

ROCK WHAT YOU'VE GOT

RECIPES

FOR PREVENTING FOOD WASTE

Guelph Family
Health Study



Guelph Family
Health Study





FOREWORD



Addressing food waste in the home is a priority issue for the National Zero Waste Council, and we applaud the Guelph Family Health Study for creating this cookbook as a resource to help Canadian households make their food go further and waste less.

The truth is that Canadian households are wasting more food than they realize. In 2017, the National Zero Waste Council conducted a benchmark study to assess what households were wasting. Our study confirmed that over 60 percent of the food Canadians throw away could have been eaten, costing the average household more than \$1,100 per year. For Canada as a whole, this amounts to 2.2 million tonnes of edible food thrown out each year, at a cost of \$17 billion to consumers.

The National Zero Waste Council is proud to be responding to this important issue through **Love Food Hate Waste Canada**, a consumer awareness campaign to prevent household food waste, and through the launch in 2018 of *A Food Loss and Waste Strategy for Canada*. The Love Food Hate Waste Canada campaign brings together nine founding campaign partners: Metro Vancouver, Toronto, Vancouver, Victoria, the Capital Regional District, the British Columbia Ministry of Environment and Climate Change Strategy, RECYC-QUEBEC, Walmart Canada and Sobeys.

Love Food Hate Waste Canada is pleased to be contributing some of our recipes and tools to this cookbook, which provides valuable tips to eliminate food waste at home. While the statistics on food waste are troubling, the good news is that tools such as this book offer simple steps to prevent and reduce food waste that will also reduce environmental and economic impacts.

We hope that this cookbook will help readers to think differently about food waste created in their own kitchens and inspire them to take simple steps to eliminate food waste. For more information about the Love Food Hate Waste Canada campaign and for additional tips for preventing and reducing food waste, visit www.lovefoodhatewaste.ca.

Malcolm Brodie

Chair, National Zero Waste Council

The National Zero Waste Council, an initiative of Metro Vancouver, provides cross-sector leadership to prevent waste and accelerate Canada's transition to a circular economy.

INTRODUCTION



Guelph Family Health Study

By the age of five or six, your kids will form eating, exercise and sleep habits that can last a lifetime. The Guelph Family Health Study is testing ways for kids to learn healthy habits early—habits that can significantly lower your child’s risk for disease, now and in the future.

Parents in the Guelph Family Health Study have asked us for kid-friendly and healthy recipes that they can serve to their families at home. The Guelph Family Health Study researchers responded by creating a series of cookbooks intended to make it a little easier to enjoy healthy and tasty foods made at home with your family!

—  —
Whether foods in your household are discarded because of a busy schedule, a picky eater, or a lack of enthusiasm for leftovers, the recipes and tips in this book are good for your health and your bank account.

For this new recipe book, our focus is preventing food waste, while helping parents and children eat lots of fruits and vegetables.

We partnered with our friends at the Guelph Food Waste Research Group, The Helderleigh Foundation, and George

Brown College’s Food Innovation and Research Studio (FIRSt) to create this book. Love Food Hate Waste Canada, an initiative of The National Zero Waste Council, has also generously shared their food waste reduction materials to bring this book to life.

The Guelph Food Waste Research Group studies food waste across the food value chain, including the waste generated by households. Food waste is an environmental, economic, and social concern, and we can all do something to address it. We hope that our research helps individuals and organizations to prevent and reduce wasted food and to reconnect with the value of food at the same time.

Our research shows that Canadian families with young children waste almost 3 kg (that's over 6 lbs!) of edible food each week. Of this, the majority is fruits and vegetables. This is concerning, since most Canadians are not eating enough fruits or veggies. So, while families are buying fruits and vegetables, a large proportion of these foods are being discarded — whether because of a busy schedule, a picky eater, or a lack of enthusiasm for leftovers. The recipes and tips in this book are good for your health and your bank account by helping you make the most of the food you purchase.

This book starts with some general tips based on Love Food Hate Waste Canada's three key behaviours for reducing food waste:

- **Plan it Out:** Tips for ways to plan your meals before you go shopping.
- **Keep it Fresh:** Tips for food storage that will help keep them fresh longer.
- **Use it Up:** Tips for using up foods before they spoil.

The recipes in this book are arranged in three sections:

- **"2-in-1" recipes** that make use of leftovers in a completely new (and tasty) dish;
- **"Fridge Clean Out"** recipes, which offer you plenty of ingredient options, so that you can make use of what you already have in your fridge; and
- **"Zero-Waste"** recipes, which use up all of the main ingredients, so you're not left with half of a leek or head of romaine that eventually find its way to the compost bin.

Together, these tips and recipes will help you use up the foods you buy before they go bad!

To find out more about the excellent work of the groups that have contributed to this project, visit:

- gbcfirst.ca
- thehelderleighfoundation.org
- nzwc.ca
- lovefoodhatewaste.ca

ACKNOWLEDGMENTS

Thanks to our Guelph Family Health Study families for suggesting that we create a collection of family-friendly and easy-to-prepare recipes and to the Hildebrand, Pineda/Nava, Castledine/Marsico and Sedgewick families for taste-testing these recipes with us.

A very big thank you to the Helderleigh Foundation for funding this project and to the National Zero Waste Council and Love Food Hate Waste Canada for sharing their excellent household food waste prevention resources.

To the team at George Brown College's Food Innovation and Research Studio (FIRSt) — Natalia Rogacki, Amanda Li, Hannah Guam and Kenzie Osborne — these recipes have far exceeded our expectations. Thank you for getting so excited and creative about using up mushy fruits and veggies!

We would also like to thank our cookbook team: Kathryn Walton, Jess Haines, David Ma, Kate Parizeau, Mike von Massow, Andrea Buchholz, Kira Jewell, Molly Gallant, Angela Annis and Angela Wallace.

From our family to yours — rock the food you've got!

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To download and view for free on your phone or tablet, go to

guelphfamilyhealthstudy.com/cookbooks

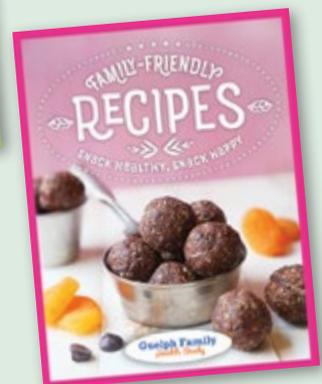
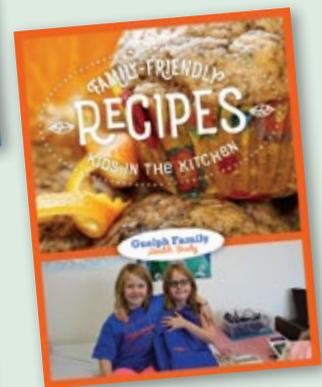


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FIND RECIPES QUICKLY

- Click on a recipe name to go to the recipe.
- Use Acrobat Reader's Bookmarks function to view a list of recipes from anywhere in this document.

Cover image:

COCONUT VEGETABLE ONE POT WONDER

[See page 53.](#)

PLAN IT OUT!

TIPS FOR MEAL PLANNING

Here are some things you can do to reduce food waste:

1. PLAN YOUR MEALS

Start simple

Plan on making your go-to meals first, then incorporate new recipes when you feel ready

Consider your schedule

Plan your meals around weekly activities

Next week's meals start in the fridge

Inspect your fridge and pantry while meal planning and base your meals around foods that need to be used up

Leave room for flexibility

You don't need to plan every meal of the week – planning for 4-5 meals will allow flexibility with unexpected leftovers

Think double duty

Plan a second meal around large food items and leftovers to prevent waste

Go fresh first, then frozen

Use fresh fruits and vegetables earlier in the week and frozen and canned foods later in the week

2. MAKE A LIST

Keep it handy

Keep your list close at hand in the kitchen. Jot down what you need when you run out of something or while you're meal planning

Take stock before your shop

While making your list, check your fridge, pantry and freezer to see what you already have in stock and ensure you buy only what you need

3. SHOP SMART

Plan your portions

When deciding how much of an item to buy, try using a portion planner to help you buy food in the exact amounts that you will need

Versatility is key

Stock up on basic ingredients that will last a while such as grains, key spices and "hero" sauces like BBQ and peanut sauce. These can help bring life to old meals!



Provided courtesy of National Zero Waste Council, an initiative of Metro Vancouver

Our "Plan It Out" tips have been adapted with permission from materials created by Love Food Hate Waste Canada with reference to the following sources:

1. Gunders, D. (2015). *Waste-Free Kitchen Handbook: A Guide to Eating Well and Saving Money by Wasting Less Food*. San Francisco, CA: Chronicle Books.

2. Natural Resources Defense Council. 2018. [savethefood.com](https://www.savethefood.com)

GROCERY LIST

Use this template to help plan your family's meals. Remember to take a look in your fridge and cupboards as you go to check which foods need to be eaten up!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Fruits and Vegetables

Breads and Cereals

Canned Goods

Dairy and Frozen Items

Meat, Fish and Alternatives

Other

KEEP IT FRESH!

TIPS FOR STORING FOOD TO LAST

HERE ARE SOME THINGS YOU CAN DO TO REDUCE FOOD WASTE:



1. KEEP IT COOL

Set your fridge between 0-4°C to preserve your food's freshness



2. KEEP IT CLEAR

Store leftovers and sliced food items in clear containers. This will make it easier to keep track of what you have!



3. FIRST IN, FIRST OUT

When unpacking groceries, move older foods to the front of the fridge, freezer and pantry and put new foods in the back. This will encourage the use of older items before they go bad!



4. KEEP IT OUT OF THE DOOR

Keep milk and other dairy products out of the door where the temperature is warmest.



5. KEEP IT WHOLE

Avoid slicing food until you're ready to use it. Chopped fruit, cheese and vegetables will spoil faster.



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ORGANIZE YOUR FRIDGE!



HIGH HUMIDITY DRAWER
VEGETABLES AND FRUIT that WILT: Carrots, leafy greens, broccoli, asparagus, cabbage, cauliflower, cucumber, green beans, lettuce, spinach, squash, kiwi, peppers.

LOW HUMIDITY DRAWER
(Ethylene Producers)
FRUITS and some VEGETABLES: Apples, pears, grapes, mushrooms, melons, tomatoes, peaches, papayas, mangoes, oranges, lemons.



Provided courtesy of National Zero Waste Council, an initiative of Metro Vancouver

USE IT UP!



The recipes in this book are focused on helping you use up all the food you buy. Here are some other tips to help you make the most of the food you love without throwing it out.

DATE LABELS ARE CONFUSING

Did you know that “best before” dates on a food product are an indication of peak freshness, not food safety. Even if a food product has passed its “best before” date, it may still be fine to eat. Think twice before throwing items out. Generally, if the food in question has changed colour or appearance, or develops a bad smell, it is no longer safe to eat. Some foods to be extra careful with are deli meats, soft cheeses, and soft fruits that have developed mould.

Please note that if you are pregnant: Health Canada cautions pregnant women to avoid eating foods past their “best before” as pregnancy may increase the risk of food poisoning.

BURNT FOOD HAPPENS TO THE BEST OF US

The next time you burn a dish, don’t toss it right out! Remove the burned food from the heat and transfer the un-burnt portion to a new pot. Covering the pot with a clean, damp cloth for about 10 minutes will help remove much of the burned flavour. If the dish still tastes a bit burned, try adding your favourite sauce (like BBQ, sweet chili or hot sauce).

DON'T GIVE UP ON WILTED VEGGIES

Fill your sink or a large container with ice water and soak wilted veggies for 5–10 minutes. A quick soak is often enough to revive droopy veggies. Lettuce will crunch, bendy carrots will straighten up and sagging broccoli will find strength. If an ice bath doesn’t do the trick, wilted veggies can still shine in a stir fry or other cooked dishes!

IT'S THYME TO USE UP THOSE HERBS

Fresh herbs can be super challenging to use. Recipes only call for a little bit, yet grocery stores sell fresh herbs in large quantities. We've got your back. Our ingredient lists all call for fresh herbs to help you use up the ones you've got, but we also provide tips for substituting dried herbs instead. If you do buy fresh herbs, freeze the leftovers:

- For leafy herbs like cilantro, basil or parsley, use an ice cube tray to freeze cubes of leftover herbs. Add chopped leaves to a small amount of water in the tray and, then add the cubes to your hot cooking later. They'll be just as flavourful for up to 12 months!
- For herbs like rosemary and thyme, unused sprigs can be placed in freezer bags and stored for up to 6 months.

REDUCING FOOD WASTE WITH KIDS

1. Picky eaters can be challenging when it comes to preventing food waste. Studies show many children have to try a food up to 15–20 times before accepting it. Start with small portions to minimize waste. You can always offer seconds and larger portions when your child is interested.
2. Save those barely touched portions! Serve your child's leftovers for another meal or incorporate them into something else entirely. Leftover veggies can be used in a stir-fry. Purees can be added to pasta sauce or soup. Fruit can be saved in the fridge for tomorrow, be frozen for smoothies or used in our jam recipe ([page 57](#)). Forgotten half-glasses of milk can be used in your morning coffee.

3. Limit snacking right before dinner to make sure kids come to the table hungry. We understand the importance of a well-timed snack to avoid a meltdown, but keep portions smaller and when possible, try to time snacks and meals about 2 hours apart.
4. Kids (and adults!) tend to like things they help make. Involve your kids in cooking and give them choices when possible. Serve meals family-style and allow your kids to serve themselves the portions they want, within reason. We have included some tips throughout the recipes in this book on how to get your kids involved. For more tips, including age-appropriate kitchen tasks, check out our free Guelph Family Health Study *Kids in the Kitchen* cookbook [here](#).

Our "Use It Up" tips have been adapted with permission from materials created by Love Food Hate Waste Canada with reference to the following sources:

1. Gunders, D. (2015). *Waste-Free Kitchen Handbook: A Guide to Eating Well and Saving Money by Wasting Less Food*. San Francisco, CA: Chronicle Books.
2. Natural Resources Defense Council. 2018. savethefood.com



2-IN-1 RECIPES

Our 2-in-1 recipes work double duty by taking the guess work out of meal planning and turning leftovers into new meals with little effort. Save time by making two meals at once! The portion sizes in the main recipes are intentionally larger to allow for the second meal. Here are some examples of how it works:

MEAL 1

BECOMES →

MEAL 2



**Sweet
Potato
Enchiladas**

BECOMES →



**Enchilada
Soup**



**Roasted
Chicken
with
Sweet Red
Peppers**

BECOMES →



**Roasted
Pepper &
Chicken
Sandwich**

GFHS 1-BOWL BANANA
BREAD



GFHS 1-BOWL BANANA BREAD

10 Servings



Prep Time: 20 minutes
Cook Time: 50 minutes



Canadians throw away ½ million bananas every day!* Save spotty bananas for this tasty (and healthy) loaf. Enjoy this recipe on its own, or see the next page for an extra special breakfast recipe.

Ingredients

1 cup	(250 mL)	All-purpose flour
¾ cup	(187 mL)	Whole wheat or oat flour
1 tsp	(5 mL)	Baking soda
½ tsp	(2.5 mL)	Baking powder
½ tsp	(2.5 mL)	Ground cinnamon
3	(250 mL)	Ripe medium sized bananas
⅓ cup	(79 mL)	Butter (melted)
⅓ cup	(79 mL)	White sugar,
⅓ cup	(79 mL)	Brown sugar
1 tsp	(5 mL)	Vanilla extract
½ cup	(125 mL)	Plain yogurt
2		Eggs

Instructions

1. Preheat oven to 350°F (180°C) and grease a 9x5" (2 L) loaf pan.
2. In a large bowl, mash bananas then add melted butter, sugar, yogurt and vanilla. Whisk to combine. Once combined, beat in eggs one at a time. Add remaining dry ingredients and mix until combined.
3. Spoon into the greased pan and bake in the oven for 50 minutes or until a fork comes out clean when inserted. Remove from the oven and let cool on a rack before serving.

Nutrition Facts	
Valeur nutritive	
Per 2 slices (75 g) pour 2 tranches (75 g)	
Calories 170	% Daily Value*
Fat / Lipides 6 g	8 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 25 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 11 g	11 %
Protein / Protéines 5 g	
Cholesterol / Cholestérol 65 mg	
Sodium 150 mg	7 %
Potassium 150 mg	3 %
Calcium 50 mg	4 %
Iron / Fer 1 mg	6 %
*5% or less is a little, 15% or more is a lot.	
**5% ou moins c'est peu, 15% ou plus c'est beaucoup.	

*National Zero Waste Council



USE IT UP

If your bananas have started to brown, but you're not ready to bake with them, peel them and toss them in a freezer bag for later. Frozen bananas can be thawed and used for this recipe or put in a smoothie!

BANANA BREAD
FRENCH TOAST



BANANA BREAD FRENCH TOAST

1 Serving



Prep Time: 5 minutes
Cook Time: 10 minutes

MEAL 2

Leftover banana bread becomes a decadent weekend breakfast!

Ingredients

2	Eggs
¼ cup	Milk
2 (1 ½ cm thick)	Slices Banana Bread
1 tbsp.	Butter
Maple Syrup	

Instructions

1. Add eggs and milk to a wide, shallow bowl. Whisk.
2. Soak banana bread slices in egg mixture until completely soggy. Reserve on a plate.
3. In a pan, over medium to medium-high heat, melt butter. When butter is bubbling, add banana bread. Cover pan with lid. Cook until golden brown on both sides and cooked throughout (approximately 4 minutes on the first side and 3 minutes on the second side). If you have extra bananas, add a few slices to the pan and brown them as you cook the banana bread.
4. Serve topped with maple syrup.



USE IT UP

If you have extra bananas, add a few slices to the pan to make a tasty caramelized banana topping for your French toast.

Nutrition Facts

Valeur nutritive

Per 1 Piece (148 g)
pour 1 Piece (148 g)

	% Daily Value *
	% valeur quotidienne *
Calories 330	
Fat / Lipides 17 g	23 %
Saturated / saturés 7 g	35 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 35 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 10 g	
Cholesterol / Cholestérol 230 mg	
Sodium 270 mg	12 %
Potassium 200 mg	4 %
Calcium 75 mg	6 %
Iron / Fer 1.75 mg	10 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup



KIDS IN THE KITCHEN

Young ones will love dunking the banana bread in the egg mixture.

This recipe was contributed by Love Food Hate Waste Canada.



LEMON BUTTER GARLIC FISH

4 Servings



Prep time: 20 minutes
Cook time: 30 minutes



See next page for another tasty recipe that will make use of leftovers from this meal!

Ingredients

2 bunches	Asparagus, ends trimmed
6 cups (~1 head)	Cauliflower, stem removed, cut into bite-sized pieces
4 (~600g)	Salmon or trout fillets
1 can (540 mL)	No-salt-added chickpea or white kidney beans
3 tbsp. (45 mL)	Olive oil
3 tbsp. (45 mL)	Butter, melted
3 tbsp. (45 mL)	Fresh lemon juice
2 tbsp. (30 mL)	Lemon zest
1 tbsp. (15 mL)	Garlic powder
2 tsp. (10 mL)	Dried oregano
1 tsp. (5 mL)	Salt
1 tsp. (5 mL)	Black pepper

Instructions

1. Preheat oven to 425°F and line a large baking tray with parchment paper or aluminum foil. Lightly grease the 9x13" baking dish with oil.
2. In a bowl, using a fork whisk together the oil, melted butter, lemon juice, lemon zest, garlic powder, oregano, salt and pepper.
3. Arrange the asparagus and cauliflower onto the lined baking tray. Drizzle half of the oil and butter mixture on top and toss to combine.
4. Place the fish fillets and canned beans into the greased baking dish and pour on the remaining oil and butter mixture.
5. Bake the vegetables and fish for 20 minutes.

Nutrition Facts

Valeur nutritive

Per 1/4 Recipe (272 g)
pour 1/4 Recette (272 g)

	% Daily Value *
Calories 290	
Fat / Lipides 15 g	20 %
Saturated / saturés 5 g	25 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 17 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 22 g	
Cholesterol / Cholestérol 60 mg	
Sodium 450 mg	20 %
Potassium 800 mg	17 %
Calcium 75 mg	6 %
Iron / Fer 2.5 mg	14 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup



PLAN IT OUT

Use fresh fruits and vegetables earlier in the week and frozen and canned foods later in the week. Fresh asparagus and cauliflower can be substituted with 1.5 kg (one bag) of frozen asparagus and cauliflower mixed, just increase the baking time to 25 minutes.



Research & Innovation

Food Innovation & Research Studio

LEMON BUTTER ASPARAGUS & CAULFLOWER SOUP

4 Servings



Prep time: 5 minutes
Cook time: 20 minutes

MEAL 2

Our "Lemon Butter Garlic Fish" recipe transformed!

Ingredients

4 cups (1000 mL)	Leftover vegetables from "Lemon Butter Garlic Fish"
1 tbsp. (15 mL)	Olive oil
1 tbsp. (15 mL)	Butter
2 cups (~2 med.)	Onions, diced
3 cloves	Garlic, finely minced
½ tsp. (3 mL)	Salt
¼ tsp. (1 mL)	Black Pepper
½ tsp. (3 mL)	Dried oregano
2 cups (750 mL)	Water
2 cups (250 mL)	Milk

Instructions

1. Heat a large pot over medium heat. Once the pot is hot, add in the oil, butter, and onions. Cook for 5 minutes, stirring often with a spatula. Reduce the heat to medium-low and add in the garlic, salt, pepper and oregano. Cook for another 5 minutes, stirring often.
2. Add in the leftover baked asparagus, cauliflower, water and milk. Cover the pot with a lid and bring to a boil. Remove the lid, and simmer for 5 minutes.
3. Working in batches, transfer the soup into a blender and puree until smooth. Adjust the consistency of the soup by adding in more milk if necessary.

Nutrition Facts

Valeur nutritive

Per 1/4 Recipe (512 g)
pour 1/4 Recette (512 g)

Calories 330	% Daily Value *
Fat / Lipides 19 g	25 %
Saturated / saturés 8 g	40 %
+ Trans / trans 0.4 g	
Carbohydrate / Glucides 31 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 12 g	
Cholesterol / Cholestérol 30 mg	
Sodium 770 mg	33 %
Potassium 800 mg	17 %
Calcium 250 mg	19 %
Iron / Fer 2.5 mg	14 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup



USE IT UP

If you have leftover beans, feel free to add them into the soup. They will add a creamy texture and a boost of protein!



Research & Innovation

Food Innovation & Research Studio

ROASTED CHICKEN WITH SWEET RED PEPPERS



Nutrition Facts

Valeur nutritive

Per 1/4 Recipe (463 g)
pour 1/4 Recette (463 g)

	% Daily Value*
	% valeur quotidienne*
Calories 640	
Fat / Lipides 32 g	43 %
Saturated / saturés 8 g	40 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 36 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 5 g	5 %
Protein / Protéines 49 g	
Cholesterol / Cholestérol 140 mg	
Sodium 590 mg	26 %
Potassium 1350 mg	29 %
Calcium 50 mg	4 %
Iron / Fer 4.5 mg	25 %

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*5% ou moins c'est peu, 15% ou plus c'est beaucoup

ROASTED CHICKEN WITH SWEET RED PEPPERS

4 Servings



Prep time: 10 minutes
Cook time: 60 minutes



Save your leftovers — they can be turned into delicious sandwiches using the recipe on the next page!

Ingredients

1.5 kg (~3.3 lbs)	Whole chicken, patted dry with paper towel, excess skin and fat removed
6	Red Bell Peppers
1.5 lbs. (~3 cups)	Mini potatoes, scrubbed well
2 tbsp. (30 mL)	Olive oil
1	Lemon, halved
3 cloves	Garlic, peeled and smashed
3 sprigs	Fresh rosemary
5 sprigs	Fresh thyme
1 ½ tsp. (7 mL)	Salt
1 ½ tsp. (7 mL)	Black pepper

Instructions

1. Preheat oven to 400°F and line a large baking tray with parchment paper or aluminum foil.
2. Prepare the peppers by standing each pepper upright and slicing off all 4 sides, working your way around the stem. Discard the stem and seeds. Repeat with all remaining peppers.
3. Place the peppers and potatoes onto the baking tray. Drizzle with olive oil, ½-tsp. salt and ½-tsp. pepper. Toss until just combined.
4. Season chicken all over with remaining salt and pepper and set on top of the pepper and potatoes. Place one lemon half, garlic cloves, rosemary and thyme sprigs into the chicken cavity.
5. Roast the chicken and peppers in the preheated oven for 1 hour or until an instant-read thermometer inserted into the thickest part of the breast registers 160°F.
6. Remove from the oven, and let it rest for 15 minutes before transferring the chicken onto a cutting board and carving.
7. Just before serving the chicken and vegetables, squeeze the remaining lemon half over top.



CHEF'S TIPS

If using a previously frozen chicken, defrost in the refrigerator overnight. Fresh herbs can also be substituted for 1 tsp each of dried rosemary and thyme.



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ROASTED PEPPER &
CHICKEN SANDWICHES



ROASTED PEPPER & CHICKEN SANDWICHES

4 Servings



Prep time: 10 minutes
Cook time: 0 minutes

MEAL 2

Our Roasted Chicken with Sweet Red Peppers recipe transformed!

Ingredients

2 cups (500 mL)	Leftover chicken from "Roasted Chicken with Sweet Bell Peppers," shredded
8 slices	Whole-grain sandwich bread, toasted
	Lettuce, any preferred variety
Roasted Red Pepper Spread	
1 cup (250 mL)	Leftover peppers from "Roasted Chicken with Sweet Bell Peppers"
4 tbsp. (60 mL)	Plain 2% Greek yogurt
4 tbsp. (60 mL)	Feta or Parmesan cheese
1 clove	Garlic, peeled and smashed
1 tsp (2 mL)	Paprika
1/8 tsp. (1 mL)	Black pepper

Nutrition Facts

Valeur nutritive

Per 1 Sandwich (352 g)
pour 1 Sandwich (352 g)

	% Daily Value *	% valeur quotidienne *
Calories 600		
Fat / Lipides 28 g	37 %	
Saturated / saturés 8 g		40 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 30 g		
Fibre / Fibres 6 g	21 %	
Sugars / Sucres 7 g		7 %
Protein / Protéines 53 g		
Cholesterol / Cholestérol 145 mg		
Sodium 790 mg	34 %	
Potassium 750 mg	16 %	
Calcium 100 mg	8 %	
Iron / Fer 4.5 mg	25 %	

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Instructions

1. In a blender, combine the roasted red peppers, yogurt, feta, garlic, paprika and black pepper. Puree until smooth. Transfer into a bowl.
2. Assemble the sandwiches by spreading the toasted bread with your preferred amount of roasted red pepper dip, shredded chicken and lettuce. Press each sandwich down gently and slice on a diagonal. Serve with a piece of fruit or side salad.



USE IT UP

The red pepper spread also makes a delicious veggie dip! Dips are a great way to get kids to eat their veggies.



KEEP IT FRESH

The red pepper spread can be stored in the fridge for up to 3 days.



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SAUSAGE & CABBAGE SKILLET



Nutrition Facts Valeur nutritive

Per 1.5 Cups (385 g)
pour 1.5 Tasse (385 g)

Calories 450 % Daily Value *
% valeur quotidienne *

Fat / Lipides 12 g 16 %
Saturated / saturés 2 g 10 %
+ Trans / trans 0 g

Carbohydrate / Glucides 58 g
Fibre / Fibres 8 g 29 %
Sugars / Sucres 11 g 11 %

Protein / Protéines 28 g

Cholesterol / Cholestérol 40 mg

Sodium 610 mg 27 %

Potassium 2000 mg 43 %

Calcium 100 mg 8 %

Iron / Fer 3.5 mg 19 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

SAUSAGE & CABBAGE SKILLET

4 Servings



Prep time: 15 minutes
Cook time: 30 minutes



Give leftovers from this recipe a new life with our Sweet Potato and Sausage Frittata, found on the next page!

Ingredients

4	(~ 3 lbs)	Sweet potatoes, peeled and diced into ½-inch cubes
4 tbsp.	(60 mL)	Olive oil
1 tsp.	(5 mL)	Black pepper
8	(~ 2 lbs)	Italian mild pork sausages, casing removed
2 tsp.	(10 mL)	Thyme, dried
2 tsp.	(10 mL)	Rosemary, dried
½ cup	(~ 1 small)	Onion, small diced
4 cloves		Garlic, finely minced
6 cups	(~½ head)	Cabbage, finely shredded (green or purple)
2		Sweet bell peppers, any colour, small diced

Instructions

1. Preheat oven to 400°F. Line a large baking sheet with parchment paper or aluminum foil.
2. Place sweet potatoes onto the prepared baking sheet and toss in olive oil and black pepper. Spread sweet potatoes in a single layer and bake in the oven for 25–30 minutes or until fork tender, tossing halfway through.
3. Heat a large non-stick skillet over medium-high heat. Once hot, add in sausage, dried herbs, onions and garlic. Cook for 5 minutes, breaking apart the sausage using the back of a spatula.
4. Toss in the cabbage and peppers and continue to cook on medium heat until tender, about 3–5 minutes.
5. Divide and serve with a side of roasted sweet potatoes!



KIDS IN THE KITCHEN

Young ones will have lots of fun removing the casing from the sausages in this recipe!



USE IT UP

Have potatoes that have sprouted roots in the back of your cupboard? Use them instead! Sweet potatoes can be substituted for white potatoes.



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SWEET POTATO & SAUSAGE FRITTATA

4 Servings



Prep time: 5 minutes
Cook time: 15 minutes

MEAL 2

Our Sausage and Cabbage Skillet transformed!

Ingredients

2 cups (500 mL)	Leftover sausage from "Sausage and Cabbage Skillet"
2 cups (500 mL)	Leftover sweet potatoes from "Sausage and Cabbage Skillet"
1 tbsp. (15 mL)	Mustard (see tip)
1 tbsp. (15 mL)	Olive oil
1 cup (250 mL)	Kale or spinach, finely shredded
5 large	Eggs, beaten
½ cup (125 mL)	Grated cheddar, mozzarella or gouda

Instructions

1. In a medium sized bowl, mash the leftover sweet potatoes with a fork. Using a spatula, fold in the sausage-and-cabbage mixture and mustard.
2. Preheat broiler to high.
3. Heat a large non-stick, oven-safe skillet over medium heat. Once hot, add 1 tbsp. olive oil, the sausage mixture and green leafy vegetables. Cook for 5 minutes, stirring constantly with a spatula.
4. Pour the eggs over and cook for 3 minutes. Place under the broiler and broil on high for 3–5 minutes, until the top is golden.
5. Let the frittata rest for 5 minutes before removing from the pan and slicing into quarters. Serve with a slice of toast if desired.

Nutrition Facts

Valeur nutritive

Per 1/4 Frittata (280 g)
pour 1/4 Frittata (280 g)

Calories 400	% Daily Value *
% valeur quotidienne *	
Fat / Lipides 20 g	27 %
Saturated / saturés 6 g	30 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 31 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 26 g	
Cholesterol / Cholestérol 265 mg	
Sodium 530 mg	23 %
Potassium 1100 mg	23 %
Calcium 200 mg	15 %
Iron / Fer 3 mg	17 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup



CHEF'S TIP

Any mustard you prefer and have on hand will work for this recipe. Yellow, grainy or Dijon are all tasty options!



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SHRIMP SKILLET WITH RED PEPPER MANGO SALSA



Nutrition Facts Valeur nutritive

Per 1 Cup (281 g)
pour 1 Tasse (281 g)

		% Daily Value *
		% valeur quotidienne *
Calories 350		
Fat / Lipides 12 g		16 %
Saturated / saturés 1.5 g		8 %
+ Trans / trans 0 g		
Carbohydrate / Glucides 32 g		
Fibre / Fibres 5 g		18 %
Sugars / Sucres 9 g		9 %
Protein / Protéines 31 g		
Cholesterol / Cholestérol 215 mg		
Sodium 430 mg		19 %
Potassium 650 mg		14 %
Calcium 100 mg		8 %
Iron / Fer 1.25 mg		7 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

SHRIMP SKILLET WITH RED PEPPER MANGO SALSA

4 Servings



Prep time: 20 minutes
Cook time: 15 minutes



Save your leftovers — this recipe can become the Shrimp Skillet Fajitas on the next page!

Ingredients

1 cup (250 mL)	Brown rice, rinsed and drained
2 bags (2 lbs)	Frozen cooked large shrimp
4 tbsp. (60 mL)	Olive oil
1 ½ cups (~ 1 large)	Onion, diced
2 cloves	Garlic, minced
2 cups (500 mL)	Finely shredded green cabbage, Brussels sprouts or kale
1	Red Bell pepper, diced
1	Ripe mango, diced
1	Avocado, peeled and diced
3 tbsp. (30 mL)	Lemon juice
¼ cup (125 mL)	Cilantro, roughly chopped
1 tsp. (5 mL)	Sugar
1 tsp. (5 mL)	Salt
½ tsp. (2 mL)	Black pepper

Instructions

1. Cook rice per package instructions. Once cooked, set aside and let cool.
2. Defrost shrimp by placing the shrimp into a colander and running it under cool water until completely defrosted, about 5 minutes. Pat dry with paper towel.
3. Meanwhile, heat a large non-stick skillet over medium heat. Once the skillet is hot, add olive oil, onion (reserve ½ cup for the salsa) and garlic. Cook for 2–3 minutes, stirring continuously with a spatula, or until the onions are translucent.
4. Stir in the shrimp, and cook for 5 minutes. Add in the cooked rice and vegetables of choice and stir until warmed through. Remove the skillet from heat, and add ½ tsp salt and ¼ tsp pepper.
5. In a medium mixing bowl, combine red pepper, mango, avocado, lemon juice, cilantro, sugar, ½ tsp. salt, ¼ tsp. pepper, and the ½ cup of reserved onion. Mix well.
6. Serve the shrimp and rice skillet with salsa.



CHEF'S TIPS

If cilantro isn't your thing, you can substitute with parsley or add a clove of garlic to the salsa instead. For an extra zing, add a sprinkle of red pepper flakes into the skillet in step 5.



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SHRIMP SKILLET FAJITAS



SHRIMP SKILLET FAJITAS

4 Servings



Prep time: 5 minutes
Cook time: 5 minutes

MEAL 2

Our Shrimp Skillet transformed!

Ingredients

2 cups (500 mL)	Leftover shrimp from "Shrimp Skillet with Red Pepper Mango Salsa" recipe
½ cup (125 mL)	Leftover salsa from "Shrimp Skillet with Red Pepper Mango Salsa" recipe
4	Whole grain whole-wheat tortillas (10-inch)
½ cup (125 mL)	Shredded cheddar, mozzarella or Monterey Jack
1 cup (250 mL)	Finely shredded green cabbage, Brussels sprouts or kale
½ cup (125 mL)	Sour cream or plain Greek yogurt

Instructions

1. Reheat the leftover shrimp skillet in a non-stick skillet over medium heat, about 5 minutes, stirring constantly with a spatula.
2. Assemble the fajitas by portioning ½ cup of the shrimp skillet mixture onto each of the 4 tortillas.
3. Finish each off with 2 tbsp. leftover red pepper mango salsa, 2 tbsp. cheese and ¼ cup shredded green vegetables.
4. Serve fajitas with 2 tbsp. of sour cream or Greek yogurt.

Nutrition Facts

Valeur nutritive

Per 1 Fajita (380 g)
pour 1 Fajita (380 g)

	% Daily Value*
	% valeur quotidienne*
Calories 570	
Fat / Lipides 22 g	29 %
Saturated / saturés 7 g	35 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 53 g	
Fibre / Fibres 9 g	32 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 41 g	
Cholesterol / Cholestérol 230 mg	
Sodium 740 mg	32 %
Potassium 850 mg	18 %
Calcium 350 mg	27 %
Iron / Fer 2.5 mg	14 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup



KEEP IT FRESH

Be an avocado-pro with these tips:

- When ripe, avocados are soft to the touch and almost entirely black.
- Unripe avocados can be stored whole on the counter. When they start to soften, move to the fridge.
- Sprinkle cut avocados with lemon juice, wrap tightly with cling wrap and store in the fridge.



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SWEET & SOUR CHICKEN

4 Servings



Prep time: 15 minutes
Cook time: 25 minutes

MEAL 1

Turn the page for a fresh way to finish up the leftovers from this recipe!

Ingredients

6	(~1.5 kg)	Skinless boneless chicken breasts, cubed into ½-inch pieces
½ cup	(125 mL)	Low-Sodium Soy sauce
½ cup	(125 mL)	Honey
⅓ cup	(78 mL)	Lime juice (fresh or from concentrate)
1 cup	(250 mL)	Brown rice, rinsed and drained
1 tbsp.	(15 mL)	Olive oil
1 cup	(~1 med.)	Onion, small diced
3 cloves		Garlic, minced
6 cups	(1500 mL)	Broccoli, snow peas, and bell pepper, bite sized
½ cup	(125 mL)	Water
3 stalks		Green onions, finely minced

Nutrition Facts

Valeur nutritive

Per 1/4 Recipe (367 g)
pour 1/4 Recette (367 g)

Calories 480	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 8 g	11 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 51 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 8 g	8 %
Protein / Protéines 50 g	
Cholesterol / Cholestérol 135 mg	
Sodium 690 mg	30 %
Potassium 1100 mg	23 %
Calcium 75 mg	6 %
Iron / Fer 2.25 mg	13 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Instructions

1. Place chicken pieces in a bowl and set aside.
2. In a bowl, using a fork, whisk together the soy sauce, honey and lime juice.
3. Cook rice per package instructions.
4. Heat a large non-stick skillet over medium-high heat. Add oil, onions, and sauté until softened, about 2–3 minutes.
5. Add in the green vegetables and garlic and continue to sauté for 1 minute. Pour in the water and cook for an additional 5 minutes, until vegetables are just fork-tender and water has evaporated. Transfer to a bowl and set aside.
6. Return the skillet over medium heat, add in the soy sauce, honey and lime juice. Simmer for 10 minutes.
7. Add the cubed chicken to the soy sauce marinade and simmer for 7–10 minutes or until the chicken reaches an internal temperature 165°F. Stir occasionally. Remove from heat and stir in the cooked vegetables and green onions. Serve with rice.



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SWEET & SOUR CHICKEN LETTUCE CUPS

4 Servings



Prep time: 5 minutes
Cook time: 5 minutes

MEAL 2

Our Sweet and Sour Chicken recipe transformed!

Ingredients

3 cups (750 mL)	Leftover "Sweet and Sour Chicken with Vegetables"
1 head	Romaine, Boston, or loose leaf lettuce

Instructions

1. Wash and dry lettuce leaves with a tea towel or paper towels.
2. Reheat the leftover chicken and vegetables in a non-stick skillet over medium-low heat for 5 minutes, stirring continuously using a spatula.
3. Fill each lettuce leaf with 2–3 spoonfuls of the sweet and sour chicken.

Nutrition Facts

Valeur nutritive

Per 1/4 Recipe (478 g)
pour 1/4 Recette (478 g)

Calories 340	% Daily Value *
Fat / Lipides 7 g	9 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 20 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 48 g	
Cholesterol / Cholestérol 135 mg	
Sodium 700 mg	30 %
Potassium 1350 mg	29 %
Calcium 125 mg	10 %
Iron / Fer 3 mg	17 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup



KIDS IN THE KITCHEN

Get little ones involved in ripping and washing the lettuce leaves.



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SWEET POTATO ENCHILADAS



Nutrition Facts Valeur nutritive

Per 1 Enchilada (442 g)
pour 1 Enchilada (442 g)

	% Daily Value *
	% valeur quotidienne *
Calories 580	
Fat / Lipides 22 g	29 %
Saturated / saturés 10 g	50 %
+ Trans / trans 0.4 g	
Carbohydrate / Glucides 78 g	
Fibre / Fibres 12 g	43 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 20 g	
Cholesterol / Cholestérol 40 mg	
Sodium 720 mg	31 %
Potassium 800 mg	17 %
Calcium 400 mg	31 %
Iron / Fer 3.5 mg	19 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

SWEET POTATO ENCHILADAS

4 Servings



Prep time: 15 minutes
Cook time: 30 minutes

MEAL 1

Save your leftovers — they can be turned into an Enchilada Soup using the recipe on the next page!

Ingredients

1 cup (250 mL)	Brown rice, rinsed and drained
2 tbsp. (30 mL)	Olive oil
½ cup (125 mL)	Onion, diced
2 cloves	Garlic, minced
1 tsp. (5 mL)	Paprika
½ tsp. (2 mL)	Chili powder
½ tsp. (2 mL)	Salt
½ tsp. (2 mL)	Black pepper
½ tsp. (2 mL)	Cayenne powder, optional
1 can (796 mL)	No-salt-added diced tomatoes, drained
1 can (540 mL)	Beans of your choice, rinsed and drained
2 (1.5 lbs)	Sweet potato, peeled and diced into 1-cm cubes
1 cup (250 mL)	Frozen corn
2	Sweet bell peppers, any colour, diced
1 cup (250 mL)	Water
8	10-inch Whole Grain Whole Wheat Tortillas
½ cup (125 mL)	Sour cream
1 cup (250 mL)	Grated cheddar, mozzarella or Havarti

Instructions

1. Cook rice per package instructions. Once cooked, set aside to cool.
2. Preheat oven to 400°F and line a roasting pan with parchment paper or aluminum foil. If using aluminum foil, grease lightly with oil.
3. Heat a large pot over medium heat. Add oil, onion and garlic. Cook for 2 minutes, or until the onions are translucent, stirring often with a spatula.
4. Stir in half of the paprika, chili powder, salt, pepper, cayenne powder (if using), diced tomatoes, canned beans, sweet potatoes, frozen corn, bell peppers and water into the pot.
5. Cover the pot with a lid and simmer over medium heat for about 10 minutes or until the sweet potatoes are fork-tender.
6. Remove the lid from the pot and continue to simmer for 5 more minutes, to evaporate out some of the remaining liquid.
7. Stir in the cooked rice and remove the pot from heat.
8. Assemble and roll each tortilla with ½ cup of the bean-and-rice mixture, 1-tbsp. sour cream, and 1 tbsp. of shredded cheese. Place seam-side-down onto the roasting pan.
9. Sprinkle the remaining cheese and paprika on top as garnish. Bake in the oven for approximately 10 minutes, or until tortillas are crisp, and the cheese is melted.

ENCHILADA SOUP

4 Servings



Prep time: 5 minutes
Cook time: 10 minutes

MEAL 2

Our Sweet Potato Enchiladas transformed!

Ingredients

4 cups (1000 mL) Leftover "Sweet Potato Enchilada" filling

4 cups (1000 mL) Low-sodium vegetable broth

1 tsp. (5 mL) Dried oregano

1 tsp. (5 mL) Dried basil

Instructions

1. In a medium pot, combine the "Sweet Potato Enchilada" filling, broth, oregano and basil.
2. Cover the pot with a lid and bring to a boil over medium heat.
3. Reduce heat to low, and let the soup simmer for 5 minutes.

Nutrition Facts

Valeur nutritive

Per 1/4 Recipe (565 g)
pour 1/4 Recette (565 g)

	% Daily Value *
	% valeur quotidienne *
Calories 310	
Fat / Lipides 5 g	7 %
Saturated / saturés 1 g	5 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 59 g	
Fibre / Fibres 9 g	32 %
Sugars / Sucres 11 g	11 %
Protein / Protéines 9 g	
Cholesterol / Cholestérol 0 mg	
Sodium 450 mg	20 %
Potassium 600 mg	13 %
Calcium 100 mg	8 %
Iron / Fer 3 mg	17 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup



CHEF'S TIP

For a thicker consistency, blend 2 cups of the soup in a blender and return to pot.



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FRIDGE CLEAN-OUT RECIPES

These recipes have been created to be as flexible as possible.

Orange stars ✨ show what ingredients can be easily substituted. Use these recipes at the end of the week to clean out your fridge before shopping again!



**ROASTED CHICKPEA
BURRITO BOWLS**

See page 61.

APPLE BURGERS WITH LEMONY POTATOES & TOSSED SALAD



Nutrition Facts Valeur nutritive

Per (613 g)
pour (613 g)

	% Daily Value*
	% valeur quotidienne*
Calories 710	
Fat / Lipides 28 g	37 %
Saturated / saturés 5 g	25 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 71 g	
Fibre / Fibres 13 g	46 %
Sugars / Sucres 14 g	14 %
Protein / Protéines 41 g	
Cholesterol / Cholestérol 90 mg	
Sodium 890 mg	39 %
Potassium 1750 mg	37 %
Calcium 225 mg	17 %
Iron / Fer 6 mg	33 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

APPLE BURGERS WITH LEMONY POTATOES & TOSSED SALAD

4 Servings



Prep Time: 20 minutes
Cook Time: 40 minutes

Give old or bruised apples new life with this fresh twist on a classic burger!

Ingredients

3 cups (~1.5 lbs)	Mini potatoes, halved
5 tbsp. (75 mL)	Olive oil
1 tsp. (7 mL)	Salt
1 ½ tsp. (7 mL)	Pepper
2 tsp. (10 mL)	Dried Herbs *
4 tbsp. (60 mL)	Fresh lemon juice
2 tbsp. (30 mL)	Lemon zest
4	Whole grain whole-wheat burger buns
2	Apples
1 lb. (454 g)	Ground meat *
1 head	Lettuce, finely shredded *

* Get creative with the following selections:

- Dried Herbs (rosemary / thyme / oregano)
- Ground meat (turkey / pork / chicken / beef)
- Lettuce (romaine / bibb / red loose leaf / green loose leaf / iceberg)

Instructions

1. Preheat oven to 400°F and line the baking sheets with parchment paper or aluminum foil.
2. "In a bowl, toss the potatoes with 2 tbsp. olive oil, ½ tsp. each of salt and pepper, 1 tsp. dried herbs, 2 tbsp. lemon juice and lemon zest. Transfer to baking sheet and roast in the oven for 30–35 minutes, stirring halfway.
3. Meanwhile, coarsely grate 1 apple. Squeeze out its juice and reserve in a bowl. Combine the grated apple, ground meat, ½ tsp. dried herbs, ¼ tsp. salt, and ½ tsp. pepper in a bowl. Form the mixture into four 5-inch patties.
4. Heat a large non-stick pan over medium-high heat. Once hot, add 1 tbsp. olive oil. Pan-fry the burgers on each side for 4–5 minutes (until an internal temperature of at least 160°F is reached).
5. While the burgers are cooking, slice the burger buns in half, arrange them on a baking sheet and toast in the oven at 400°F for 2–3 minutes.
6. In a large bowl, whisk together the reserved apple juice, remaining lemon juice, olive oil, rosemary, salt and pepper. Thinly slice the second apple and toss into the dressing, along with the shredded lettuce.
7. Assemble the burgers and serve with a side of potatoes and salad.



PLAN IT OUT

Double or even triple this recipe to save for a busy night. Cooked burgers can be frozen for up to 3 months and then reheated.



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CHICKEN ENVELOPE



Nutrition Facts Valeur nutritive

Per 1 Enveloppe (354 g)
pour 1 Enveloppe (354 g)

	% Daily Value*
	% valeur quotidienne*
Calories 320	
Fat / Lipides 7 g	9 %
Saturated / saturés 1.5 g	8 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 4 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 58 g	
Cholesterol / Cholestérol 185 mg	
Sodium 430 mg	19 %
Potassium 1050 mg	22 %
Calcium 40 mg	3 %
Iron / Fer 1.5 mg	8 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

CHICKEN ENVELOPE

4 Servings



Prep Time: 10 minutes
Cook Time: 20 minutes

This tasty meal is the perfect opportunity to use up any vegetables you don't have a plan for!

Ingredients

4	(~1 kg)	Skinless boneless chicken breast
½ cup	(125 mL)	Low-sodium chicken broth
2 each		Assorted vegetables, julienned *
1		Lemon, juiced
8 Sprigs		Thyme (or 1 tsp dried thyme)
To taste		Salt and pepper

* Get creative with assorted vegetables — choose 2 (carrot / zucchini / bell pepper / onion / celery)

Instructions

1. Preheat oven to 400°F and cut 4 pieces of aluminum foil into 12x12" squares.
2. Pick thyme leaves off the sprigs. Reserve both the sprigs and the leaves.
3. Place ¼ of assorted vegetables and thyme sprigs onto a piece of aluminum foil. Place one chicken breast on top of the vegetables. Top each chicken breast with 1 tbsp. of chicken broth, the juice of ¼ of a lemon, ¼ of the leaves from the thyme, and salt and pepper to taste. Repeat the process with the remaining chicken breasts.
4. Wrap the aluminum foil around the chicken and vegetables so it is completely sealed. There should be some air space in between the chicken and the aluminum foil. Place on a baking tray and put in the oven for approximately 20 minutes, or until chicken is cooked through. Remove from the oven and let cool for a few minutes before unwrapping and serving.



PLAN IT OUT

Food waste can be reduced by thinking about serving sizes and how many servings are needed. This recipe makes 4 servings, but you can make any number of envelopes using this adjustment:

- 1 serving= 1 chicken breast, ½ cup sliced veggies, 1 tbsp. chicken broth, ½ tbsp. lemon juice, 2 sprigs thyme (¼ tsp. dried) and a sprinkle of salt and pepper.

COCONUT VEGETABLE ONE POT WONDER

4 Servings



Prep Time: 5 minutes
Cook Time: 10 minutes

This recipe is faster than take out (but just as tasty)! Perfect for those evenings when nothing seems to work out and everyone is running in different directions. Enjoy!

Ingredients

1 tbsp. (15 mL)	Canola oil or coconut oil
3 tbsp. (45 mL)	Thai curry paste (see tip)
1 can (400 mL)	Full fat coconut milk
1 pkg. (350g)	Extra-firm tofu, diced into ½-inch pieces
3 cups	Assorted vegetables, cut into bite-sized pieces *

* Get creative with assorted vegetables — choose 2 (carrot / broccoli / green beans / napa cabbage / asparagus spears / mushrooms / peppers)

Instructions

1. If serving the dish with rice or noodles, prepare at this time.
2. Heat a large pot over medium heat. Once hot, add oil and curry paste. Cook for 1 minute.
3. Stir in the coconut milk. Bring to a boil. Reduce heat to medium-low and add in the tofu or chicken, along with the vegetables. Cover the pot with a lid and simmer for 5-6 minutes, or until the vegetables are tender. Adjust seasoning with additional salt and pepper if desired.

Nutrition Facts

Valeur nutritive

Per 1/4 Recipe (244 g)
pour 1/4 Recette (244 g)

	% Daily Value *	% valeur quotidienne *
Calories 290		
Fat / Lipides 22 g	29 %	
Saturated / saturés 13 g	65 %	
+ Trans / trans 0 g		
Carbohydrate / Glucides 11 g		
Fibre / Fibres 3 g	11 %	
Sugars / Sucres 5 g	5 %	
Protein / Protéines 11 g		
Cholesterol / Cholestérol 0 mg		
Sodium 280 mg	12 %	
Potassium 250 mg	5 %	
Calcium 100 mg	8 %	
Iron / Fer 1.75 mg	10 %	

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup



CHEF'S TIP

Our team tested this recipe using the "Thai Kitchen Green Curry Paste" brand. However, any curry paste can be used.



PLAN IT OUT

Save prep time by using frozen vegetables (try an Asian-style blend). No cutting required and the cooking time stays the same!



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JAM-FILED MUFFINS



Nutrition Facts Valeur nutritive

Per 1 Muffin (119 g)
pour 1 Muffin (119 g)

	% Daily Value*	% valeur quotidienne*
Calories 280		
Fat / Lipides 14 g	19 %	
Saturated / saturés 2 g		
+ Trans / trans 0.1 g	10 %	
Carbohydrate / Glucides 34 g		
Fibre / Fibres 5 g	18 %	
Sugars / Sucres 17 g	17 %	
Protein / Protéines 7 g		
Cholesterol / Cholestérol 5 mg		
Sodium 110 mg	5 %	
Potassium 175 mg	4 %	
Calcium 175 mg	13 %	
Iron / Fer 1.25 mg	7 %	

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

JAM-FILLED MUFFINS

12 Servings



Prep Time: 15 minutes
Cook Time: 25 minutes

Berries starting to get a little mushy? Turn them into a delicious jam for these jam-filled muffins. Enjoy leftover chia jam on toast, pancakes or oatmeal.

Ingredients

1½ cups (375 mL)	Overripe or frozen fruit *
1 tbsp. (15 mL)	Maple syrup
3 tbsp. (30 mL)	Whole chia seeds
1	Lemon, zested and juiced
1½ cups (375 mL)	Plain 2% Greek yogurt
¾ cup (187 mL)	2% milk
½ cup (125 mL)	Canola oil
1 tbsp. (15 mL)	Vanilla extract
1¾ cups (437 mL)	Whole wheat flour
4 tbsp. (60 mL)	Ground flax
¾ cup (187 mL)	Granulated sugar
1 tbsp. (15 mL)	Baking powder
2 tsp. (10 mL)	Cinnamon

* Get creative with the following fruit: blueberries / strawberries / pear / mango / apple / kiwi / pineapple)

Instructions

1. In a saucepan, combine the fruit and maple syrup. Bring to a simmer over medium heat and cook for 5–6 minutes, or until the fruit is soft.
2. Let the mixture cool for 5 minutes, then transfer the cooked fruit into a blender and puree until smooth.

3. Pour the fruit puree into a bowl and stir in the chia, lemon juice and zest. Set aside, and wait for the chia seeds to plump up, about 10 minutes.
4. Meanwhile, preheat oven to 375°F and grease a 12-cup muffin tray.
5. In a bowl, whisk together the yogurt, milk, oil and vanilla.
6. In a separate bowl, whisk together the flour, ground flax, sugar, baking powder and cinnamon.
7. Add the flour mixture into the bowl with the wet ingredients and mix gently with a spatula. Make sure not to overmix the batter to ensure a fluffy muffin.
8. Fill three-quarters of each muffin cup with batter. Add 2 tsp. of jam, then top with the leftover batter. Bake for 25 minutes or until a toothpick inserted into the middles comes out clean.
9. Broil for 2 minutes for a nice golden exterior. Let the muffins cool for 10 minutes before transferring onto a cooling rack.



KEEP IT FRESH

If you have jam leftover, it can be stored in the fridge for about 1 week or frozen for up to 6 months.



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JAMIN'



JAMIN'

2 Jars



Prep Time: 10 minutes
Cook Time: 45 minutes

Refrigerator jams are a great way to use up tired fruit before it goes bad. Because the jam is refrigerated (or frozen), it doesn't require a ton of sugar to preserve it, as conventional jams do. And as another bonus, you don't need to sterilize the jars as thoroughly as is required for shelf-stable jams.

Ingredients

3 cups	Strawberries, hulled and quartered *
¼ cup	Sugar
¼	Apple, grated with skin on
2 tbsps.	Lemon Juice

* Get creative with the fruit/berries: raspberries / blackberries / peaches / plums / nectarines

Instructions

1. Peel and pit any stone fruit. Remove any stems, etc., from berries.
2. To a medium size, non-reactive pot over medium heat, add all ingredients. Bring to the bubbling state, then reduce heat to a high simmer for 45 minutes, or until thick.
3. Let cool, then transfer to jars. Jams will last in the fridge for about 1 week or frozen for up to 6 months.

Nutrition Facts

Valeur nutritive

Per 1 tbsp (21 g)
pour 1 tbsp (21 g)

	% Daily Value *
	% valeur quotidienne *
Calories 15	
Fat / Lipides 0.1 g	1 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 3 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 0.1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 0 mg	0 %
Potassium 30 mg	1 %
Calcium 0 mg	0 %
Iron / Fer 0.1 mg	1 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup



USE IT UP

All types of foods are wasted in Canada, but fruit is the second most wasted food by weight (after vegetables).*

*National Zero Waste Council

This recipe was contributed by Love Food Hate Waste Canada.



QUICK CHEESY
VEGETABLE PASTA BAKE



QUICK CHEESY VEGETABLE PASTA BAKE

4 Servings



Prep Time: 10 minutes
Cook Time: 20 minutes

A veggie-packed pasta dish the whole family will enjoy!

Ingredients

1 box	(1 lb)	Pasta of your choice
4 cups	(1000 mL)	Assorted vegetables, cut into bite-sized piece *
1 jar	(650 mL)	Tomato sauce
1½ cups	(375 mL)	Cheese, grated *
1 tsp.	(5 mL)	Dried oregano
1 tsp.	(5 mL)	Dried basil
¼ tsp.	(1 mL)	Black pepper

* Get creative with the following selections:

- Assorted vegetables (zucchini / broccoli / cauliflower / bell peppers / asparagus / green beans / onion)
- Cheese (mozzarella / cheddar / gouda / marble)

Instructions

1. Bring a large pot of heavily salted water to a boil. Once the water has reached a boil, add pasta and cook according to the package instructions, about 10–12 minutes. In the last 5 minutes of cooking, add in the vegetables. When the pasta is just fork-tender, strain both the pasta and vegetables over a colander.
2. Meanwhile, preheat broiler and grease a 9x13" baking dish.
3. Pour the pasta and vegetable mixture into the greased baking dish and stir in the tomato sauce, 1 cup of cheese, basil, oregano and pepper.
4. Sprinkle on the remaining cheese on top and broil for 3–5 minutes or until cheese is melted and golden.

Nutrition Facts

Valeur nutritive

Per 1/4 Recipe (461 g)
pour 1/4 Recette (461 g)

	% Daily Value *
	% valeur quotidienne *
Calories 640	
Fat / Lipides 17 g	23 %
Saturated / saturés 8 g	40 %
+ Trans / trans 0.4 g	
Carbohydrate / Glucides 102 g	
Fibre / Fibres 14 g	50 %
Sugars / Sucres 11 g	11 %
Protein / Protéines 30 g	
Cholesterol / Cholestérol 40 mg	
Sodium 310 mg	13 %
Potassium 1100 mg	23 %
Calcium 400 mg	31 %
Iron / Fer 6.5 mg	36 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup



CHEF'S TIP

Looking to add more protein to this recipe? Stir in a can of rinsed and drained lentils during step 3. Lentils are also an excellent source of iron and fibre to give you energy and help with digestion.



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ROASTED CHICKPEA BURRITO BOWLS



Nutrition Facts

Valeur nutritive

Per 1/4 Recipe (620 g)
pour 1/4 Recette (620 g)

	% Daily Value *
	% valeur quotidienne *
Calories 610	
Fat / Lipides 22 g	29 %
Saturated / saturés 7 g	
+ Trans / trans 0.3 g	35 %
Carbohydrate / Glucides 87 g	
Fibre / Fibres 13 g	46 %
Sugars / Sucres 9 g	9 %
Protein / Protéines 21 g	
Cholesterol / Cholestérol 30 mg	
Sodium 770 mg	33 %
Potassium 950 mg	20 %
Calcium 350 mg	27 %
Iron / Fer 5 mg	28 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

ROASTED CHICKPEA BURRITO BOWLS

4 Servings



Prep Time: 15 minutes
Cook Time: 30 minutes

Enjoy these flavourful bowls with all the toppings you would usually get on a burrito at your favourite Mexican spot!

Ingredients

1 can (540 mL)	No-salt-added chickpeas, drained and rinsed
½ cup (~1 small)	Onions, diced
2 tbsp. (30 mL)	Olive oil
2 tsp. (10 mL)	Paprika
2 tsp. (10 mL)	Ground cumin
2 tsp. (10 mL)	Garlic powder
½ tsp. (2 mL)	Salt
½ tsp. (2 mL)	Black pepper
1½ cups (375 mL)	Brown rice, rinsed and drained
3 cups (750 mL)	Water
1	Bell Pepper, any color, small diced
1 head	Lettuce, finely shredded *
1 cup (250 mL)	Cheese, grated *
½ cup (125 mL)	Salsa

* Get creative with the following selections:

- Lettuce (bibb / romaine / green loose leaf / red loose leaf / iceberg)
- Cheese (mozzarella / cheddar / marble)



USE IT UP

Think outside the lunch box! Use leftovers for a tasty lunch tomorrow. The chickpeas on their own also make a tasty school snack!

Instructions

1. Preheat oven to 400°F and line baking sheet with parchment paper or aluminum foil.
2. In a medium-sized bowl, toss together the chickpeas, onions, 1-tbsp. olive oil, half the paprika, half the cumin powder, half the garlic powder, salt and pepper. Arrange the chickpeas evenly on the baking sheet and roast in the oven for 30 minutes (stirring halfway through). The chickpeas should be crisp and tender in the inside.
3. Meanwhile, heat a medium-sized pot over medium heat. Once hot, add the remaining olive oil, paprika, cumin, garlic powder and the rice. Cook for 1 minute, and then add in the water. Cover the pot with a lid and bring to a boil. Reduce to a simmer, and let the rice cook for approximately 20 minutes or until all water is absorbed. Remove from the heat, and fluff with a fork.
4. To assemble the burrito bowls, divide the shredded lettuce, rice, roasted chickpeas, bell pepper, cheese and salsa into 4 separate bowls.



KIDS IN THE KITCHEN

Little ones will enjoy stirring the chickpeas with the spice and measuring is a great way to teach older kids fractions!

STUFFED SWEET POTATOES



Nutrition Facts Valeur nutritive

Per 1/4 Recipe (404 g)
pour 1/4 Recette (404 g)

	% Daily Value *
	% valeur quotidienne *
Calories 670	
Fat / Lipides 40 g	53 %
Saturated / saturés 13 g	65 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 63 g	
Fibre / Fibres 18 g	64 %
Sugars / Sucres 11 g	11 %
Protein / Protéines 24 g	
Cholesterol / Cholestérol 0 mg	
Sodium 570 mg	25 %
Potassium 1400 mg	30 %
Calcium 175 mg	13 %
Iron / Fer 7 mg	39 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

STUFFED SWEET POTATOES

4 Servings



Prep Time: 10 minutes
Cook Time: 20 minutes

Need a fresh idea for that bag of sweet potatoes in your pantry?
Look no further than this flavourful and protein-packed meal!

Ingredients

4	(~3 lbs)	Sweet potatoes
¼ cup	(125 mL)	Peanut butter or sunflower seed butter
1 tbsp.	(15 mL)	Low-sodium soy sauce
2 tsp.	(10 mL)	Fresh ginger root, finely minced
1 clove		Garlic, finely minced
¾ cup	(187 mL)	Coconut milk
1 can	(540 mL)	No-salt-added beans, rinsed and drained *
2 tbsp.	(30 mL)	Olive oil
¼ tsp.	(2 mL)	Salt
½ tsp.	(2 mL)	Black pepper
1 tsp.	(5 mL)	Paprika
4 cups	(~½ bunch)	Kale, finely shredded
3 stalks		Green onion, thinly sliced on a diagonal
4 tbsp.	(60 mL)	Peanuts or sunflower seeds, roughly chopped

* Get creative with the following no-salt-added canned beans: chickpeas / white kidney beans / black beans / pinto beans

Instructions

1. Wash the sweet potatoes. Pierce each sweet potato multiple times with a fork and microwave on high for 10–12 minutes (or until fork tender), rotating halfway. Let cool for 5 minutes.
2. Slice each sweet potato in half lengthwise, and scoop some of the flesh out of the sweet potato into a medium-sized bowl. Set aside the skins.
3. Prepare the sauce by combining the peanut butter, soy sauce, ginger, garlic and ¼-cup of coconut milk in a saucepan over medium heat. Once simmering, immediately remove from heat (it should look like a paste).
4. Transfer half of the peanut-coconut paste into the bowl with the sweet potato flesh. Mash until combined.
5. Whisk the remaining coconut milk with the peanut-coconut paste. Return the saucepan to the stovetop, and simmer over medium-low heat until warm, but not boiling. Set the sauce aside.
6. In a medium-sized bowl, toss the beans with 1-tbsp. olive oil, salt, pepper and paprika. Heat a large non-stick skillet over medium heat, then add the remaining tbsp. of oil, the beans and kale. Sauté until crispy, about 5 minutes.
7. Fill each sweet potato skin with the mashed sweet potato mixture. Top with a generous amount of sautéed beans, and kale, green onions, peanuts or sunflower seeds, and a drizzle of peanut-coconut sauce.



USE IT UP

To reheat the peanut-coconut sauce, add an additional 3 tbsp of coconut milk and reheat on the stove top.



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UDON NOODLE SLURP BOWLS



Nutrition Facts Valeur nutritive

Per 1/4 Recipe (669 g)
pour 1/4 Recette (669 g)

	% Daily Value *
	% valeur quotidienne *
Calories 460	
Fat / Lipides 18 g	24 %
Saturated / saturés 3 g	15 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 57 g	
Fibre / Fibres 8 g	29 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 21 g	
Cholesterol / Cholestérol 185 mg	
Sodium 890 mg	39 %
Potassium 950 mg	20 %
Calcium 150 mg	12 %
Iron / Fer 5.5 mg	31 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

UDON NOODLE SLURP BOWLS

4 Servings



Prep Time: 15 minutes
Cook Time: 15 minutes

What's more comforting and fun than slurping up a bowl full of delicious noodles?

Ingredients

2 tbsp. (30 mL)	Sesame oil
½ bunch	Green onions, finely sliced with green and white parts divided
3 cloves	Garlic, peeled and finely minced
1 tbsp. (15 mL)	Fresh ginger root, finely minced
4 cups (~1 lb)	Mixed mushrooms, sliced *
1 cup (~2 med.)	Carrots, sliced on a diagonal into ½-inch thick pieces
2 tbsp. (30 mL)	Low-sodium soy sauce
½ tsp. (2 mL)	Black pepper
4 cups (1000 mL)	Water
1 bunch	Green vegetable, cut into bite-sized pieces *
1 tbsp. (15 mL)	Olive oil
4 large	Eggs
½ tsp. (2 mL)	Salt
400g	Udon noodles

* Get creative with the following selections:

- Mixed mushrooms (button / cremini / shiitake / oyster / portobellos / chanterelles)
- Green vegetable (broccoli / baby bok choy)



CHEF'S TIPS

Udon noodles can be substituted with rice vermicelli. Cook the vermicelli separately then add to the broth at the end of step 6.

Instructions

1. Heat a large pot over medium heat. Once the pot is hot, add sesame oil, the white parts of the green onions, garlic and ginger. Cook for 1 minute, until onions are softened.
2. Stir in the mushrooms, carrots, soy sauce and black pepper. Cook for 3 minutes, stirring occasionally.
3. Add the water, and cover the pot with a lid. Once the broth reaches a boil, reduce heat to low, and simmer for 5 minutes.
4. Add in the green vegetable, along with the udon noodles. Cook for 5 more minutes.
5. Meanwhile, heat a large non-stick skillet over medium heat. Once hot, add oil, and then crack 4 eggs into the pan, keeping them separate. Season with salt and cook for 4–5 minutes, or until whites are set and the yolks are cooked to your desired degree of doneness. Transfer the cooked eggs onto a plate.
6. Divide the noodles and vegetables into 4 bowls. Top each bowl with a fried egg and garnish with remaining green onions.

VEGGIE FRITTERS

6–8 Fritters



Prep Time: 5 minutes
Cook Time: 10 minutes

These veggie fritters are super versatile! You can substitute the ingredients to make use of any veggies that were forgotten in your fridge or pantry. Mix and match to find your favourite combo!

Ingredients *

2	Rescued potatoes (Remove sprouts from potatoes. Don't use if green)
1	Zucchini *
2	Carrots *
¼	Onion *
2	Eggs, beaten
3 tbsp.	Flour
1 cup	Plain yogurt
2 tbsp.	Olive or vegetable oil
Zest	1 lemon
	Fresh herbs *

Salt and Pepper

* Get creative with the following selections:

- Vegetables (yams / parsnips / celeriac / turnip / fennel / middle section of leeks / green onions)
- Fresh herbs (basil, thyme, dill, parsley, fennel tops, garlic, etc.)

Instructions

1. Wash veggies, but do not peel. Using the medium side of a box grater, grate potatoes, zucchini, carrots, and onion and any other veggies you have.

2. To a large bowl, add grated veggies, any herbs you have on hand, egg, flour, salt and pepper.
3. In a small bowl, combine yogurt, lemon zest and a pinch of salt. Reserve.
4. To a large pan over medium-high heat, add 1 tbsp. of oil. Drop veggie mixture in ¼-cup dollops in the pan. Pat down to a pancake shape. Cook for about 3–4 minutes, or until bottom is browned and crispy. Flip and continue cooking until bottom is browned. Repeat with remaining veggie mixture.
5. Serve with zesty yogurt.

Nutrition Facts

Valeur nutritive

Per 1 Serving (291 g)
pour 1 Serving (291 g)

Calories 250	% Daily Value *
Fat / Lipides 10 g	% valeur quotidienne *
Saturated / saturés 2 g	13 %
+ Trans / trans 0 g	10 %
Carbohydrate / Glucides 29 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 12 g	
Cholesterol / Cholestérol 95 mg	
Sodium 100 mg	4 %
Potassium 800 mg	17 %
Calcium 100 mg	8 %
Iron / Fer 1.75 mg	10 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup

This recipe was contributed by Love Food Hate Waste Canada.





ZERO-WASTE RECIPES

These recipes were developed to use the entire vegetable — from top to bottom!

If you are tired of recipes that call for only a small amount of an ingredient, leaving you with some left to store or use up, then these meals are for you!



**TOMATO STUFFED
CHICKEN**

[See page 81.](#)

CURRIED CHICKEN CAULIFLOWER PILAF



Nutrition Facts Valeur nutritive

Per 1/4 Recipe (497 g)
pour 1/4 Recette (497 g)

	% Daily Value *
	% valeur quotidienne *
Calories 520	
Fat / Lipides 21 g	28 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 24 g	
Fibre / Fibres 7 g	25 %
Sugars / Sucres 11 g	11 %
Protein / Protéines 62 g	
Cholesterol / Cholestérol 185 mg	
Sodium 750 mg	33 %
Potassium 1550 mg	33 %
Calcium 100 mg	8 %
Iron / Fer 2.5 mg	14 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

CURRIED CHICKEN CAULIFLOWER PILAF

4 Servings



Prep Time: 15 minutes
Cook Time: 30 minutes

Cauliflower is a chameleon in the kitchen.
You'll love this versatile veggie as the "rice" in this curry pilaf.

Ingredients

4	(~1 kg)	Skinless boneless chicken breast
6 cups	(~1 head)	Cauliflower
3 tbsp.	(45 mL)	Olive Oil
1 cup	(~1 med.)	Onion, small diced
1 tsp.	(5 mL)	Salt
½ tsp.	(2 mL)	Black Pepper
1½ tbsp.	(22 mL)	Curry powder
¼ cup	(62 mL)	Water
¼ cup	(62 mL)	Almonds, chopped or slivered
¼ cup	(62 mL)	Golden Raisins
¼ cup	(62 mL)	Cilantro or parsley, leaves only

Instructions

1. Preheat the oven to 400°F. Line a large baking sheet with parchment paper or aluminum foil. Place all four chicken breasts on the tray and sprinkle with ½-tsp. salt, black pepper, and ½-tbsp. curry evenly across each breast. Bake for 25–30 minutes, or until an internal temperature of 165°F is reached. Then, remove from oven and let rest for 5 minutes before chopping into bite sized pieces.

2. Meanwhile, cut the cauliflower head into bite-sized pieces and pulse in food processor until you get a grain like texture. Set the cauliflower rice aside in a bowl.
3. In a saucepan, bring the water to a boil over medium-high heat. Once boiled, remove from heat and add in the raisins to rehydrate. Drain the water off after 2 minutes and set aside.
4. Heat a large non-stick skillet over medium heat. Once hot, add in 1½ tbsp. of olive oil and the diced onions. Cook the onions for about 2 minutes, and then stir in the remaining salt and curry powder.
5. Add in the cauliflower rice and remaining olive oil, stirring well to evenly coat the rice. Reduce heat to medium-low and let it cook for 8–10 minutes, stirring constantly. Toss in the cooked chicken pieces, golden raisins, chopped almonds and cilantro/parsley!
6. Serve alone or with a side salad.



CHEF'S TIP

Fresh cilantro or parsley can be replaced with 1 tsp dried and stirred into the pilaf in step 4.

GREEK ORZO STUFFED PEPPERS



Nutrition Facts Valeur nutritive

Per 1/4 Recipe (246 g)
pour 1/4 Recette (246 g)

		% Daily Value *	% valeur quotidienne *
Calories 420			
Fat / Lipides 15 g		20 %	
Saturated / saturés 5 g		25 %	
+ Trans / trans 0 g			
Carbohydrate / Glucides 60 g			
Fibre / Fibres 4 g		14 %	
Sugars / Sucres 9 g		9 %	
Protein / Protéines 13 g			
Cholesterol / Cholestérol 25 mg			
Sodium 490 mg		21 %	
Potassium 250 mg		5 %	
Calcium 200 mg		15 %	
Iron / Fer 3 mg		17 %	

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

GREEK ORZO STUFFED PEPPERS

4 Servings



Prep Time: 10 minutes
Cook Time: 25 minutes

These stuffed peppers are both a delicious taste of the Mediterranean and a chance to make use of bell peppers that are starting to age!

Ingredients

3 Bell peppers, halved lengthwise, seeds and stem removed

1 tbsp. (15 mL) Olive oil

3 cloves Garlic, finely minced

¼ tsp. (2 mL) Pepper

1 tbsp. (15 mL) Fresh oregano, leaves only (see tip)

1 cup (250 mL) Orzo

½ cup (~ 1 small) Red onion, small diced

2 tbsp. (30 mL) Balsamic vinegar

½ cup (125 mL) Black olives, pitted and chopped

¾ cup (125 mL) Feta cheese, crumbled

Lemon Basil Tomatoes

1 Lemon, juiced and zested

1 cup (250 mL) Cherry or grape tomatoes, halved

½ cup (125 mL) Fresh basil leaves only, finely chopped (see tip)

¼ cup (125 mL) Olive oil

Instructions

- Preheat the oven to 400°F and line baking sheet with parchment paper or aluminum foil. Cut each pepper in half lengthwise and remove the seeds, stem and inner white membrane.
- In a bowl, toss the bell peppers in olive oil, garlic, pepper and oregano. Place onto the prepared baking sheet and roast them in the oven for approximately 20 minutes or until peppers are slightly charred.
- While the peppers are roasting, bring a large pot of salted water to a boil. Following the package directions, cook the orzo until it reaches *al dente*, about 10 minutes. Drain the orzo, place into a bowl and combine with onions, vinegar, olives, and ½-cup feta. Preheat broiler at this time.
- Combine all ingredients for the lemon basil tomatoes in a bowl.
- Stuff the peppers with the orzo mixture and top all peppers with remaining feta. Broil in the oven for 2–3 minutes or until slightly golden. Top with lemon basil tomatoes and serve.



CHEF'S TIPS

Fresh oregano and basil leaves can be replaced with 1 tsp each dried herbs.

Brown rice or quinoa are great substitutes if orzo is unavailable.



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MAPLE MUSTARD BAKED
FISH SHEET PAN DINNER



MAPLE MUSTARD BAKED FISH SHEET PAN DINNER

4 Servings



Prep Time: 10 minutes

Cook Time: 15 minutes

Busy night? This one pan dinner only requires 10 minutes of prep, but you won't believe it when you taste the final product!

Ingredients

4 tbsp. (60 mL)	Olive oil
4 tbsp. (60 mL)	Dijon mustard
6 tbsp. (90 mL)	Maple syrup
2	Lemons, zested and juiced
2 tsp. (10 mL)	Garlic powder
½ tsp. (2 mL)	Salt
¼ tsp. (1 mL)	Black pepper
4 (~560 g)	Salmon, trout, or cod fillets
3 cups (750 mL)	Asparagus (1 bunch) or snap peas, ends trimmed
1 cup (250 mL)	Brown rice

Nutrition Facts

Valeur nutritive

Per 1/4 Recipe (278 g)
pour 1/4 Recette (278 g)

	% Daily Value*
	% valeur quotidienne*
Calories 550	
Fat / Lipides 24 g	32 %
Saturated / saturés 4 g	20 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 64 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 21 g	
Cholesterol / Cholestérol 45 mg	
Sodium 470 mg	20 %
Potassium 650 mg	14 %
Calcium 75 mg	6 %
Iron / Fer 1.75 mg	10 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Instructions

1. Preheat oven to 400°F and line a large baking tray with parchment paper. In a large bowl, combine the oil, mustard, maple syrup, lemon juice, lemon zest, garlic powder, salt and pepper. Whisk until well combined.
2. Toss in the green vegetable and fish fillets into the bowl. Carefully coat with the vinaigrette. Arrange the vegetables and salmon onto the baking tray. Bake for 15 minutes, or until the vegetables are tender and the salmon flakes easily using a fork.
3. Meanwhile, prepare the rice per package instructions. Once cooked, serve alongside the roasted fish and green vegetables.



CHEF'S TIP

Recipe can be easily doubled — just use two baking sheets.



KIDS IN THE KITCHEN

This recipe was a favourite among even our littlest taste testers! The green vegetables are hard to resist coated in the maple-mustard sauce.



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QUICK FRESH SALSA

8 Servings



Prep Time: 10 minutes
Cook Time: 0 minutes

Pair this fresh salsa with our Roasted Chickpea Burrito Bowls, Sweet Potato Enchiladas or simply serve with your favourite tortilla chips!

Ingredients

4	Tomatoes, small diced
2 tbsp. (30 mL)	Green onions or cilantro, finely minced
1 clove	Garlic, finely minced
1 tbsp. (15 mL)	Lime juice
½ tsp. (2 mL)	Cumin
1 tsp. (5 mL)	Sugar
½ tsp. (2 mL)	Salt

Instructions

1. Mix the tomatoes, green onions/cilantro and garlic in a bowl.
2. In a separate bowl, combine the lime juice, cumin, sugar and salt. Stir until the sugar is dissolved into the lime juice.
3. Pour the lime juice mixture over the tomatoes and gently toss until combined.

Nutrition Facts

Valeur nutritive

Per 1/8 Recipe (80 g)
pour 1/8 Recette (80 g)

	% Daily Value*
	% valeur quotidienne*
Calories 15	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 4 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 2 g	2 %
Protein / Protéines 1 g	
Cholesterol / Cholestérol 0 mg	
Sodium 160 mg	7 %
Potassium 175 mg	4 %
Calcium 10 mg	1 %
Iron / Fer 0.5 mg	3 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup



CHEF'S TIP

Use fresh or store-bought lemon juice. For an extra pop of flavour, add the zest of 1 lime. The juice of the lime can be frozen in an ice cube tray for use later.



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TOMATO RISOTTO WITH GRILLED ROMAINE LETTUCE



Nutrition Facts Valeur nutritive

Per 1/4 Recipe (731 g)
pour 1/4 Recette (731 g)

	% Daily Value *
	% valeur quotidienne *
Calories 700	
Fat / Lipides 17 g	23 %
Saturated / saturés 6 g	30 %
+ Trans / trans 0.3 g	
Carbohydrate / Glucides 118 g	
Fibre / Fibres 19 g	68 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 25 g	
Cholesterol / Cholestérol 20 mg	
Sodium 860 mg	37 %
Potassium 1200 mg	26 %
Calcium 250 mg	19 %
Iron / Fer 6.5 mg	36 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

TOMATO RISOTTO WITH GRILLED ROMAINE LETTUCE

4 Servings



Prep Time: 10 minutes
Cook Time: 25 minutes

Don't toss tomatoes just because of some wrinkles and bruises. Bad spots can be cut out to save the rest. Use them to make sauces, soups or this delicious risotto recipe!

Ingredients

1 tbsp. (15 mL)	Olive oil
3 cloves	Garlic, peeled and sliced
½ cup (~ 1 small)	Onion, diced
½ tsp. (2 mL)	Salt
½ tsp. (2 mL)	Black pepper
3 cups (~ 4)	Tomatoes, any variety, diced
5 cups (750 mL)	Water
2 tbsp. (30 mL)	Butter
2 cups (500 mL)	Arborio rice
1 can (540 mL)	White kidney beans, drained and rinsed
20	Basil leaves, finely sliced (see tip)
6 tbsp. (90 mL)	Parmesan cheese, finely grated
2 heads	Romaine lettuce, halved lengthwise
1 tbsp. (15 mL)	Olive oil
⅛ tsp. (1 mL)	Black pepper

Instructions

1. Heat a large skillet over medium heat. Once hot, add olive oil, garlic, onion, salt and pepper. Cook for 5 minutes, until onions are golden and translucent, stirring often.
2. Add in the diced tomatoes and simmer for 10 minutes. Transfer the cooked tomato mixture into a blender, add 2 cups of the water and puree until smooth. Set this broth aside.
3. Return the skillet over medium heat. Add the butter and rice, and cook for 1 minute, stirring to coat well. Add the remaining 3 cups of water and let it reduce until the pan is almost dry, about 5 minutes.
4. Stir in the tomato broth and white beans, and cook for 18–20 minutes, or until the rice is just tender, stirring frequently. Add more water, if needed.
5. Remove from heat, and stir in the basil and 4 tbsp. of the parmesan cheese.
6. Preheat the second large skillet over medium heat. Lightly brush the cut sides of the romaine lettuce with olive oil. Place the romaine halves on the skillet cut-side down and cook until slightly charred and golden, 2–3 minutes. Arrange on a platter cut-side up. Garnish with remaining Parmesan cheese and black pepper. Serve alongside the risotto.



CHEF'S TIP

If fresh basil is not on hand, there's no need to go out and buy it! Substitute 1 tsp dried basil and add into step 4.



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TOMATO STUFFED CHICKEN



Nutrition Facts Valeur nutritive

Per 1/4 Recipe (647 g)
pour 1/4 Recette (647 g)

	% Daily Value *
	% valeur quotidienne *
Calories 650	
Fat / Lipides 23 g	31 %
Saturated / saturés 3.5 g	
+ Trans / trans 0 g	18 %
Carbohydrate / Glucides 44 g	
Fibre / Fibres 6 g	21 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 65 g	
Cholesterol / Cholestérol 185 mg	
Sodium 540 mg	23 %
Potassium 1150 mg	24 %
Calcium 100 mg	8 %
Iron / Fer 5.5 mg	31 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

TOMATO STUFFED CHICKEN

4 Servings



Prep Time: 15 minutes
Cook Time: 25 minutes

This recipe offers flexibility in the fresh ingredients used and makes use of pantry items we often have already, making it the perfect last minute dinner idea!

Ingredients

4	(~1 kg)	Skinless boneless chicken breasts
1 can	(796 mL)	Low or no sodium diced tomatoes
½ cup	(~1 small)	Onion, diced
2 cloves		Garlic, minced
½ tsp.	(2 mL)	Dried basil
½ tsp.	(2 mL)	Dried oregano
½ tsp.	(2 mL)	Salt
⅛ tsp.	(2 mL)	Black pepper
½ Cup	(125 mL)	Bread crumbs (see tip)
4 tbsp.	(60 mL)	Olive oil
3 cups	(750 mL)	Asparagus (1 bunch) or green beans, ends trimmed
2 cups	(500 mL)	Quinoa or brown rice

Instructions

1. Preheat oven to 400°F and grease a roasting pan.
2. Strain canned tomatoes, reserving the juice in a separate bowl. Place the diced tomatoes into a medium-sized bowl.
3. Add the onion, garlic, basil, oregano, salt and pepper to the bowl.
4. Slice each chicken horizontally through the center of the breast. Cut approximately $\frac{3}{4}$ of the way through the chicken breast (*not* all the way through). Use a spoon to carefully place approximately 3–4 tbsp. of the tomato herb mixture into the slit of each chicken breast.
5. Drizzle 1 tbsp. of olive oil and sprinkle 2 tbsp. of breadcrumbs over top of each chicken breast.
6. Place the green vegetable on the bottom of the roasting pan. Pour $\frac{1}{2}$ cup of the reserved tomato juice and any leftover stuffing on top of the green vegetables. Place the chicken breasts on top of the vegetables.
7. Bake for 25 minutes or until the chicken reaches an internal temperature of 165°F. While the chicken and vegetables bake, prepare rice or quinoa per package instructions. Serve all together and enjoy!



USE IT UP

Leftover stale bread can be turned into breadcrumbs in the food processor or blender. Or put the bread in a plastic bag and use the back of a wooden spoon to break it into small crumbs — this is a great job for kids!

VELVETY LEEK & MUSHROOM SOUP



Nutrition Facts Valeur nutritive

Per 1/4 Recipe (382 g)
pour 1/4 Recette (382 g)

	% Daily Value*
	% valeur quotidienne*
Calories 160	
Fat / Lipides 13 g	17 %
Saturated / saturés 4.5 g	23 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 10 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 15 mg	
Sodium 600 mg	26 %
Potassium 300 mg	6 %
Calcium 50 mg	4 %
Iron / Fer 1.5 mg	8 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup

VELVETY LEEK & MUSHROOM SOUP

4 Servings



Prep Time: 20 minutes
Cook Time: 20 minutes

This creamy and delicious soup is a wonderful way to use the green part of the leek that is usually thrown out

Ingredients

1 bunch	Leeks
2 cups (~227 g)	Mushrooms, any variety
2 tbsp. (15 mL)	Olive oil
5 cups (1250 mL)	Water
2 tbsp. (30 mL)	Butter or oil
3 cloves	Garlic, peeled and minced
1 tsp (5 mL)	Salt
½ tsp (2 mL)	Black pepper
5 sprigs	Fresh thyme, leaves only or 2 tsp dried

Instructions

- 1. Prepare the leeks** — trim off the roots and discard. Cut the leeks in half, or where the coarse dark green part of the tops end. Slice each of the pieces lengthwise and rinse under cold water, removing any visible dirt. Thinly slice the leeks, then separate the white and light green parts from the coarse dark green parts and set aside.
- 2. Prepare the mushrooms** — wipe of all visible dirt with a damp paper towel. Carefully remove the stems and place with the dark green leek pieces. Thinly slice the mushroom caps and set aside.
- 3. Heat a large pot over medium heat.**

Once hot, add 1 tbsp. of olive oil, the dark green leek pieces and mushroom stems. Cook for 5 minutes, stirring often, then add the water. Once the water reaches a boil, reduce the heat to medium-low and simmer for 10 minutes.

- 4.** Place a strainer over a large bowl or pot and drain off the stock, discarding the leek and mushroom stems. Set the stock aside.
- 5.** Return the pot over medium-low heat, and add in the remaining olive oil, butter and sliced white parts of the leek. Season with half of the salt and cook for 10 minutes, stirring often.
- 6.** Add in the sliced mushroom caps, garlic, remaining salt, black pepper and thyme. Cook for 5 minutes, stirring often.
- 7.** Transfer the cooked vegetables into a blender along with 2 cups of stock. Puree until smooth, adding a bit more stock if needed. Pour the vegetable puree back into the pot, and thin the soup out with the remaining stock, adding more water if necessary.



PLAN IT OUT

Extra soup can be frozen and stored for up to 3 months in an airtight container. Double the recipe in preparation for a busy evening in the future.



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Greek Orzo Stuffed Pepper,
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