottle, add about 1/2 cup of water and shake (to make sauce thinner).
10. Spread to the bottom of the baking pan to prevent peppers from drying out.
11. Scoop meat mixture into the halved peppers and pack them tightly in the pan.
12. Cover pan with tin foil and bake at 350 degrees for 50 minutes.
13. Pull peppers out and sprinkle them with remaining cheese.
14. Bake for 10 more minutes, uncovered.
15. Let sit for a few minutes and enjoy! Happy Nibbling!

Rationale:

This is the perfect comfort food, and is so easy to modify based on dietary restrictions. Dairy allergy or eliminating a lot of dairy? Omit the cheese or use vegan cheese and omit the sour cream. Gluten allergy? No problem, they're made with rice, and quinoa works too. Vegetarian or don't eat beef? Use veggie ground protein or any other ground meat will work.

It's an affordable meal (under \$20) that uses up a lot of items in your fridge, and is the perfect opportunity to hide veggies if you have picky children (or a picky fiancé in my case).

It also has a lot of ingredients from a number of sections in the food guide which makes it a balanced entree. Serve with a green salad and voila - delicious, healthy meal that makes great leftovers.

Source:

I had a bunch of veggies to use up, so combined a few recipes to make this super easy and delicious variation on the traditional stuffed pepper. I used a combination of what I remembered being in a stuffed pepper from my childhood, and also called my aunt to see what she put in hers. I combined the two (which were never actual recipes) and made my own variation using the stuff I had in my fridge at the time and what I found on the discount rack at Longo's.

More images and information can be found on my blog:

<https://tinykitchentotable.wordpress.com/2019/02/12/stuffed-with-goodness-peppers/>.

Banana Oatmeal Pancakes

Submitted by: Karolina Rachtan

Ingredients:

- 1 cup whole wheat flour
- 1 cup quick or rolled oats
- 1 tablespoon baking powder
- 1 teaspoon salt
- 1 egg
- 1 teaspoon cinnamon
- 1 tablespoon honey
- 1 to 1 1/2 cups vanilla soy milk (or skim milk) (depending if you like thin or thick pancakes)
- 1 banana, diced
- Cooking spray for pan
- 1/4 cup almonds
- 1 banana, sliced

Method:

1. In a bowl, mix the flour, oats, baking powder, salt, egg, cinnamon, and honey. Stir in the soy milk to the desired consistency. Stir in the bananas.
2. Place a skillet on medium heat. After spraying the pan, pour batter into 4-inch diameter circles (using about 1/4 cup of batter).
3. While the pancakes are cooking, hand chop the almonds on a cutting board with a sharp knife.
4. Once the pancakes begin to bubble, flip them and cook for another minute or so on the other side until golden brown.
5. Serve three pancakes with sliced bananas and chopped almonds. They're delicious like this, or for a sweeter breakfast, pour on two tablespoons of real maple syrup.

Makes 12 pancakes (four servings).

Rationale:

It is whole grain, no added sugar. You can use soy or cow's milk - I have even used almond milk and it worked out well. It also incorporates fruit into the recipe and almonds on top, if desired, which are a great source of fibre and magnesium. Plus, my kids love these pancakes more than the classic type! I can make this very quickly from scratch and they cook quickly. They can be stored and reheated for about 3 days and they also freeze well for a quick breakfast to pop into the toaster. They can also be topped with anything you like such as peanut butter, fruit, jam, or maple syrup. These are made with inexpensive ingredients most people have on hand in the house.

Source:

I found this recipe on Pinterest and it was originally published on this blog:

<https://www.popsugar.com/fitness/Recipe-Banana-Almond-Oatmeal-Pancakes-8300113>. I have adapted it at times using almond milk instead of soy, mashing the bananas first, and omitting the almonds for my toddler who can't quite chew those yet. I have also added 1 cup of shredded zucchini or sometimes carrots, as well as 1/4 cup chia seeds to add veggies and it worked very well. For a treat, I add in chocolate chips sometimes too!

Mexican Caviar (aka Cowboy Salsa)

Submitted by: Margaret Cooper

Ingredients and Method:

Makes eight cups. Total preparation time: 20 minutes

Mix together & bring to a boil:

- 1/3 cup olive oil
- 1/2 cup white sugar
- 3/4 cup apple cider vinegar (or white vinegar)
- 1 Tablespoon water
- salt and pepper to taste

Cool and add to mixture below:

- 1 cup diced green pepper
- 1 cup diced red pepper
- 1 cup diced red onion (or your choice of white)
- 1 cup diced celery
- Cilantro – as much or as little as you want! (can substitute with parsley)

Chop veggies very fine and mix together in large bowl.

Drain, rinse the following and add to veggies:

- 1 can (28 oz.) black beans (or other bean of choice)
- 1 can (28 oz.) lentils (your choice of color)
- 1 can (19 oz.) corn niblets

Let marinate overnight and then drain. Keeps for 3 weeks in fridge.

Serve with tortilla chips. Enjoy!

Rationale:

This recipe is very healthy in two respects. It is appealing to the eyes, which incentivizes people to try it. And secondly, it incorporates lots of vegetables and legumes, per the new Canada's Food Guide.

Source:

I first tried this dish at a friend's summer BBQ. It is colourful, flavourful, and nutritious and can be made for any occasion throughout the year. Additionally it keeps well for 3-4 hours at a party (outside of the fridge) as it doesn't contain any mayonnaise or milk products. This recipe was given to me by my friend Marilyn. It's a great crowd pleaser!

Spinach, Walnut and Strawberry Salad

Submitted by: Marita Liebregt

Ingredients:

- 2 ½ tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- 2 tablespoons strawberry preserves
- ¼ teaspoon sea salt
- 1 ½ cups sliced strawberries
- 1 (5 oz) package baby spinach
- ½ cup coarsely chopping walnuts toasted
- 1/3 cup crumbled feta cheese

Method:

1. Whisk together lemon juice, olive oil, preserves, and salt in a large bowl.
2. Add strawberries and toss lightly.
3. Place spinach in a bowl and toss again to coat with dressing.
4. Top with walnuts and cheese and serve immediately.

To toast walnuts, add the walnuts to a hot, dry pan set over medium heat, only toasting as many walnuts as fit in the pan in a single layer. Cook walnuts, watching constantly and stirring frequently, for 1-2 minutes or until the walnuts start to brown and smell fragrant and toasted. Since the walnuts will burn easily in the pan, you must stir constantly to ensure even toasting until the walnuts turn a rich, golden brown. Remove walnuts to a plate or bowl to cool.

Rationale:

I wanted to find ways to add more protein and iron to my diet. This salad is fun to make. I like to use homemade strawberry jam. The salad looks great in a bowl and tastes delicious. The spinach is a good source of iron, calcium and vitamin A.

This recipe is quick to make... uses basic ingredients and tastes super delicious!

Ginger Spinach Tofu

Submitted by: Danica Matovic

Ingredients:

- 400 grams spinach
- 1 medium tomato
- 5 garlic cloves, divided, 3 whole and 2 finely chopped
- 1 inch ginger
- 1 green chili
- 1 tablespoon oil
- 1 large onion, finely chopped
- 1 cup of water, reserved from cooking spinach, if needed
- 3/4-1 teaspoon garam masala
- 1/4 teaspoon turmeric powder
- 1/4 teaspoon red chili powder, or to taste
- Salt, to taste
- 2 tablespoons cream, milk, Greek yogurt (or nothing to make it plant-based)
- 350 grams extra firm tofu
- Lemon juice, to taste

Method:

Tofu:

1. Heat wok or large sauce pan on medium heat.
2. Drain liquid from tofu package and dab away excess off the brick with a paper towel.
3. Cut tofu lengthwise and then into smaller blocks (about 3/4 inch thick).
4. Place each block of tofu on the pan to dry fry and sprinkle salt on tofu, if desired. Fry blocks for about ten minutes, until golden.
5. Flip blocks and sprinkle with salt, if desired. Fry the other side for about 10 minutes, until golden.
6. Remove tofu from heat, and reserve on a plate.
7. Use the same pan to cook the spinach.
8. When the tofu cools, cut it up into smaller bite-sized cubes, if desired.

Spinach:

1. Blanch the spinach leaves by putting them in boiling water with little salt for 2-3 minutes.
2. Take them out and retain about a cup of the water you cooked the spinach in, to reserve the nutrients. (If you wish for the spinach to keep its dark green colour, submerge it into cold water - this step will also help it cool down before pureeing it).
3. Puree the spinach leaves in a blender or food processor, along with tomato, 3 cloves of garlic, ginger and green chili. Set aside.
4. In a wok/pan, heat oil on medium heat. Once the oil is hot, add the remaining 2 cloves of chopped garlic and sauté for few minutes until it starts turning golden brown in color.
5. Then add the chopped onions. Fry the onions until translucent and the raw smell goes away.
6. Add in the spinach paste and mix. Add the retained spinach water according to how thick or thin you want the sauce to be. I added around 2/3 cup water at the point.
7. Cover the pan and cook the spinach puree for 10 minutes on medium flame. Stir at regular intervals to avoid sticking at the bottom.

8. Once the spinach is cooked, add garam masala, turmeric powder, red chili powder and salt. Mix and cook for 1 minute.
9. Add the cream, milk or Greek Yogurt (if you wish) and tofu and let it simmer for 3-4 minutes.
10. Switch off the flame. Add lemon juice and mix.
11. Serve with about a cup of cooked brown rice or quinoa.

Rationale:

1. It does not use any processed food with additives like stabilizers, emulsifiers or preservatives (i.e. it uses whole, fresh foods).
2. It conforms to the new Canada Food Guide: plant-based protein, in a similar ratio to a whole grain, and the remaining 50% of the dish is vegetables/fruits.
3. This meal contains essential macro and micro nutrients - fibre, essential amino acids, iron, folic acid and is low in sugar and saturated fat.

Source:

This recipe is modified from this source: <https://www.cookwithmanali.com/palak-paneer/>.

The modifications I made are:

1. Tofu instead of paneer (more protein and less fat).
2. Preserving the water that the spinach is blanched in, to put back into the dish, since this saves a lot of the nutrients that get released from spinach while cooking.
3. Subbing white grains/naan, roti for brown rice or quinoa.
4. Removed the kasur methi (crushed fenugreek seeds, because I did not have luck with finding it at Zehrs in Guelph).

Roasted Tomato and Feta Pasta

Submitted by: Gisele Angel

Ingredients:

- 400 grams roma tomatoes cut up in 2 cm chunks
- 200 grams goat's or sheep's milk feta cheese
- 2 - 3 TBPS extra virgin olive oil
- 1 TBPS balsamic vinegar
- 3 TBSP sliced kalamata olives
- 1/2 tsp dried basil
- Salt & pepper to taste - careful with salt as feta, capers and olives contain salt.
- 200 grams whole grain spaghetti
- 2 TBSP pine nuts
- 2 garlic cloves diced very fine
- A couple of sprigs of fresh basil
- 2 TBPS capers in brine (chopped)
- Pinch of chili flakes (optional)

Method:

1. Preheat oven to 200 degrees Celsius.
2. Cut tomatoes and toss with a little of the olive oil, minced garlic, balsamic vinegar dried basil, salt and pepper to taste.
3. Bake for about 20 minutes until soft and juicy.
4. Cook whole-grain pasta (either regular or g-f) al dente.
5. Heat frying pan on low-med heat and roast pine nut without oil. Be sure to stir as they will brown quickly. Remove from pan and set aside.
6. Chop feta cheese into 1/2 cm chunks or smaller (depending on taste) and set aside.
7. Once pasta is cooked, toss with roasted tomatoes and feta cheese, roasted pine nuts, sliced Kalamata olives and diced capers.
8. Taste and adjust seasoning, add chili flakes if desired.
9. Serve topped with fresh chiffonade basil.
10. ENJOY!

Rationale:

Tomatoes are the major dietary source of the antioxidant lycopene, which has been linked to many health benefits, including reduced risk of heart disease and cancer. They are also a great source of vitamin C, potassium, folate and vitamin K. Feta, compared to other cheeses, is low in calories and fat. It also contains a high amount of B vitamins, phosphorus and calcium, which can benefit bone health. Additionally, feta contains beneficial bacteria and fatty acids.

Whole-grain pasta is typically high in fiber, manganese, selenium, copper and phosphorus, while refined, enriched pasta tends to be higher in iron and B vitamins. It is also lower in calories and higher in fiber and certain micronutrients than refined pasta.

Basil contains powerful antioxidants, is an anti-inflammatory herb, may help fight cancer, contains natural antibacterial properties, and acts as a natural adaptogen.

Pine nuts health benefits includes boosting energy, curbing appetite, managing diabetes, supporting cardiovascular health, supporting psychological health, strengthening bones and boosting immune system. Other benefits includes improving eyesight, supporting weight loss, enhancing skin and treating scalp problems.

Capers are loaded with antioxidants, can help fight risk of anemia, can help maintain strong bones, may possess anti-inflammatory properties, could protect from allergies, could help promote a healthy digestive system, could help promote healthy blood vessels.

Garlic is low in calories and rich in vitamin C, vitamin B6 and manganese. It also contains trace amounts of various other nutrients. It can also combat sickness including the common cold.

Olive oil is rich in healthy monosaturated fats and contains nutrients that fight inflammation. These include oleic acid as well as the antioxidant oleocanthal. Kalamata olives are high in antioxidant nutrients which impede the oxidation of cholesterol, thereby helping to prevent heart disease. Olives do contain fat, but it's the healthy monounsaturated kind, which has been found to shrink the risk of atherosclerosis and increase good cholesterol.

Balsamic vinegar: Improving skin health. Balsamic vinegar contains antimicrobial compounds, acetic acid, and antioxidants. Reducing blood sugar. Promoting healthy digestion. Lowering cholesterol. Losing weight. Treating wounds. Reducing hypertension. Relieving congestion.

Chili peppers are rich in antioxidant plant compounds that have been linked with various health benefits. Most notable is capsaicin, which is responsible for the pungent (hot) taste of chili peppers.

Source:

My sister and I put together this quick recipe for supper one night. Makes an amazing quick and tasty meal. Left overs are best re-heated with a little lemon juice or dash of balsamic vinegar.

Foulia: My Dad's Favourite Recipe

Submitted by: Panos Mavronicolas

Ingredients:

- 2 -19 oz cans fava beans (discard half of the juice from the can)
- 1 -large yellow onion, finely chopped
- 3 -green onion, finely chopped
- 1 ½ -2 -medium tomatoes, finely chopped
- ½ -cucumber, finely chopped
- 2-3 -radishes, finely chopped
- ½ cup -parsley, chopped
- ½ cup -feta cheese cut into small chunks
- 2-3 -hardboiled eggs, chopped
- ½ cup -olive oil
- 2-3 -limes -squeezed juice (can substitute with juice of 2 – 3 lemons)
- 1 lrg tbsps -tahini (sauce made from sesame seeds found in most stores)
- 1 tsp -ground cumin
- 1 tsp -salt
- ½ tsp -black pepper, ground
- optional -cayenne pepper-ground (spicy taste to hot)
- optional -paprika, ground to taste

Method:

1. Cook beans with their juice on low to medium heat until warm. Do not boil. Boil eggs.
2. While heating beans and eggs, mix lime/lemon juice with tahini and spices in a cup.
3. Cut all your remaining vegetables and mix in a large bowl. Then combine all ingredients together.
4. Enjoy warm or cold. Very nice in a pita. Pita's can be gently warmed up in oven or microwave for a few seconds and then cut them in half. The Foulia can be placed in the pocket of the pita or scooped up with it.

Tip from Dad: Smaller pita's are easier to handle and won't go soggy as quick because they'll end up in your belly quicker. You can adjust any of the ingredients to suit your taste. Enjoy.

Rationale:

This meal covers the protein needs with the eggs, beans and cheese, plus a large assortment of vegetables and spices.

Source:

Fava beans were cultivated in the Middle East for 8,000 years before they spread to Europe. Evidence of them has been found among the relics of the earliest human civilizations and inside Egyptian tombs. Egypt, fava beans have been a popular breakfast dish (called ful medames) dating back to ancient times, typically they dish is spiced up with an egg and eaten with pita bread. My Dad grew up in Sudan and would make this dish regularly with his own interpretation of the additional ingredients. One of my favourite dishes.

Lentil and Quinoa Lunch Salad

Submitted by: Rachel Pinto

Ingredients:

- 1 - 14 oz tin of low sodium green lentils, rinsed and drained
- 1/2 -cup of dry quinoa
- 2 - mini cucumbers or 1/2 English cucumber, diced
- 1 - ripe beefsteak tomato, diced
- 2 - green onions, thinly sliced on a bias
- 4 - tbsp. finely chopped curly leaf parsley
- 2 - cups baby spinach

Dressing

- 3 - tbsp. extra virgin olive oil
- 2 - tbsp. red wine vinegar
- 1/4 - tsp red chili flakes
- 1/4 - tsp Italian seasoning
- 1 tsp - grainy mustard
- 1 tbsp. - honey
- 1 - clove garlic
- 1/4 - tsp salt
- 1/4 - tsp pepper

Method:

1. Bring quinoa and 1 1/2 c. of water to a boil in a small saucepan. Once bubbling, stir and turn off stove. Let rest undisturbed for 20 min. Remove from burner and flake with a fork. Allow to cool completely.
2. Mix together lentils, quinoa, cucumbers, tomato, green onions and parsley.
3. Mix together dressing ingredients in a mason jar and shake vigorously or whisk together in a bowl. Pour over salad. Mix well.
4. Top lentil and quinoa salad over baby spinach.

Rationale:

It contains good proteins (lentils and quinoa), whole grains (quinoa) and fresh vegetables (tomatoes, cucumbers), herbs (fresh parsley, green onion) and leafy greens (spinach). It is tasty, nutritious and filling and the recipe makes enough to share!

Source:

I found the recipe for the dressing online some years ago and it has been my go to vinaigrette for just about any salad. After being inspired by the quinoa salad at Costco, I decided to try to make my own version recently with this lentil and quinoa combo with my favorite dressing and really enjoyed it. I often top the salad over spinach or mixed greens. The dressing in the lentils and quinoa spills over into the greens and altogether it tastes fresh, light and delicious!

The Best Tuna Salad!

Submitted by: Trisha Stevens

Ingredients:

- 1 can of tuna,
- 1 apple,
- 2 tbsp pumpkin seeds,
- your desired amount of mayo,
- your choice of bread, wrap or spinach

Method:

1. Drain tuna.
2. Cut apple into cubes.
3. Combine tuna, apple, pumpkin seed and mayo.
4. Eat as a sandwich, wrap or salad.

Rationale:

It's the perfect combination of protein (tuna and pumpkin seeds), fibre, vitamins and minerals (apple), and fats (mayo), and it's delicious.

Source:

Modified from: "Snackingwithsarah" on Instagram- heath and wellness page.

Delicious Granola

Submitted by: Wilfred Ferwerda

Ingredients:

- ½ cup coconut oil
- ½ cup organic honey
- 1 tsp cinnamon
- 4 cups rolled oats
- 1 cup chopped or silvered almonds
- ½ cup sesame seeds
- ½ cup sunflower seeds
- 1/3 cup ground flax seeds
- 1/3 cup wheat germ
- 1/3 cup chia seeds
- 1/3 cup shredded coconut (optional)

Method:

1. Heat the oil, honey and cinnamon on low, stirring until blended. Reserve.
2. Thoroughly mix the dry ingredients in a lasagna dish. Drizzle the heated oil mixture over the dry ingredients, stirring until well-coated.
3. Bake at 300 degrees for 1/3 hour, stirring occasionally.
4. Once cooled, add 12 cup of raisins and, if desired, ½ cup of raisins.
5. Store in a sealed container. Serve over yogurt or add milk for a bowl of a delicious, filling breakfast.

Rationale:

This recipe has lots of plant-based proteins. The coconut oil is a stable, healthy option for being heated. And not only does it have a tasty variety of seeds, nuts and oats, but it will keep your hunger at bay for hours. You will not be tempted to snack before lunch!

It's also healthy because it's easy to make and not too costly. The most expensive item is the almond part. This decreases stress and promotes overall wellness.

Source:

This recipe has been in our family for over 35 years. We have modified it over that time to suit our preferences. We've shared this with friends, and it's been shared some more!