



Healthy Child Manitoba
Putting children and families first

Favourite Family Foods

Recipes from the
Healthy Baby Program



Winnipeg Regional Health Authority
Office régional de la santé de Winnipeg
Caring for Health À l'écoute de notre santé

Manitoba 

Introduction

This cookbook is dedicated to all Healthy Baby families.

Welcome to **Favourite Family Foods... Recipes from the Healthy Baby Program.**

In this cookbook you will find delicious, nutritious, easy to prepare, family friendly recipes and cooking tips. We hope these recipes encourage you and your family to enjoy a variety of foods, eat well and grow strong.

Also, there is a section at the back with useful cooking information.

It includes:

- Measurement Facts
- Baking Pan Size Conversions
- Ingredient Equivalents and Substitutes
- Food Storage in the Home for Best Flavour and Nutrition, and
- Guidelines for Choosing Snacks for Preschoolers

We hope you will enjoy using this cookbook and wish you and your family a lifetime of eating delicious and healthy meals together.

Thank you to the Winnipeg Regional Health Authority Community Nutritionists for compiling the recipes in this collection and to the many Healthy Baby program participants who have tried them out.

Adapted with permission from Many Hands, Community Kitchens Share Their Best, 1999. www.communitykitchens.ca

Soups

Basic Chicken Stock

Ingredients	8 Cups	16 Cups	24 Cups
Carcass from a 3 lb roasted chicken OR Fresh chicken wings, necks and/or backs	1 2 ½ lb	2 5 lb	3 7 ½ lb
Water	10 cups	20 cups	30 cups
Bay leaf	1	2	3
Celery stalk, including leaves	1	2	3
Small onion, chopped	1	2	3

1. In a large pot, combine chicken carcass (or fresh chicken pieces), water, bay leaf, celery & onions. (The chicken should be covered. Add more water, if necessary.)
2. Bring to a boil and simmer for about an hour.
3. Strain the stock and set aside.
4. Let the bones cool and then pick out any meat and add to stock.
5. Use for soups or casseroles. Use within three days or freeze for later use.

Tip:

Freeze chicken stock in ice cube trays or small containers so you can use just the amount you need.

Chicken Noodle Soup

Ingredients	8 Servings	16 Servings	24 Servings
Reduced sodium chicken stock	8 cups	16 cups	24 cups
Pasta	½ cup	1 cup	1 ½ cups
Carrot, chopped	1	2	3
Green onion	1	2	3
Frozen mixed vegetables	1 cup	2 cups	3 cups
Basil	1 tsp	2 tsp	1 Tbsp (3 tsp)
Thyme	1 tsp	2 tsp	1 Tbsp (3 tsp)

1. In a large pot, bring stock to a boil.
2. Add pasta, carrot, green onion, frozen mixed vegetables, basil and thyme.
3. Simmer for 10 minutes or until pasta is tender.

Tip:

You can make your own chicken stock, which will be much lower in salt than canned broth or broth made with cubes. See recipe page 5.

Spinach and Leek Soup

Ingredients	4 Servings	8 Servings	12 Servings
Vegetable oil	1 Tbsp	2 Tbsp	3 Tbsp
*Leeks, white and light green part only, thinly sliced	1	2	3
Garlic cloves, minced	1	2	3
Potatoes, medium, peeled and diced	1	2	3
Reduced sodium chicken or vegetable stock, or water	3 cups	6 cups	9 cups
Nutmeg, ground	Pinch	¼ tsp	½ tsp
Fresh spinach, washed, trimmed and chopped	5 oz (150 ml approx)	10 oz (300 ml approx)	15 oz (450 ml approx)
Salt & pepper	To taste	To taste	To taste
Plain low fat yogurt	¾ cup	1 ½ cups	2 ¼ cups
Sweet red or green peppers, cored and thinly sliced (optional)	½	1	1 ½

1. Heat the oil in a large pot over medium heat. Add the leeks and garlic. Cook for about 5 minutes (until leeks are soft), stirring occasionally.
2. Add the potatoes, stock and nutmeg. Bring to a boil, cover and simmer for about 20 minutes or until the potatoes are tender.
3. Add the spinach and cook 10 minutes longer.
4. Remove the soup from heat and either purée the soup or mash with a potato masher. Add salt and pepper to taste and reheat.
5. Remove from heat and stir in half of the yogurt.
6. Ladle into bowls and garnish with the remaining yogurt and red peppers, if using.

Tip:

*Leeks look like large green onions and have a similar flavour. Use the white and light green parts in recipes. Use the darker green leaves to flavour stock.

Chunky Vegetable and Lentil Soup

Ingredients	6 Servings	12 Servings	18 Servings
Vegetable oil	1 Tbsp	2 Tbsp	3 Tbsp
Onion, large, chopped	1	2	3
Canned tomatoes, diced (19 oz/540 ml)	1 can	2 cans	3 cans
Reduced sodium chicken or vegetable stock	6 cups	12 cups	18 cups
Dried parsley	2 Tbsp	¼ cup (4 Tbsp)	6 Tbsp
Dried basil	2 tsp	4 tsp	2 Tbsp (6 tsp)
Dried oregano	2 tsp	4 tsp	2 Tbsp (6 tsp)
Carrots, chopped	2	4	6
Celery stalks, chopped	2	4	6
Potato, chopped	1	2	3
*Canned lentils, drained and rinsed (19 oz /540 ml)	1 can	2 cans	3 cans
Salt and pepper	To taste	To taste	To taste

1. Heat oil in a heavy pot. Add chopped onion and cook about 5 minutes or until soft.
2. Add tomatoes, stock, parsley, basil, oregano, carrots, celery and potato.
3. Bring mixture to a boil, lower heat and simmer 15 – 20 minutes or until potatoes are almost tender.
4. Stir in lentils. Add salt and pepper to taste. Simmer about 15 minutes longer.

*Lentils come in many colours – red, brown and green.

Canned lentils are already cooked & are a convenient way to add protein to soups, casseroles and salads.

Pumpkin Soup

Ingredients	6 Servings	12 Servings	18 Servings
Vegetable oil	1 Tbsp	2 Tbsp	3 Tbsp
Small onion, finely chopped	1	2	3
Green pepper, finely chopped	¼ cup	½ cup	¾ cup
Flour	2 Tbsp	¼ cup (4 Tbsp)	6 Tbsp
Salt	½ tsp	1 tsp	1 ½ tsp
Reduced sodium chicken broth	2 cups	4 cups	6 cups
Pumpkin purée	2 cups	4 cups	6 cups
Milk	2 cups	4 cups	6 cups
Thyme	⅛ tsp	¼ tsp	⅜ tsp
Nutmeg	¼ tsp	½ tsp	¾ tsp
Parsley	1 tsp	2 tsp	1 Tbsp (3 tsp)

1. Heat oil in a heavy pot. Add finely chopped onion and green pepper.
2. Sauté vegetables until soft but not brown.
3. Blend in flour and salt.
4. Add chicken broth, pumpkin purée, milk, thyme, nutmeg and parsley. Cook, stirring constantly, until slightly thickened.
5. Serve as is or, if you prefer, purée in a blender or food processor. (A hand held immersion blender works well.)

Tip:

To make this soup with fresh pumpkin, start with a whole pumpkin. Wash the skin well & remove the stringy insides, seeds and stem. Cut the pumpkin into pieces and then bake, boil, or microwave until tender. Scoop out the flesh and purée in a food processor, or mash with a potato masher.

Creamy Carrot Soup

Ingredients	4 Servings	8 Servings	12 Servings
Reduced sodium chicken or vegetable broth	2/3 cup	1 1/3 cup	2 cups
Medium carrots, sliced	3	6	9
Vegetable oil	1 Tbsp	2 Tbsp	3 Tbsp
Medium onion, finely chopped	1	2	3
Flour	1/3 cup	2/3 cup	1 cup
Skim milk powder	2/3 cup	1 1/3 cup	2 cups
Cold water	2 cups	4 cups	6 cups
Salt and pepper	To taste	To taste	To taste

1. In a medium saucepan, combine broth and carrots, cook until soft.
2. Mash carrots and broth with a potato masher. Set aside.
3. Heat oil in large saucepan. Add onion and cook 5 to 7 minutes.
4. Add flour to onion. Mix well.
5. Mix skim milk powder and cold water. Add to the onions. Cook and stir until the mixture boils and thickens.
6. Add mashed carrots and heat. Add salt and pepper to taste.

Tip:

You can make your own chicken stock which will be much lower in salt than canned broth or broth made with cubes. See recipe page 5.

Quick Chicken Rice Soup

Ingredients	6 Servings	12 Servings	18 Servings
Chicken breast, boneless	1	2	3
Oil	1 Tbsp	2 Tbsp	3 Tbsp
Onion, chopped	1 cup	2 cups	3 cups
Carrots, diced	1 cup	2 cups	3 cups
Celery	1 cup	2 cups	3 cups
Brown rice	1 cup	2 cups	3 cups
Canned tomatoes, diced (28oz/798 ml)	1 can	2 cans	3 cans
Low salt chicken broth	4 cups	8 cups	12 cups
Basil	½ tsp	1 tsp	1 ½ tsp
Oregano	½ tsp	1 tsp	1 ½ tsp
Thyme	½ tsp	1 tsp	1 ½ tsp

1. Cook chicken breast in frying pan with half the oil. Set the chicken aside.
2. Heat the rest of the oil in the pan and add the onion, carrots and celery. Cook 5 minutes.
3. Stir in rice, until coated with oil.
4. Add tomatoes, chicken broth and spices.
5. Bring to a boil over medium heat. Simmer 20 minutes.
6. Chop chicken breast and add to soup. Heat thoroughly.

Did you know?

Brown rice is a good rice to choose because it contains more fibre than white rice.

Tuscany Rice and Bean Soup

Ingredients	6 Servings	12 Servings	18 Servings
Italian sausage or seasoned ground pork	½ lb	1 lb	1 ½ lbs
Reduced sodium chicken or vegetable broth	2 ½ cups	5 cups	7 ½ cups
Canned tomatoes, diced (19 oz/540ml)	1 can	2 cans	3 cans
Salt	½ tsp	1 tsp	1 ½ tsp
Pepper	¼ tsp	½ tsp	¾ tsp
Oregano	½ tsp	1 tsp	1 ½ tsp
Uncooked brown rice	1 cup	2 cups	3 cups
Canned white kidney beans, drained (14 oz/398 ml) or other canned beans	1 can	2 cans	3 cans

1. Remove the casings from the sausage (if using) and cut into chunks. Brown sausage or pork in large pot over medium heat for 6 minutes.
2. Drain fat.
3. Stir in broth, tomatoes, salt, pepper and oregano; bring to a boil.
4. Stir in rice.
5. Cover and simmer for 30 minutes, or until rice is cooked.
6. Add the kidney beans and continue cooking for 15 minutes.

Tip:

You can make your own chicken stock, which will be much lower in salt than canned broth or broth made with cubes. See recipe page 5.

Did you know?

Beans are a good source of protein, iron and soluble fibre.

Tomato-Bean Soup with Cheddar

Ingredients	8 Servings	16 Servings	24 Servings
Canned tomatoes, diced (28 oz/796 ml)	1 can	2 cans	3 cans
Water	4 cups	8 cups	12 cups
Basil, dried	1 tsp	2 tsp	1 Tbsp (3 tsp)
Parsley, dried	1 tsp	2 tsp	1 Tbsp (3 tsp)
Macaroni, uncooked	1 cup	2 cups	3 cups
Canned beans in tomato sauce, (14 oz/398 ml)	1 can	2 cans	3 cans
Cheddar cheese, grated	½ cup	1 cup	1 ½ cups

1. In a large pot, combine tomatoes, water, basil, parsley and macaroni and bring to a boil. Once boiling, turn heat to low and simmer for about 10 minutes, stirring frequently.
2. Add beans in tomato sauce to pot. Simmer for about 5 minutes, or until macaroni is tender.
3. Serve with cheddar cheese sprinkled on top.

Did you know?

Beans are a good source of protein, soluble fibre and iron!

Hamburger Soup

Ingredients	6 Servings	12 Servings	18 Servings
Ground beef	1 lb	2 lbs	3 lbs
*Garlic cloves, minced	1	2	3
Onions, medium, chopped	1	2	3
Brown rice, uncooked	1 cup	2 cups	3 cups
Canned tomatoes, diced, (28 oz/796 ml)	1 can	2 cans	3 cans
Water	4 cups	8 cups	12 cups
Frozen mixed vegetables	1 ½ cups	3 cups	4 ½ cups
Basil	1 tsp	2 tsp	1 Tbsp (3 tsp)
Oregano	1 tsp	2 tsp	1 Tbsp (3 tsp)
Salt	1 tsp	2 tsp	1 Tbsp (3 tsp)
Pepper	½ tsp	1 tsp	1 ½ tsp

1. Combine ground beef, garlic and onion in a large pot and cook on medium heat, stirring frequently. When meat is brown, drain fat.
2. Add uncooked brown rice, canned tomatoes and water to pot. Turn stove to high and bring to a boil. Reduce heat to low and simmer for 30 minutes.
3. Add the frozen mixed vegetables, basil, oregano and salt and pepper. Cook for 10 - 20 minutes longer or until rice is soft.

Did you know?

*You can use garlic powder instead of garlic cloves in a recipe. ¼ tsp garlic powder equals one clove. Fresh garlic or garlic powder are better choices than garlic salt because they are salt free.

Macaroni Vegetable Soup

Ingredients	8 Servings	16 Servings	24 Servings
Ground beef	½ lb	1 lb	1 ½ lbs
Onion, small, chopped	1	2	3
Garlic powder	½ tsp	1 tsp	1 ½ tsp
Medium carrots, peeled & chopped	2	4	6
Celery stalks, chopped	2	4	6
Water	4 cups	8 cups	12 cups
Canned tomatoes, diced, undrained (28 oz /796 ml)	1 can	2 cans	3 cans
Tomato sauce (14 oz/398 ml can)	1 can	2 cans	3 cans
Canned corn niblets (12 oz/ 341 ml)	1 can	2 cans	3 cans
Canned kidney beans, drained & rinsed (14 oz/398ml)	1 can	2 cans	3 cans
Macaroni, uncooked	1 cup	2 cups	3 cups
Basil	1 tsp	2 tsp	1 Tbsp (3 tsp)
Oregano	1 tsp	2 tsp	1 Tbsp (3 tsp)
Parmesan or other cheese, grated	¼ cup	½ cup	¾ cup

1. Combine ground beef and onion in a large pot. Cook on medium heat until beef is browned and onions are soft. Drain fat.
2. Add remaining ingredients: garlic powder, chopped carrots and celery, water, canned tomatoes, tomato sauce, corn niblets, kidney beans, macaroni, basil and oregano. Bring to a boil. Once boiling, reduce heat and simmer for 15 – 20 minutes or until pasta is cooked.
3. Serve topped with Parmesan cheese or grated cheese.

Did you know?

Eating Well with Canada's Food Guide recommends eating one orange vegetable and one green vegetable every day.

Salads

Mixed Green Salad

Ingredients	8 Servings	16 Servings	24 Servings
Romaine lettuce, bite size pieces	6 cups	12 cups	18 cups
Cucumber, small, peeled & sliced	½	1	1 ½
Carrots, peeled and grated	1	2	3
Celery stalks, diced	1	2	3
Red or green pepper, seeded and chopped	½	1	1 ½
Green onions, chopped	2	4	6
Vegetable oil	¼ cup	½ cup	¾ cup
Cider vinegar	2 Tbsp	¼ cup (4 Tbsp)	6 Tbsp
Water	1 Tbsp	2 Tbsp	3 Tbsp
Mustard	¼ tsp	½ tsp	¾ tsp
Paprika	¼ tsp	½ tsp	¾ tsp
Salt	½ tsp	1 tsp	1 ½ tsp
Pepper	½ tsp	1 tsp	1 ½ tsp

1. Combine lettuce, cucumber, carrot, celery, pepper and onions in a large bowl. Set aside.
2. To make the dressing, combine oil, vinegar, water, mustard, paprika, salt and pepper in a small bowl & whisk to mix.
3. Pour dressing over salad and toss.

Did you know?

Eating Well with Canada's Food Guide recommends eating one orange vegetable and one green vegetable every day.

Grandma's Coleslaw

Ingredients	8 Servings	12 Servings	16 Servings
Cabbage, coarsely shredded	3 cups	4 ½ cups	6 cups
Carrots, grated	1 cup	1 ½ cups	2 cups
Celery, thinly sliced	½ cup	¾ cup	1 cup
Onion, finely chopped	1 small	1 medium	1 large
Vegetable oil	1 Tbsp	1 ½ Tbsp	2 Tbsp
Cider vinegar	¼ cup	¼ cup + 2 Tbsp	½ cup
Dijon mustard (optional)	1 tsp	1 ½ tsp	2 tsp
Sugar	1 Tbsp	1 ½ Tbsp	2 Tbsp

1. Combine cabbage, carrots, celery and onion in a large bowl. Set aside.
2. To make the dressing, mix oil, cider vinegar, Dijon mustard and sugar in a small bowl and stir to mix.
3. Pour dressing over salad and mix well.
4. Cover and refrigerate. Mix again just before serving.

Did you know?

Cabbage is a good source of vitamin C, fibre and folate.

Broccoli Salad

Ingredients	4 Servings	8 Servings	12 Servings
Broccoli florets	1 ½ cups	3 cups	4 ½ cups
Red onion, chopped	¼ cup	½ cup	¾ cup
Raisins	¼ cup	½ cup	¾ cup
Sunflower seeds	¼ cup	½ cup	¾ cup
Feta cheese	¼ cup	½ cup	¾ cup
Plain yogurt, low fat	¼ cup	½ cup	¾ cup
Mayonnaise, light	2 Tbsp	¼ cup (4 Tbsp)	6 Tbsp
Sugar	1 Tbsp	2 Tbsp	3 Tbsp
Lemon juice	½ Tbsp	1 Tbsp	1 ½ Tbsp
Salt and pepper	To taste	To taste	To taste

1. Combine broccoli, onion, raisins, sunflower seeds and feta cheese in a large bowl. Set aside.
2. To make the dressing, mix together yogurt, mayonnaise, sugar and lemon juice in a small bowl.
3. Pour dressing over broccoli mixture and stir to combine.
4. Add salt and pepper to taste.
5. Cover and refrigerate until ready to use. Use within 2 days.

Did you know?

Fruits and vegetables provide vitamins and minerals needed for health. Eating fruits and vegetables may reduce the risk of certain types of cancer.

Spinach, Orange, & Almond Salad

Ingredients	8 Servings	16 Servings	24 Servings
Spinach	8 cups	16 cups	24 cups
Soy sauce	1 Tbsp	2 Tbsp	3 Tbsp
Cider vinegar	2 Tbsp	¼ cup (4 Tbsp)	6 Tbsp
Brown sugar	1 tsp	2 tsp	1 Tbsp (3 tsp)
Ground ginger	½ tsp	1 tsp	1 ½ tsp
Dijon mustard	1 tsp	2 tsp	1 Tbsp (3 tsp)
Vegetable oil	2 Tbsp	¼ cup (4 Tbsp)	6 Tbsp
Water	2 Tbsp	¼ cup (4 Tbsp)	6 Tbsp
Oranges, peeled & cut into segments	2	4	6
Slivered almonds	1 cup	2 cups	3 cups

1. Rinse spinach and dry in salad spinner or on paper towels.
2. Tear spinach into bite size pieces and place in a large bowl.
3. To make the dressing, whisk soy sauce, cider vinegar, brown sugar, ginger, mustard, oil and water together in a small jar or bowl.
4. Pour dressing over spinach and toss to mix.
5. Top with orange segments and almonds.

Did you know?

All fruits should be washed before eating or cooking, even fruits that are peeled before eating such as oranges and melons.

Black Bean, Corn & Tomato Salad

Ingredients	6 Servings	12 Servings	18 Servings
Canned black beans, rinsed and drained (19 oz/540 ml)	1 can	2 cans	3 cans
Canned corn niblets, drained (12 oz/341 ml)	1 can	2 cans	3 cans
Fresh tomatoes, chopped	1 cup	2 cups	3 cups
Red or green bell peppers, chopped	½ cup	1 cup	1 ½ cups
Red onions, chopped	½ cup	1 cup	1 ½ cups
Fresh parsley, chopped	¼ cup	½ cup	¾ cup
Red wine vinegar or balsamic vinegar	2 Tbsp	¼ cup (4 Tbsp)	6 Tbsp
Olive oil	1 Tbsp	2 Tbsp	3 Tbsp
Ground cumin	½ tsp	1 tsp	1 ½ tsp
Garlic, minced	½ tsp	1 tsp	1 ½ tsp
Hot pepper sauce (optional)	½ tsp	1 tsp	1 ½ tsp
Salt and pepper	To taste	To taste	To taste

1. In a large bowl, combine beans, corn, tomatoes, peppers, onions and parsley. Set aside.
2. To make the dressing, whisk together vinegar, oil, cumin, garlic, hot pepper sauce (optional), salt and pepper (to taste) in a small bowl or measuring cup. Pour over the bean and corn mixture. Refrigerate and use within 3 days.

Did you know?

Beans are a good source of protein, iron and soluble fibre.

Macaroni Salad

Ingredients	10 Servings	20 Servings	30 Servings
Macaroni, cooked	2 ½ cups	5 cups	7 ½ cups
Carrots, peeled and grated	2	4	6
Celery stalks, diced	2	4	6
Red pepper, seeded and chopped	1	2	3
Green onions, chopped	4	8	12
Fresh parsley, chopped	¼ cup	½ cup	¾ cup
Mayonnaise, light	¾ cup	1 ½ cups	2 ¼ cups
Plain yogurt	¾ cup	1 ½ cups	2 ¼ cups
Dijon mustard	1 Tbsp	2 Tbsp	3 Tbsp
Vinegar	1 Tbsp	2 Tbsp	3 Tbsp
Salt	¼ tsp	½ tsp	¾ tsp
Pepper	¼ tsp	½ tsp	¾ tsp

1. In a large bowl, combine cooked macaroni, carrots, celery, red pepper, green onions and parsley.
2. To make the dressing whisk together mayonnaise, yogurt, Dijon mustard, vinegar, salt and pepper in a small bowl.
3. Pour dressing over salad and toss gently.

Option:

To make this recipe a main course salad, add canned beans or tuna, grated or chopped cheese or pieces of meat or poultry.

Tip:

Choose whole-wheat pasta for more fibre.

Couscous Salad

Ingredients	6 Servings	12 Servings	18 Servings
*Couscous	2 cups	4 cups	6 cups
Olive or vegetable oil	1 Tbsp	2 Tbsp	3 Tbsp
Boiling water	2 cups	4 cups	6 cups
Carrot, grated	½ cup	1 cup	1 ½ cups
Tomato, finely chopped	1 ½ cups	3 cups	4 ½ cups
Cucumber, peeled, finely diced, & seeded	1 cup	2 cups	3 cups
Parsley, finely chopped	1 cup	2 cups	3 cups
Red or white onion, finely chopped	1 cup	2 cups	3 cups
Olive or other vegetable oil	⅓ cup	⅔ cup	1 cup
Lemon juice	¼ cup	½ cup	¾ cup
Garlic clove, minced	1	2	3
Cumin	2 tsp	4 tsp	2 Tbsp (6 tsp)
Turmeric	½ tsp	1 tsp	1 ½ tsp
Salt and pepper	To taste	To taste	To taste

1. Place the couscous in a bowl and mix in the 1 Tbsp oil.
2. Pour the boiling water over the couscous, cover tightly and let stand until the water is absorbed. When cool, fluff with a fork.
3. Add the carrot, tomato, cucumber, parsley and onion.
4. To make the dressing, whisk the oil, lemon juice, garlic, cumin, turmeric, salt and pepper together in a small bowl. Pour over the couscous and mix well. Adjust the seasoning and serve.

Did you know?

*Couscous is a type of pasta that resembles rice.

Garden Potato Salad

Ingredients	8 Servings	16 Servings	24 Servings
Canned corn niblets, drained (12oz/341 ml)	2 cans	4 cans	6 cans
Medium potatoes, unpeeled, cooked and cubed	4	8	12
Celery stalks, chopped	1	2	3
Green pepper, chopped	1	2	3
Green onion, chopped	4	8	12
Vegetable oil	¼ cup	½ cup	¾ cup
Vinegar	¼ cup	½ cup	¾ cup
Dry mustard	½ tsp	1 tsp	1 ½ tsp
Garlic powder	½ tsp	1 tsp	1 ½ tsp
Salt and pepper	To taste	To taste	To taste
Radishes, sliced	4	8	12
Parsley	1 Tbsp fresh or ½ tsp dried	2 Tbsp fresh or 1 tsp dried	3 Tbsp fresh or 1½ tsp dried

1. Combine corn, potatoes, celery, green pepper and onion in a large bowl. Set aside.
2. To make the dressing, mix oil, vinegar, mustard and garlic powder in a small bowl or measuring cup. Pour dressing over mixture. Add salt and pepper to taste. Cover and refrigerate.
3. Just before serving, stir in radishes and sprinkle parsley on the top.

Did you know?

Most people do not get enough fibre in their diet. Eat potatoes with their skins on to get more fibre.

Rice Salad with Chickpeas

Ingredients	8 Servings	12 Servings	16 Servings
Water	2 cups	3 cups	6 cups
Brown rice	1 1/3 cup	2 cups	2 2/3 cups
*Canned chickpeas, chopped (19 oz/540 ml)	2 cans	3 cans	4 cans
Green pepper, chopped	2	3	4
Tomato, chopped	2	3	4
Onion, minced, small	2	3	4
Vegetable oil	1/4 cup	6 Tbsp	1/2 cup
Vinegar	1/4 cup	6 Tbsp	1/2 cup
Salt	1/2 tsp	3/4 tsp	1 tsp
Basil	1 tsp	1 1/2 tsp	2 tsp
Thyme	1 tsp	1 1/2 tsp	2 tsp

1. In a pot, combine water and brown rice and bring to a boil. Reduce heat to low. Cover and cook for 40 minutes. Cool.
2. In a large bowl combine brown rice, chopped chickpeas, green pepper, tomato and onion. Mix ingredients well.
3. To make the dressing, mix oil, vinegar, salt, basil and thyme in a small bowl or measuring cup. Pour over other salad ingredients and mix well. Refrigerate and use within 3 days.

Did you know?

*Chickpeas are legumes. They are also called garbanzo beans and are good source of fibre and folate. Folate is important in pregnancy to reduce the risk of birth defects like spina bifida.

Note: Adapted from a Healthy Start for Mom and Me recipe.

Main Dishes

Easy Red Pepper & Mushroom Frittata

Ingredients	4 Servings	8 Servings	12 Servings
Vegetable oil	1 Tbsp	2 Tbsp	3 Tbsp
Mushrooms, thinly sliced	1 cup	2 cups	3 cups
Red pepper, chopped	1	2	3
Potato, medium, cooked and chopped	1	2	3
Eggs	8	16	24
Milk	½ cup	1 cup	1 ½ cups
Dried basil	½ tsp	1 tsp	1 ½ tsp
Salt	½ tsp	1 tsp	1 ½ tsp
Pepper	½ tsp	1 tsp	1 ½ tsp
Swiss cheese, shredded	½ cup	1 cup	1 ½ cups

1. Heat oil in a medium-size frying pan (Use 2 pans for 8 servings and 3 pans for 12 servings).
2. Add mushrooms and peppers. Cook and stir until the vegetables are softened.
3. Stir in potatoes. Spread vegetables evenly over the bottom of the pan.
4. In bowl, whisk together eggs, milk, basil, salt and pepper. Pour over the vegetables.
5. Cover and cook over low heat until eggs are set (about 12 – 15 minutes)
6. Sprinkle with cheese during the last 5 minutes of cooking.

Did you know?

Eggs are a good source of iron and protein. Egg yolk can be a first food for babies.

Tasty Fried Rice

Ingredients	6 Servings	12 Servings	18 Servings
Brown rice	1 cup	2 cups	3 cups
Water	2 cups	4 cups	6 cups
Vegetable oil	1 tsp	2 tsp	1 Tbsp (3 tsp)
Onion, small	1	2	3
*Medium or firm tofu	1 cup	2 cups	3 cups
Frozen mixed vegetables, thawed	½ cup	1 cup	1 ½ cups
Whole Egg	1	2	3
Soy sauce	1 Tbsp	2 Tbsp	3 Tbsp
Salt & pepper	To taste	To taste	To taste

1. Combine rice and water in a saucepan. Bring to a boil and cover. Reduce heat and simmer for 40 – 45 minutes until rice is tender.
2. Heat the oil in a large frying pan. Add the onion and cook for 2 minutes.
3. Add cooked rice and stir over low heat for 2 – 3 minutes.
4. Add cubed tofu, mixed vegetables, egg(s), soy sauce and salt and pepper to taste.
5. Stir and cook until egg is firm and all is heated through.

Did you know?

*Tofu is a meat alternative that is made from soybeans. It absorbs the flavor of the foods and spices that are cooked with it.

Hot Caribbean Beans & Rice

Ingredients	6 Servings	12 Servings	18 Servings
Brown rice	1 cup	2 cups	3 cups
Reduced sodium chicken broth	1 cup	2 cups	3 cups
Water	1 cup	2 cups	3 cups
Vegetable oil	1 Tbsp	2 Tbsp	3 Tbsp
Onion, chopped	1	2	3
Celery, chopped	2 stalks	4 stalks	6 stalks
Green pepper, chopped	1	2	3
Garlic cloves, minced	1	2	3
Canned tomatoes, chopped	1 cup	2 cups	3 cups
Cumin	½ tsp	1 tsp	1 ½ tsp
Crushed red pepper flakes (optional)	½ tsp	1 tsp	1 ½ tsp
Worcestershire sauce	2 tsp	4 tsp	2 Tbsp (6 tsp)
Canned black beans, rinsed and drained (19 oz/540 ml)	2 cans	4 cans	6 cans
Fresh cilantro or parsley, chopped	¼ cup	½ cup	¾ cup

1. In a pot, combine brown rice, chicken broth and water and bring to a boil. Reduce heat to low. Cover and cook for 40 minutes. Set the cooked rice aside and keep warm.
2. Heat the oil in a frying pan. Add the onions, celery, green pepper and garlic. Cook until vegetables are tender.
3. Add the tomatoes, cumin, crushed red pepper (if using) and worcestershire sauce and cook for 2 – 3 minutes.
4. Stir in the cooked rice, beans and the cilantro or parsley. Combine well and cook for 5 minutes, or until heated through.

Did you know?

Beans are a good source of protein, iron and soluble fibre.

Cheesy Vegetable Pasta Bake

Ingredients	8 Servings	16 Servings	24 Servings
Cottage cheese	½ cup	1 cup	1 ½ cups
Plain yogurt	2 cups	4 cups	6 cups
Cheddar cheese, grated	1 cup	2 cups	3 cups
Eggs, beaten	2	4	6
Milk	½ cup	1 cup	1 ½ cups
Salt	2 tsp	4 tsp	2 Tbsp (6 tsp)
Dried basil	1 tsp	2 tsp	1 Tbsp (3 tsp)
Dried thyme	1 tsp	2 tsp	1 Tbsp (3 tsp)
Hot pepper sauce	½ tsp	1 tsp	1 ½ tsp
Penne or other pasta	3 ½ cups	7 cups	10 ½ cups
Frozen mixed vegetables,	4 cups	8 cups	12 cups
Carrots, peeled and chopped	¼ cup	½ cup	¾ cup
Soft margarine, melted	2 Tbsp	¼ cup (4 Tbsp)	6 Tbsp
Dry bread crumbs, fine	½ cup	1 cup	1 ½ cups

1. Preheat oven to 350°F.
2. In a large bowl, mix the cottage cheese, yogurt, cheddar cheese, eggs, milk, salt, basil, thyme and hot pepper sauce. Set aside.
3. In a large pot of rapidly boiling water, cook the pasta until just tender. During the last 5 minutes of cooking, add the broccoli and carrots to the boiling water.
4. Drain the noodles and vegetables. Add the cooked vegetables and noodles to the cheese mixture and stir well.
5. Turn the noodle cheese mixture into an ungreased 9" x 13" pan (use two pans for 16 servings and three pans for 24 servings).
6. Toss together the melted margarine and bread crumbs and sprinkle on top of the casserole.
7. Bake for about 30 – 45 minutes until lightly browned on top.
8. Let sit 10 minutes before serving.

Did you know?

Cheese is a good source of calcium. Check the label to make lower fat choices.

Hurry-Up Fill-Me-Up Burritos

Ingredients	10 Servings	20 Servings	30 Servings
Rice, cooked	1 cup	2 cups	3 cups
Canned kidney beans, rinsed and drained, (14 oz/ 398 ml)	1 can	2 cans	3 cans
Corn niblets, canned or frozen	1 cup	2 cups	3 cups
Prepared salsa	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups	2 $\frac{1}{4}$ cups
10" flour tortillas	10	20	30
Cheddar cheese, shredded	1 $\frac{1}{4}$ cups	2 $\frac{1}{2}$ cups	3 $\frac{3}{4}$ cups

1. In a nonstick pan over medium heat, stir together cooked rice, beans, corn and salsa.
2. Cook for 3 – 4 minutes or until warmed through.
3. Place some of the mixture in the centre of each tortilla.
4. Top with grated cheese. Roll up tortillas.
5. Option: Serve with extra salsa, shredded lettuce, chopped tomatoes and sour cream.

Did you know?

Beans are a good source of both protein and soluble fibre.

Pasta with Tomatoes and Beans

Ingredients	6 Servings	12 Servings	18 Servings
Penne pasta or macaroni	2 ½ cups	5 cups	7 ½ cups
Olive oil	1 Tbsp	2 Tbsp	3 Tbsp
Onion, chopped	1	2	3
Garlic cloves, finely chopped	3	6	9
Hot red pepper flakes (optional)	¼ tsp	½ tsp	¾ tsp
Carrot, chopped	1	2	3
Canned tomatoes, diced, (28 oz/796 ml)	1 can	2 cans	3 cans
White kidney beans, rinsed and drained (19 oz/540 ml)	1 can	2 cans	3 cans
Salt and pepper	To taste	To taste	To taste
Parmesan cheese	¼ cup	½ cup	¾ cup
Chopped parsley	2 Tbsp	¼ cup (4 Tbsp)	6 Tbsp

1. Bring a large pot of water to boil. Add pasta and cook until tender but firm. Drain well and set aside.
2. Heat oil in large, deep pan. Add onion, garlic and hot pepper flakes, (optional). Cook gently until tender but do not brown.
3. Add chopped carrot and cook for 5 minutes.
4. Add canned tomatoes to pan. Bring to a boil and cook for 10 minutes, stirring occasionally to prevent sticking.
5. Add beans and cook for 10 minutes longer. Add salt and pepper to taste.
6. Toss sauce with pasta. Sprinkle with parsley and parmesan cheese.

Did you know?

Beans are a good source of both protein and soluble fibre.

Vegetarian Chili

Ingredients	6 Servings	12 Servings	18 Servings
Onions, chopped	2 medium	4 medium	6 medium
Garlic cloves, minced	4	8	12
Green pepper, chopped	1	2	3
Vegetable oil	1 Tbsp	2 Tbsp	3 Tbsp
Tomato Sauce (7.5 oz /213 ml)	1 can	2 cans	3 cans
Canned kidney or pinto beans, rinsed and drained, (14 oz 398 ml)	2 cans	4 cans	6 cans
Fresh tomatoes, chopped or Canned tomatoes (19 oz/540 ml)	6 1 can	12 2 cans	18 3 cans
Corn niblets, canned or frozen	1 ½ cups	3 cups	4 ½ cups
Salt	1 tsp	2 tsp	1 Tbsp (3 tsp)
Chili powder	1 Tbsp	2 Tbsp	3 Tbsp
Pepper	To taste	To taste	To taste

1. Sauté onions, garlic and green pepper in oil over medium-high heat until the onions are soft (about 5 minutes).
2. Add tomato sauce, beans, tomatoes, corn, salt, chili powder and pepper.
3. Cook over medium heat for 25 minutes, stirring once in a while.

Tip:

This dish is delicious on its own, or served with toast or rice.

Quick Chicken Quesadillas

Ingredients	4 Servings	8 Servings	16 Servings
Vegetable oil	1 tsp	2 tsp	4 tsp
Onion, sliced into rings	½	1	2
Green pepper, finely chopped	¼	½	1
10" whole wheat flour tortillas	2	4	8
Cheddar cheese, shredded	1 cup	2 cups	4 cups
Chicken breasts, cooked and chopped	2	4	8
Tomato, finely chopped	1	2	4
Sour cream	¼ cup	½ cup	1 cup
Salsa	¼ cup	½ cup	1 cup

1. Preheat the oven to 300°F.
2. Heat the oil in a frying pan. Add the onion and green pepper and cook until the vegetables are soft. Set aside.
3. Place half of the tortillas on a baking sheet.
4. Add to the tortillas in layers:
 - half of the cheese
 - chopped chicken
 - onions and green pepper
 - tomatoes
 - the rest of the cheese
 - top with the other tortillas
5. Bake in oven at 300°F for about 8 minutes until browned. The cheese should be melted inside, the filling should be hot and the crust should be browned and crisp. Cut into quarters.
6. Serve with a dollop of sour cream and salsa.

Tip:

Eating Well with Canada's Food Guide recommends that half of our grain products be whole grain.

Sloppy Joes

Ingredients	8 Servings	16 Servings	24 Servings
Ground beef	2 lbs	4 lbs	6 lbs
Onion	1 large	2 large	3 large
*Dry mustard	2 tsp	4 tsp	2 Tbsp (6 tsp)
Brown sugar	2 tsp	4 tsp	2 Tbsp (6 tsp)
Vinegar	1/3 cup	2/3 cup	1 cup
Worcestershire sauce	1 Tbsp	2 Tbsp	3 Tbsp
Tomato sauce	2 cups	4 cups	6 cups
Hamburger buns	8	16	24
Salt and pepper	To taste	To taste	To taste

1. Brown the ground beef and onions. Drain off the fat.
2. Add dry mustard, brown sugar, vinegar and worcestershire sauce.
3. Stir in tomato sauce and simmer 15 minutes. If dry, add a little water.
4. Add salt and pepper to taste.
5. Spoon onto buns.

Tip:

*If you don't have dry mustard, you can use regular mustard instead.
Use three times the amount of regular mustard: for example,
if a recipe calls for 1 tsp of dry mustard, use 3 tsp (1 Tbsp) of regular mustard.

Beef and Macaroni Stew

Ingredients	4 Servings	8 Servings	16 Servings
Ground Beef	1 lb	2 lb	4 lb
Small onion, chopped	1	2	4
Green Pepper, chopped	¼	½	1
Salt	½ tsp	1 tsp	2 tsp
Garlic clove, minced	1	2	4
Canned tomatoes (28 oz/ 796 ml)	1 can	2 cans	4 cans
Water	½ cup	1 cup	2 cups
Macaroni, uncooked	1 cup	2 cups	4 cups
Frozen vegetables (peas, beans, corn)	1 cup	2 cups	4 cups
Cheddar cheese, grated	½ cup	1 cup	2 cups

1. Brown the ground beef, onion and green pepper in a large saucepan. Drain off the fat. Add all other ingredients except cheese.
2. Mix well, cover and cook until macaroni is tender (about 20 minutes). Make sure that the liquid covers the macaroni. (You may have to add more water.)
3. Remove from heat, stir in cheese and serve.

Did you know?

Regular ground beef has almost twice the fat of lean ground beef and three times the fat of extra lean.

Taco Casserole

Ingredients	6 Servings	12 Servings	18 Servings
Ground beef	1 lb (454 g)	2 lbs	3 lbs
Canned kidney beans, rinsed and drained (14 oz/398 ml)	1 can	2 cans	3 cans
Tomato sauce (7.5 oz/213 ml)	1 can	2 cans	3 cans
Salsa	2 Tbsp	4 Tbsp	6 Tbsp
Chili powder	1 tsp	2 tsp	1 Tbsp (3 tsp)
Garlic powder	½ tsp	1 tsp	1 ½ tsp
Cheddar cheese, grated	1 cup	2 cups	3 cups
Tortilla chips	3 cups	6 cups	9 cups
Light sour cream	½ cup	1 cup	1 ½ cups
Lettuce, shredded	1 cup	2 cups	3 cups
Tomato, chopped	1	2	3
Green onions, chopped	¼ cup	½ cup	¾ cup
Salsa	½ cup	1 cup	1 ½ cups

1. Preheat oven to 350°F.
2. In a frying pan over medium heat, cook ground beef thoroughly. Drain fat.
3. Stir in kidney beans, tomato sauce, salsa, chili powder and garlic powder. Bring to a boil, stirring constantly.
4. Spoon beef mixture into a 9' x 13' pan. Sprinkle with cheddar cheese.
5. Bake uncovered for 30 minutes or until hot and bubbly.
6. Serve with tortilla chips and top with sour cream, lettuce, tomatoes and green onions and salsa.

Did you know?

Beans are a good source of protein, iron and soluble fibre.

Roasted Tomato Pasta Bake

Ingredients	6 Servings	12 Servings	18 Servings
Vegetable oil	1 tsp	2 tsp	3 tsp
Onion, finely chopped	1	2	3
Zucchini, diced	1	2	3
Garlic clove, minced	1	2	3
Canned diced tomatoes (28 oz/796 ml)	1 can	2 cans	3 cans
Milk	To make 2 cups with tomato juice	To make 4 cups with tomato juice	To make 6 cups with tomato juice
Basil	1 tsp	2 tsp	1 Tbsp (3 tsp)
Oregano	1 tsp	2 tsp	1 Tbsp (3 tsp)
Pepper	½ tsp	1 tsp	1 ½ tsp
Rotini or macaroni	2 cups	4 cups	6 cups
Cheddar cheese, shredded	2 cups	4 cups	6 cups
Parmesan cheese	Sprinkle		

1. Preheat oven to 350°F.
2. Heat the oil in a large pan and cook the onion, zucchini and garlic until softened. Set aside.
3. Drain juice from tomatoes into a measuring cup. Add milk to make 2 cups.
4. Add the basil, oregano, tomatoes and the tomato juice/milk mixture to the vegetables. Bring to a boil.
5. Combine tomato & vegetable mixture with the rotini in a 9" x 13" pan. Mix well. (Use two pans for 12 servings, three pans for 18 servings)
6. Push the rotini down into the liquid. Cover and bake for 20 minutes.
7. Remove cover, add cheddar cheese and stir gently.
8. Sprinkle with Parmesan cheese. Return to oven and bake, uncovered 15 – 20 minutes longer or until pasta is tender.

Tip:

Choosing reduced fat cheese products allows you to cut fat and calories and keep all of the protein and calcium.

Skillet Beef & Rice Dinner

Ingredients	6 Servings	12 Servings	18 Servings
Ground beef	1 lb	2 lbs	3 lbs
Flour	2 Tbsp	¼ cup (4 Tbsp)	6 Tbsp
Milk	1 ¼ cups	2 ½ cups	3 ¾ cups
Tomato sauce (7 ½ oz/13 ml)	1 can	2 cans	3 cans
Worcestershire sauce	2 tsp	4 tsp	2 Tbsp (6 tsp)
Hot pepper sauce (optional)	Few drops	¼ tsp	½ tsp
Salt	1 tsp	2 tsp	1 Tbsp (3 tsp)
Pepper	1 tsp	2 tsp	1 Tbsp (3 tsp)
Long grain rice, uncooked	1 cup	2 cups	3 cups
Water	2 cups	4 cups	6 cups
Broccoli florets, fresh or frozen	2 cups	4 cups	6 cups
Cheddar cheese, grated	1 cup	2 cups	3 cups

1. In a large frying pan over medium heat, cook beef thoroughly. Drain fat.
2. Add flour and mix well.
3. Add milk, tomato sauce, worcestershire sauce and hot pepper sauce (optional), salt and pepper. Mix well.
4. Stir in rice and water. Bring mixture to a boil. Reduce heat.
5. Cover and simmer 15 – 20 minutes, until rice is tender and liquid is well absorbed. Stir occasionally.
6. Add broccoli and cover. Simmer 5 – 8 minutes, until broccoli is tender.
7. Sprinkle with cheese and cover.
8. Cook an additional 3 – 5 minutes until cheese is melted.

Tip:

To cut the fat in a recipe using ground beef, drain the fat, place the cooked beef in a colander and rinse it with hot water.

Crusty Mexican Bean Bake

Ingredients	6 Servings	12 Servings	24 Servings
Flour	½ cup	1 cup	2 cups
Salt	½ tsp	1 tsp	2 tsp
Baking powder	½ tsp	1 tsp	2 tsp
Margarine	2 Tbsp	¼ cup (4 Tbsp)	½ cup (8 Tbsp)
Sour cream	½ cup	1 cup	2 cups
Eggs, beaten	1	2	4
Ground beef	½ lb	1 lb	2 lbs
Onion, chopped	½	1	2
Salt	½ tsp	1	2
Chili powder	1 tsp	2 tsp	4 tsp
Hot sauce	¼ tsp	½ tsp	1 tsp
Canned kidney beans, rinsed and drained (19 oz/540 ml)	1 can	2 cans	4 cans
Tomato sauce (5 ½ oz/156 ml)	1 can	2 cans	4 cans
Reduced fat cheese, grated	½ cup	1 cup	2 cups
Lettuce, shredded	1 ½ cups	3 cups	6 cups
Tomatoes, chopped	1	2	4

1. Preheat oven to 350°F.
2. Stir together flour, salt, baking powder, margarine, sour cream and eggs in a medium sized bowl. Set aside. Mixture may be slightly lumpy.
3. Grease pans – 9” x 9” pan for 6 servings, 9” x 13” for 12 servings, two 9” x 13” for 24 servings. Spread mixture thinly with the back of a spoon on the bottom of the pans.
4. Brown beef and onion in frying pan.
5. Add salt, chili powder, hot sauce, kidney beans and tomato sauce.
6. Spoon mixture onto crust.
7. Bake for 30 minutes. Remove from oven and sprinkle with cheese, lettuce and tomatoes.

Tip:

Choosing reduced fat cheese products allows you to cut fat and calories and keep all of the protein and calcium.

Quick Macaroni & Cheese

Ingredients	6 Servings	12 Servings	18 Servings
Elbow macaroni	1 ½ cups	3 cups	4 ½ cups
Margarine	2 Tbsp	¼ cup (4 Tbsp)	6 Tbsp
Flour	3 Tbsp	⅓ cup	½ cup
Dry mustard	½ tsp	1 tsp	1 ½ tsp
Milk	1 ½ cups	3 cups	4 ½ cups
*Grated old cheddar cheese	1 ½ cups	3 cups	4 ½ cups
Salt and pepper	To taste	To taste	To taste

1. Cook the elbow macaroni in boiling water for about 10 minutes, stirring occasionally. Drain and set aside.
2. Meanwhile, melt margarine in a medium saucepan. Stir in flour and dry mustard. Add milk slowly, stirring all the time. Cook and stir until mixture boils and thickens.
3. Reduce heat. Add cheese and stir until cheese is melted and sauce is smooth.
4. Add drained macaroni. Mix gently. Stir over low heat until mixture is hot.
5. Add salt and pepper to taste.

* Old cheese will give a good flavour to your dish. If you use mild or medium cheese, you may find this recipe is bland.

Tip:

If you don't have dry mustard, you can use regular mustard instead. To do this, use three times the amount of regular mustard: for example, if a recipe calls for ½ tsp of dry mustard, use 1 ½ tsp of regular mustard.

Barley Stew

Ingredients	6 Servings	12 Servings	18 Servings
Ground beef	1 lb	2 lbs	3 lbs
Onion, medium	1	2	3
Water	½ cup	1 cup	1 ½ cups
Salt	1 tsp	2 tsp	1 Tbsp (3 tsp)
Pepper	¼ tsp	½ tsp	¾ tsp
Chili powder	1 tsp	2 tsp	1 Tbsp (3 tsp)
*Barley	⅔ cup	1 ⅓ cup	2 cups
Canned tomatoes, diced, (28 oz/796 ml)	1 can	2 cans	3 cans

1. Brown ground beef and onion in a large pot. Drain fat.
2. Add all other ingredients: water, salt, pepper, chili powder, barley and canned tomatoes.
3. Bring mixture to boil. Simmer and stir occasionally until barley is soft (about 1 hour).

Did you know?

*Barley is a grain. It is a good source of fibre and is low in fat and sodium.

Lentil Spaghetti Sauce

Ingredients	6 Servings	12 Servings	18 Servings
Oil	1 Tbsp	2 Tbsp	3 Tbsp
Celery stalks	1	2	3
Onion, medium, chopped	1	2	3
Garlic cloves, chopped	1	2	3
*Red lentils, washed	1 ¼ cups	2 ½ cups	3 ¾ cups
Water	2 cups	4 cups	6 cups
Canned tomatoes, diced (19oz/540ml)	1 can	2 cans	3 cans
Tomato paste (5 ½ oz/156 ml can)	1 can	2 cans	3 cans
Parsley, chopped	1 Tbsp	2 Tbsp	3 Tbsp
Oregano, dried	1 tsp	2 tsp	1 Tbsp (3 tsp)
Basil, dried	1 tsp	2 tsp	1 Tbsp (3 tsp)
Salt	½ tsp	1 tsp	1 ½ tsp
Cayenne pepper	¼ tsp	½ tsp	¾ tsp

1. Heat oil in a large pot. Add celery, onion and garlic and cook on medium heat for 5 minutes.
2. Add lentils, water, tomatoes, tomato paste and seasonings. Cover pot and cook over low heat for about 15 minutes until lentils are soft and mushy.
3. Serve over pasta.

Did you know?

*Lentils are a type of legume. They are a good source of protein. They are also a good source of folate, which is important in pregnancy to help reduce the risk of neural tube defects like spina bifida.

Soft Tacos

Ingredients	6 Servings	12 Servings	18 Servings
Ground beef	1 lb	2 lbs	3 lbs
Onion, small, chopped	1	2	3
Water	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups	2 $\frac{1}{4}$ cups
Chili powder	1 Tbsp	2 Tbsp	3 Tbsp
Garlic powder	$\frac{1}{2}$ tsp	1 tsp	1 $\frac{1}{2}$ tsp
Cumin	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	$\frac{3}{4}$ tsp
Oregano	$\frac{1}{2}$ tsp	1 tsp	1 $\frac{1}{2}$ tsp
Salt	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	$\frac{3}{4}$ tsp
Flour	2 tsp	4 tsp	2 Tbsp (6 tsp)
Flour tortillas, medium	6	12	18
Cheddar cheese, grated	1 cup	2 cups	3 cups
Fresh tomatoes, chopped	1	2	3
Lettuce, chopped	1 cup	2 cups	3 cups
Salsa	$\frac{1}{2}$ cup	1 cup	1 $\frac{1}{2}$ cups
Sour cream	$\frac{1}{2}$ cup	1 cup	1 $\frac{1}{2}$ cups

1. In a large frying pan, on medium heat, cook ground beef and onions until the beef has no pink colour and the onions are soft. Drain fat.
2. Add water, chili powder, garlic powder, cumin, oregano, salt and flour. Bring to a boil.
3. Reduce heat and simmer for 10 minutes, stirring until thickened.
4. Spoon beef mixture onto flour tortillas.
5. Top with grated cheese, chopped tomatoes, lettuce, salsa and sour cream. Roll up tortilla.

Tip:

Using seasonings like cumin, oregano, garlic powder and chili powder in this recipe instead of using taco seasoning mixes will make your tacos lower in salt.

Choosing reduced fat cheese products allows you to cut fat and calories and keep all of the protein and calcium.

Lazy Cabbage Rolls

Ingredients	6 Servings	12 Servings	18 Servings
Ground beef	1 lb	2 lbs	3 lbs
Onion, medium, chopped	1	2	3
Celery stalk	1	2	3
Salt	½ tsp	1 tsp	1 ½ tsp
Pepper	1 tsp	2 tsp	1 Tbsp (3 tsp)
Cabbage, chopped	1 small	2 small	3 small
Tomato sauce	4 cups	8 cups	12 cups
Rice, cooked	3 cups	6 cups	9 cups

1. Preheat oven to 350°F.
2. In a frying pan over medium heat, cook ground beef, onions and celery with salt and pepper. Cook until beef is browned and vegetables are soft. Drain fat and set aside.
3. On a cutting board, chop cabbage, removing the core and outer leaves.
4. In a 10" x 10" square pan (use a larger pan or two pans for 12 and 18 servings), layer the ingredients in the following order:
 - ½ of the chopped cabbage
 - ¼ of the tomato sauce
 - Ground beef and onion mixture
 - Cooked rice
 - ¼ of the tomato sauce
 - ½ of the cabbage
 - Remaining tomato sauce
5. Cover pan. Bake in the oven for 30 minutes, or until centre is hot.

Did you know?

Rice will be more tender and fluffy if you do not lift the lid while it is cooking.

Note: Adapted from a Healthy Start for Mom and Me recipe.

Lasagna Rollups

Ingredients	4 Servings	8 Servings	16 Servings
Lasagna noodles	8	16	32
Part skim mozzarella cheese, grated	½ cup	1 cup	2 cups
Ricotta cheese	½ cup	1 cup	2 cups
Parmesan cheese, grated	2 Tbsp	4 Tbsp	8 Tbsp
Marjoram	½ tsp	1 tsp	2 tsp
Basil	1 tsp	2 tsp	4 tsp
Egg	1	2	4
Tomato Sauce	3 cups	6 cups	12 cups

1. Cook lasagna noodles in boiling water until tender but firm. Rinse in cold water. Drain.
2. Combine mozzarella, ricotta and Parmesan cheeses in a small bowl. Add marjoram, basil and egg. Mix well and spread along the length of each noodle.
3. Roll up each noodle, jellyroll style. Place seam side down in a shallow baking dish.
4. Pour tomato sauce over rolls. Cover and bake at 350°F for 30 – 40 minutes until bubbling and hot.

Tip:

Choosing reduced fat cheese products allows you to cut fat and calories and keep all of the protein and calcium.

Sandwiches & Snacks

Creamy Hummus and Pita Points

Ingredients	8 Servings	16 Servings	24 Servings
Canned chickpeas, rinsed and drained (19 oz/540 ml)	1 can	2 cans	3 cans
Garlic cloves, minced	2	4	6
Lemon juice	3 Tbsp	6 Tbsp	9 Tbsp
Tahini or sesame seeds	2 Tbsp	¼ cup (4 Tbsp)	6 Tbsp
Salt	¼ tsp	½ tsp	¾ tsp
Pepper	¼ tsp	½ tsp	¾ tsp
Assorted raw vegetables			
Whole wheat pita bread			

To make Hummus:

1. Combine chickpeas, garlic, lemon juice, tahini or sesame seeds, salt and pepper in a blender or food processor and process until smooth.
2. Chill before serving.
3. Serve with fresh wedges of pita bread or pita points (below) and fresh vegetables.

To make Pita Points:

1. Preheat oven to 400°F.
2. Cut pitas in half and separate where they are joined at the edges.
3. Stack and cut pieces into wedges.
4. Lightly spray a baking sheet with cooking spray.
5. Arrange the wedges of pita bread in single layers on the baking sheet.
6. Bake for 6 – 10 minutes, until brown and crisp.

Tip:

Chilling the dip for an hour will allow flavours to blend.

Fiesta Dip

Ingredients	8 Servings	16 Servings	24 Servings
Canned kidney beans, rinsed and drained (19 oz/ 540 ml)	1 can	2 cans	3 cans
Avocados, peeled and mashed	1	2	3
Lemon juice	1 tsp	2 tsp	1 Tbsp (3 tsp)
Chili powder	1 Tbsp	2 Tbsp	3 Tbsp
Garlic powder	½ tsp	1 tsp	1 ½ tsp
Cumin	¼ tsp	½ tsp	¾ tsp
Oregano	½ tsp	1 tsp	1 ½ tsp
Salt	¼ tsp	½ tsp	¾ tsp
Sour cream	1 cup	2 cups	3 cups
Tomatoes, chopped	2	4	6
Green pepper, chopped	½	1	1 ½
Black olives, sliced	½ cup	1 cup	1 ½ cups
Cheddar cheese, grated	1 cup	2 cups	3 cups

1. Purée kidney beans in a blender or food processor.
2. Spread puréed beans on bottom of 9" pie plate (2 pie plates for 16 servings, 3 pie plates for 24 servings). If beans are too thick to spread, mix in one or two tablespoons of water.
3. Combine avocado with lemon juice. Spread mashed avocado on top of puréed beans.
4. Stir chili powder, garlic powder, cumin, oregano and salt into sour cream and spread over avocado layer.
5. Decorate with tomatoes, green pepper, olives and cheese.
6. Serve with mini pita halves.

Tip:

To ripen an avocado more quickly, place it in a paper bag with an apple or banana and leave it on the counter for a day.

Mini Frittatas

Ingredients	4 Servings	8 Servings	12 Servings
Eggs	8	16	24
Skim milk	½ cup	1 cup	1 ½ cups
Balsamic vinegar	2 tsp	4 tsp	2 Tbsp (6 tsp)
Salt	½ tsp	1 tsp	1 ½ tsp
Pepper	½ tsp	1 tsp	1 ½ tsp
Mushrooms, sliced	1 cup	2 cups	3 cups
Margarine	1 tsp	2 tsp	1 Tbsp (3 tsp)
Parmesan cheese, grated (or other cheese)	⅓ cup	⅔ cup	1 cup
Frozen chopped spinach, well drained (10 oz/300 g package)	1 pkg	2 pkg	3 pkg

1. Preheat oven to 325°F.
2. Lightly coat a large cup muffin tin with cooking spray.
3. In a large bowl, whisk together eggs, skim milk, balsamic vinegar, salt and pepper.
4. Lightly fry the mushrooms in the margarine. Add to egg mixture.
5. Stir in grated Parmesan cheese and spinach.
6. Pour or spoon mixture into muffin tins.
7. Bake for 20 – 25 minutes or until centres are set.
8. Cool on rack 10 minutes. Can be wrapped and refrigerated for up to 3 days.

Did you know?

Eggs are a good source of iron and protein. Egg yolk can be a first food for babies.

Bruschetta

Ingredients	8 Servings	16 Servings	24 Servings
Tomatoes, large, chopped	2	4	6
Garlic cloves, finely chopped	2	4	6
Small onion, finely chopped	1	2	3
Basil or oregano	1 tsp	2 tsp	1 Tbsp (3 tsp)
Olive oil or other vegetable oil	1 Tbsp	2 Tbsp	3 Tbsp
Salt & pepper	To taste	To taste	To taste
Crusty bread, not a baguette	8 slices	16 slices	24 slices
Parmesan cheese	¼ cup	½ cup	¾ cup

1. Preheat broiler in oven.
2. Mix together tomato, garlic, onion, basil and oil. Add salt and pepper to taste.
3. Slice the bread. Toast both sides of each slice under the broiler.
4. Spoon tomato mixture over top. Sprinkle with Parmesan cheese.
5. Heat under broiler until cheese is lightly browned.

Tip:

Eating Well with Canada's Food Guide recommends that half of our grain products be whole grain.

Peanut Butter Yogurt Banana Sandwiches

Ingredients	6 Servings	12 Servings	18 Servings
Vanilla yogurt	½ cup	1 cup	1 ½ cups
Creamy peanut butter	¼ cup	½ cup	¾ cup
Whole wheat bread	6 slices	12 slices	18 slices
Bananas, thinly sliced	3	6	9
Cinnamon	Sprinkle		

1. In a small bowl, combine yogurt and peanut butter; blend well.
2. Spread 2 Tbsp of yogurt-peanut butter mixture on each slice of bread.
3. Arrange banana slices over mixture.
4. Sprinkle with cinnamon.
5. Serve immediately.

Did you know?

Fruits, vegetables and grain products are a source of folate, which can reduce the risk of neural tube defects like spina bifida in pregnancy.

Garden Vegetable Pita Pocket

Ingredients	8 Serving	16 Servings	24 Servings
Whole wheat pitas	8	16	24
Hummus - 500 g tub	1	2	3
Light mayonnaise	½ cup	1 cup	1 ½ cups
Mozzarella cheese	8 slices	16 slices	24 slices
Tomato, diced	2 tomatoes	4 tomatoes	6 tomatoes
Spinach leaves	8	16	24
Red onion, thinly sliced	½	1	1 ½

1. Cut the pitas in half and open the pocket.
2. Spread hummus on one side of the pita half and mayonnaise on the other.
3. Layer cheese slice, diced tomatoes, spinach leaves and a few red onion rings in between.

Tip:

Pitas are low in fat, and can be filled with a mixture of chopped vegetables and chopped meat, poultry, beans or fish to make a quick meal!

Tuna Melt

Ingredients	6 Servings	12 Servings	18 Servings
Tuna, canned, drained (6.5 oz/198 ml)	3 cans	6 cans	9 cans
Celery, chopped	½ cup	1 cup	1 ½ cups
Onion, chopped	¼ cup	½ cup	¾ cup
Mayonnaise	⅓ cup	⅔ cup	1 cup
Grated cheese	1 cup	2 cups	3 cups
Pepper	To taste	To taste	To taste
Whole wheat English muffins or other buns	6	12	18

1. Preheat oven to 350°F.
2. Mix tuna, celery, onion, mayonnaise and cheese in a medium bowl. Add pepper to taste.
3. Cut open the English muffins and place on a baking sheet.
4. Spread equal amounts of tuna mixture on each muffin half.
5. Bake in oven until cheese is melted, about 10 minutes.
6. Serve while hot.

Tip:

Eating Well with Canada's Food Guide recommends two fish servings per week.

Mini Pizzas

Ingredients	6 Servings	12 Servings	18 Servings
Whole wheat English muffins, halved or other buns	6	12	18
Tomato sauce	1 ½ cups	3 cups	4 ½ cups
Dried basil and oregano	To taste	To taste	To taste
Salt and pepper	To taste	To taste	To taste
Onion, finely chopped	¼ cup	½ cup	¾ cup
Green pepper, finely chopped	¼ cup	½ cup	¾ cup
Mushrooms, sliced	¼ cup	½ cup	¾ cup
Cheese, grated	1 cup	2 cups	3 cups

1. Preheat oven to 350°F.
2. Place muffin halves on a baking sheet.
3. Spread tomato sauce on each muffin half. Sprinkle with basil, oregano, salt and pepper to taste.
4. Distribute evenly the chopped onion, green pepper and mushrooms on top of each muffin half. Sprinkle with cheese.
5. Bake for 20 – 25 minutes, until hot and bubbly.

Tip:

Eating Well with Canada's Food Guide recommends that half of our grain products be whole grain.

Muffins & Breads

Whole Wheat Blueberry Muffins

Ingredients	1 Dozen	2 Dozen	3 Dozen
All purpose flour	1 cup	2 cups	3 cups
Whole wheat flour	1 cup	2 cups	3 cups
Baking powder	4 tsp	8 tsp	4 Tbsp (12 tsp)
Salt	½ tsp	1 tsp	1 ½ tsp
Sugar	¼ cup	½ cup	¾ cup
Egg	1	2	3
Milk	1 cup	2 cups	3 cups
Vegetable oil	¼ cup	½ cup	¾ cup
Nutmeg	¼ tsp	½ tsp	¾ tsp
Fresh or frozen blueberries	1 cup	2 cups	3 cups

1. Heat oven to 400°F.
2. Lightly coat the muffin tins with cooking spray or use paper muffin liners.
3. In a large bowl, combine flours, baking powder, salt and sugar. Set aside.
4. In a separate bowl combine eggs, milk, oil and nutmeg. Whisk until combined.
5. Pour the milk mixture into the dry mixture. Stir until just combined. Add blueberries and stir lightly just once or twice.
6. Spoon the batter into muffin tins, filling cups to 2/3 full.
7. Bake for 20 – 25 minutes.

Tip:

Stir muffin batter until it is just mixed.
Over mixing the batter can make the muffins tough.

Quick Apple Bran Muffins

Ingredients	1 Dozen	2 Dozen	3 Dozen
Low fat plain yogurt	1 cup	2 cups	3 cups
Vegetable oil	¼ cup	½ cup	¾ cup
Egg, beaten	1	2	3
100% bran cereal	1 cup	2 cups	3 cups
Whole wheat flour	1 cup	2 cups	3 cups
Granulated sugar	⅓ cup	⅔ cup	1 cup
Cinnamon	1 tsp	2 tsp	1 Tbsp (3 tsp)
Baking soda	¾ tsp	1 ½ tsp	2 ¼ tsp
Large apple, peeled and chopped	1	2	3

1. Preheat oven to 400°F.
2. Lightly coat the muffin tins with cooking spray or use paper muffin liners.
3. Combine yogurt, oil and egg in a large bowl. Add bran cereal and let stand until softened.
4. In a small bowl, combine whole wheat flour, sugar, cinnamon and baking soda; stir into cereal mixture only until moistened. Gently stir in the apples.
5. Spoon into muffin pan.
6. Bake for 16 - 18 minutes.

Tip:

Stir muffin batter until it is just mixed.
Over mixing the batter can make the muffins tough

Cornmeal Muffins

Ingredients	1 Dozen	2 Dozen	3 Dozen
All purpose flour	1 cup	2 cups	3 cups
Whole wheat flour	1 cup	2 cups	3 cups
Yellow cornmeal	1 cup	2 cups	3 cups
Granulated sugar	1/3 cup	2/3 cup	1 cup
Baking powder	1 Tbsp	2 Tbsp	3 Tbsp
Baking soda	1 tsp	2 tsp	1 Tbsp (3 tsp)
Salt	1/4 tsp	1/2 tsp	3/4 tsp
Buttermilk or sour milk	2 cups	4 cups	6 cups
Vegetable oil	1/4 cup	1/2 cup	3/4 cups
Eggs	1	2	3

1. Preheat oven to 375°F. Lightly coat the muffin tins with cooking spray or use paper muffin liners.
2. Combine flours, cornmeal, all but 2 tsp of the sugar, baking powder, baking soda and salt in a large bowl. Set aside.
3. In a separate bowl, whisk together buttermilk (or sour milk), oil and eggs. Add to dry ingredients & stir until just mixed.
4. Spoon the batter into the muffin cups, 2/3 full. Sprinkle sugar evenly on top.
5. Bake for 18 – 20 minutes, or until a toothpick inserted into the centre of the muffin comes out clean.

Tip:

To make sour milk add one tablespoon of vinegar or lemon juice to 1 cup of milk.

Pumpkin Prune Muffins

Ingredients	1 Dozen	2 Dozen	3 Dozen
Pitted prunes	½ cup	1 cup	1 ½ cups
Vegetable oil	½ cup	1 cup	1 ½ cups
Brown sugar	¾ cup	1 ½ cups	2 ¼ cups
Egg	1	2	3
Pumpkin purée, canned or fresh	1 cup	2 cups	3 cups
Milk	¾ cup	1 ½ cups	2 ¼ cups
Whole wheat flour	1 cup	2 cups	3 cups
All purpose flour	1 cup	2 cups	3 cups
Baking powder	2 tsp	4 tsp	2 Tbsp (6 tsp)
Baking soda	1 tsp	2 tsp	1 Tbsp (3 tsp)
Salt	1 tsp	2 tsp	1 Tbsp (3 tsp)
Ground ginger	¾ tsp	1 ½ tsp	2 ¼ tsp
Cinnamon	½ tsp	1 tsp	1 ½ tsp
Nutmeg	½ tsp	1 tsp	1 ½ tsp
Cloves	¼ tsp	½ tsp	¾ tsp

1. Preheat oven to 400°F.
2. Lightly coat the muffin tins with cooking spray or use paper muffin liners.
3. Chop prunes and set aside.
4. Blend oil and brown sugar in a bowl. Whisk in egg.
5. Add pumpkin and milk and blend.
6. In a separate bowl combine the flours, baking powder, baking soda, salt, ginger, cinnamon, nutmeg and cloves. Make a well in the dry ingredients and add milk mixture. Stir until just moistened.
7. Add the prunes and mix lightly.
8. Spoon batter into muffin cups and bake for 20 minutes.

Tip:

Substitute half of the all purpose flour in a muffin recipe with whole wheat flour to increase the fibre.

Lemon Yogurt Loaf

Ingredients	1 Loaf	2 Loaves	3 Loaves
All purpose flour	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups	2 $\frac{1}{4}$ cups
Whole wheat flour	1 cup	2 cups	3 cups
Baking powder	1 tsp	2 tsp	1 Tbsp (3 tsp)
Baking soda	$\frac{1}{2}$ tsp	1 tsp	1 $\frac{1}{2}$ tsp
Salt	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	$\frac{3}{4}$ tsp
Eggs	2	4	6
Sugar	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups	2 $\frac{1}{4}$ cups
Plain yogurt	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups	2 $\frac{1}{4}$ cups
Vegetable oil	$\frac{1}{3}$ cup	$\frac{2}{3}$ cup	1 cup
Lemon peel, finely grated	1 Tbsp	2 Tbsp	3 Tbsp
Freshly squeezed lemon juice	$\frac{1}{3}$ cup	$\frac{2}{3}$ cup	1 cup
Sugar	$\frac{1}{3}$ cup	$\frac{2}{3}$ cup	1 cup

1. Preheat oven to 350°F.
2. In a bowl combine flours, baking powder, baking soda and salt.
3. In another bowl, beat eggs; stir in sugar, yogurt, oil and grated lemon peel. Fold into flour mixture to make a smooth batter.
4. Lightly spray a loaf pan with cooking spray. Spoon the batter into the loaf pan and bake for 50 – 60 minutes. Place on rack.
5. To make topping, heat lemon juice and sugar in a small saucepan. Bring to a boil. Cook, stirring until sugar is dissolved.
6. Pour the topping over hot loaf in pan. Let cool completely before turning out of pan.
7. One loaf makes about 10 – 12 slices.

Tip:

Grated lemon peel is also called lemon zest. It is the yellow-colored part of the lemon peel. It adds flavor to a recipe. A lemon zester, a vegetable peeler, a sharp knife, or a cheese grater can be used to take off the zest.

Banana Bread

Ingredients	1 Loaf	2 Loaves	3 Loaves
Flour	1 ¼ cups	2 ½ cups	3 ¾ cups
Baking soda	1 tsp	2 tsp	1 Tbsp (3 tsp)
Baking powder	½ tsp	1 tsp	1 ½ tsp
Chopped nuts (optional)	½ cup	1 cup	1 ½ cups
Sugar	¾ cup	1 ½ cups	2 ¼ cups
Eggs	1	2	3
Low fat yogurt	½ cup	1 cup	1 ½ cup
Vegetable oil	¼ cup	½ cup	¾ cup
Banana, ripe and mashed	1 cup (2 med)	2 cups (4 med)	3 cups (6 med)
Vanilla extract	1 tsp	2 tsp	3 tsp

1. Preheat oven to 350°F.
2. Lightly coat a loaf pan (9" x 5") with cooking spray.
3. In a bowl, combine flour, baking soda, baking powder and nuts, if using.
4. In a large bowl, mix sugar, egg, yogurt, oil, bananas and vanilla.
5. Add dry ingredients to egg mixture and stir until dry ingredients are just moistened. Pour into baking pan.
6. Bake for 50 – 60 minutes or until toothpick inserted in centre comes out clean. Cool 5 minutes; remove from pan and cool for an additional hour.
7. One loaf makes about 10 – 12 slices.

Did you know?

You can freeze whole, ripe bananas to use later in baking.

Bannock

Ingredients	9 Servings	18 Servings	27 Servings
Whole wheat flour	1 cup	2 cups	3 cups
Quick cooking oatmeal	½ cup	1 cup	1 ½ cups
Salt	½ tsp	1 tsp	1 ½ tsp
Baking powder	1 Tbsp	2 Tbsp	3 Tbsp
Soft margarine	⅓ cup	⅔ cup	1 cup
Milk	⅓ cup	⅔ cup	1 cup

1. Preheat oven to 425°F.
2. In a bowl, mix together the flour, oatmeal, salt and baking powder.
3. Add the margarine and blend until crumbly. Gradually stir in the milk until a soft dough forms.
4. Form the dough into a ball with your hands and flatten it onto a baking pan so that the dough is about ¾ inch thick all over. Do not handle the dough more than you need to because it will make the bannock tough.
5. Using a fork or knife, prick the flattened dough all over.
6. Bake for 10 – 15 minutes.

Did you know?

Baked goods such as dumplings, bannock and muffins should be stirred/kneaded until just mixed. Over mixing or over kneading will result in a tough product.

Oat Scones

Ingredients	16 Pieces	32 Pieces	48 Pieces
Flour	1 ½ cups	3 cups	4 ½ cups
Quick cooking oatmeal	2 cups	4 cups	6 cups
Sugar	¼ cup	½ cup	¾ cup
Baking powder	4 tsp	8 tsp	¼ cup (12 tsp)
Salt	½ tsp	1 tsp	1 ½ tsp
Egg, beaten	1	2	3
Vegetable oil	½ cup	1 cup	1 ½ cups
Milk	⅓ – ½ cup	⅔ – 1 cup	1 – 1 ½ cups

1. Preheat oven to 425°F.
2. Mix flour, oatmeal, sugar, baking powder and salt together in a large bowl.
3. In a separate bowl beat egg(s); add vegetable oil and milk.
4. Pour wet ingredients into dry ingredients and stir to make soft dough, adding more milk, if needed.
5. Shape dough into two 7" circles on greased baking sheet. Score tops into 8 wedges.
6. Bake for 15 minutes.

Did you know?

To 'score' a pastry or baked good means to make shallow lines on it before cooking, usually with a knife.

French Toast with Applesauce

Ingredients	4 Servings	8 Servings	12 Servings
Eggs, large	2	4	6
Milk	1/3 cup	2/3 cup	1 cup
Cinnamon	1/4 tsp	1/2 tsp	3/4 tsp
Vanilla	1/2 tsp	1 tsp	1 1/2 tsp
Bread, whole wheat	8 slices	16 slices	24 slices
Unsweetened applesauce	1 cup	2 cups	3 cups

1. In a medium bowl, beat the eggs with a fork.
2. Add the milk, cinnamon and vanilla.
3. Dip the bread, one slice at a time, into the egg mixture.
4. Cook the bread on both sides in a hot non-stick pan until golden brown.
5. Serve with applesauce.

Tip:

This recipe works best for a small number of people.
French toast is a great way to use up stale bread.

Pancakes

Ingredients	8 Servings	16 Servings	24 Servings
Plain yogurt	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cup	2 $\frac{1}{4}$ cup
Milk	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cup	2 $\frac{1}{4}$ cup
Eggs, beaten	2	4	6
Vegetable oil	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup
Flour	1 $\frac{1}{2}$ cup	3 cups	4 $\frac{1}{2}$ cups
Baking powder	$\frac{3}{4}$ tsp	1 $\frac{1}{2}$ tsp	2 $\frac{1}{4}$ tsp
Baking soda	$\frac{3}{4}$ tsp	1 $\frac{1}{2}$ tsp	2 $\frac{1}{4}$ tsp
Fresh or frozen strawberries or other fruit	2 cups	4 cups	6 cups

1. In a bowl, combine yogurt, milk, eggs and oil. Set aside.
2. In another large bowl, stir together flour, baking powder and baking soda.
3. Add yogurt mixture all at once to flour mixture, stirring until just combined (batter will be thick).
4. Grease frying pan. Heat greased frying pan over medium heat.
5. Spoon about $\frac{1}{3}$ cup of batter and cook until bubbles appear on the surface, then turn and cook other side.
6. Pancakes will be large. Serve with canned peaches or frozen strawberries (thawed) or other fruit.

Tip:

Pancakes are quick and easy to make. They have only a few ingredients and can be eaten for any meal.

Desserts

Citrus Fruit Cup

Ingredients	10 Servings	20 Servings	30 Servings
Canned pineapple, including juice (14 oz/398 ml)	1 can	2 cans	3 cans
Oranges, sectioned	2	4	6
Grapefruit, sliced	1	2	3
Apple, sliced (not peeled)	1	2	3
Bananas, sliced	2	4	6
Vanilla yogurt, 750 ml	1 container	2 containers	3 containers

1. Place the pineapple and its juice in a large serving bowl.
2. Add the other fruit and mix gently.
3. Serve with a dollop of vanilla yogurt.

Tip:

Dip raw fruit like bananas or apples in orange juice or add a small amount of orange juice to a fruit salad to prevent browning.

Stuffed Baked Apples

Ingredients	6 Servings	12 Servings	18 Servings
Tart apples, medium	6 apples	12 apples	18 apples
Soft margarine	1 Tbsp	2 Tbsp	3 Tbsp
Brown sugar	¼ cup	½ cup	¾ cup
Raisins	3 Tbsp	6 Tbsp	9 Tbsp
Cinnamon	1 tsp	2 tsp	1 Tbsp (3 tsp)
Water	1/3 cup	2/3 cup	1 cup

1. Preheat oven to 350°F.
2. Cut the apples in half lengthwise and remove the core with a small spoon. Arrange the apples cut side up in a 9" x 13" baking pan (12 servings, use 2 pans; 18 servings, use 3 pans).
3. In a small bowl, mix the margarine, brown sugar, raisins and cinnamon
4. Distribute the sugar raisin mixture equally into each apple half.
5. Add the water to the pan and bake 30 minutes or until apples are tender.
6. Serve warm.

Tip:

Apples are a good source of soluble and insoluble fibre.
Eat the skin as well as the flesh to get the most fibre.

Maple Baked Pears

Ingredients	8 Servings	16 Servings	24 Servings
Pears, large, peeled	4	8	12
Maple flavoured syrup	½ cup	1 cup	1 ½ cups
Cinnamon	½ tsp	1 tsp	1 ½ tsp
Walnuts, chopped or raisins	½ cup	1 cup	1 ½ cups

1. Preheat oven to 350°F.
2. Lightly coat an 8" x 11" baking dish with cooking spray (use 2 dishes for 16 servings; use 3 dishes for 24 servings,).
3. Cut the pears in half and remove the core with a small spoon.
4. Place the pears cut-side down in the greased baking dish.
5. Pour the syrup over the pears and sprinkle them with cinnamon.
6. Sprinkle each pear with the chopped walnuts or raisins.
7. Bake uncovered for 25 minutes, or until tender when pierced with a fork.
8. Cool 10 – 15 minutes before serving.

Tip:

Walnuts are a source of heart healthy omega 3 fatty acids.

Apple Bread Pudding

Ingredients	6 Servings	12 Servings	18 Servings
Day old cinnamon raisin bread cut into cubes	4 cups	8 cups	12 cups
Apples, peeled & chopped	1 cup	2 cups	3 cups
Packed brown sugar	1/3 cup	2/3 cup	1 cup
Eggs, large	2	4	6
Evaporated 2% milk	1 cup	2 cups	3 cups
Milk	1/2 cup	1 cup	1 1/2 cups
Vanilla	1 tsp	2 tsp	1 Tbsp (3 tsp)
Cinnamon	1/4 tsp	1/2 tsp	3/4 tsp
Nutmeg	1/8 tsp	1/4 tsp	3/8 tsp

1. Preheat oven to 350°F.
2. Lightly spray a 9" x 9" baking pan with cooking spray. (Use two pans for 12 servings and three pans for 18 servings.)
3. In a large bowl, toss bread cubes and apples together and place in baking pan.
4. In a separate bowl, whisk together brown sugar and eggs. Add evaporated milk, vanilla, cinnamon and nutmeg. Whisk again.
5. Pour egg mixture over the bread cubes and apples. Stir well. Let stand for 5 minutes to allow the bread to absorb the liquid.
6. Bake for approximately 50 minutes or until custard is just set. A knife inserted in the centre should come out clean.
7. Serve warm or at room temperature.

Tip:

Try making bread pudding with stale bread. Older bread will absorb the milk mixture without falling apart.

Fruit Cobbler

Ingredients	6 Servings	12 Servings	18 Servings
*Fruit, peeled and sliced	5 cups	10 cups	15 cups
All purpose flour	1 ½ cups	3 cups	4 ½ cups
Baking powder	1 Tbsp	2 Tbsp	3 Tbsp
Sugar	3 Tbsp	6 Tbsp	9 Tbsp
Soft margarine	½ cup	1 cup	1 ½ cups
Milk	¾ cups	1 ½ cups	2 ¼ cups

1. Preheat oven to 375°.
2. Lightly coat a medium baking dish with cooking spray. Place prepared fruit in baking dish.
3. Mix the flour, baking powder and sugar in a bowl. Cut the margarine into the flour with a pastry blender or two knives until it is crumbly.
4. Add the milk and mix until a soft dough forms.
5. Drop the dough by spoonfuls onto the fruit. (All of the fruit may not be covered.)
6. Bake 25 – 30 minutes or until the topping is lightly browned and the fruit is bubbling.

* Use fresh, canned or frozen fruit such as apples, peaches, pears, blueberries, or plums. For juicy fruit such as peaches or berries, sprinkle 1 Tbsp of flour over each 5 cups of fruit. For tart fruit such as rhubarb, add ½ cup of white or brown sugar to the fruit.

Tip:

Check the label for a margarine that is non-hydrogenated.

Fruit Crumble

Ingredients	6 Servings	12 Servings	18 Servings
*Fruit peeled and sliced	5 cups	10 cups	15 cups
Cinnamon	½ tsp	1 tsp	1 ½ tsp
All purpose flour	⅔ cups	1 ⅓ cups	2 cups
Quick cooking oatmeal	⅔ cup	1 ⅓ cups	2 cups
Brown sugar	¾ cup	1 ½ cups	2 ¼ cups
Soft margarine	⅓ cup	⅔ cup	1 cups

1. Preheat oven to 350°.
2. Lightly coat a medium baking dish with cooking spray. Place fruit in the baking dish.
3. In a bowl, combine cinnamon, flour, oatmeal, brown sugar and margarine until crumbly. Spread over the fruit layer.
4. Bake 40 minutes or until fruit is soft.

* Use fresh, canned or frozen fruit such as apples, peaches, pears, blueberries, or plums. For juicy fruit such as peaches or berries, sprinkle 1 Tbsp of flour over each 5 cups of fruit. For tart fruit such as rhubarb, add ½ cup of white or brown sugar to the fruit.

Tip:

Oatmeal is a good source of soluble fibre, which helps to lower blood cholesterol.

Rice Pudding

Ingredients	6 Servings	12 Servings	18 Servings
Evaporated milk (12 oz/375 ml can)	1 can	2 cans	3 cans
Water	1 ½ cups	3 cups	4 ½ cups
Rice	½ cup	1 cup	1 ½ cups
Eggs	2	4	6
Sugar	⅓ cup	⅔ cup	1 cup
Cinnamon or nutmeg	¼ tsp	½ tsp	¾ tsp
Raisins (optional)	½ cup	1 cup	1 ½ cups
Vanilla	1 tsp	2 tsp	3 tsp

1. In a heavy saucepan, combine the evaporated milk, water and rice.
2. Bring to a boil, stirring occasionally. Reduce heat, cover and simmer for 20 minutes or until rice is cooked.
3. In a small bowl beat together eggs, sugar and cinnamon or nutmeg.
4. Stir the egg mixture into the rice mixture. Add the raisins, if using.
5. Continue to cook (but do not boil), stirring slowly until mixture is thickened.
6. Remove from heat and add vanilla.
7. Serve warm or chilled.

Tip:

Substitute evaporated milk for cream in a recipe to increase the calcium and protein and to reduce the fat.

Cookies & Squares

Apple Cinnamon Oatmeal Cookies

Ingredients	3 Dozen	6 Dozen	9 Dozen
White sugar	1/3 cup	2/3 cup	1 cup
Brown sugar	1/2 cup	1 cup	1 1/2 cups
Soft margarine	1/2 cup	1 cup	1 1/2 cups
Egg	1	2	3
Vanilla	1/2 tsp	1 tsp	1 1/2 tsp
Skim milk powder	1 Tbsp	2 Tbsp	3 Tbsp
Applesauce	1/3 cup	2/3 cup	1 cup
Flour	1/2 cup	1 cup	1 1/2 cups
Baking soda	1/2 tsp	1 tsp	1 1/2 tsp
Quick cooking oatmeal	2 cups	4 cups	6 cups
Cinnamon	1/2 tsp	1 tsp	1 1/2 tsp
Salt	1/2 tsp	1 tsp	1 1/2 tsp

1. Preheat oven to 325°F.
2. Cream the sugars with the margarine.
3. Beat in egg, vanilla and skim milk powder.
4. Stir in applesauce.
5. In a separate bowl, sift flour with baking soda.
6. Add oatmeal, cinnamon and salt.
7. Combine the creamed mixture with dry ingredients.
8. Lightly spray a cookie sheet with cooking spray. Drop the batter by teaspoonfuls onto cookie sheet.
9. Bake for 15 minutes.

Did you know?

Oatmeal is a good source of soluble fibre and may help to reduce blood cholesterol levels.

Crunchy Branola Bars

Ingredients	36 Bars	72 Bars	108 Bars
100% bran cereal	1 $\frac{3}{4}$ cups	3 $\frac{1}{2}$ cups	5 $\frac{1}{4}$ cups
Quick cooking oatmeal	1 $\frac{3}{4}$ cups	3 $\frac{1}{2}$ cups	5 $\frac{1}{4}$ cups
Whole wheat flour	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups	2 $\frac{1}{4}$ cups
Coconut	1 cup	2 cups	3 cups
Brown sugar, firmly packed	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups	2 $\frac{1}{4}$ cups
Soft margarine	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups	2 $\frac{1}{4}$ cups
Corn syrup	2 Tbsp	$\frac{1}{4}$ cup (4 Tbsp)	6 Tbsp
Baking soda	1 tsp	2 tsp	1 Tbsp (3 tsp)
Semi-sweet baking chocolate, melted	1 square	2 squares	3 squares

1. Preheat oven to 350°F.
2. Combine cereal, oatmeal, flour and coconut. Set aside.
3. Cook brown sugar, margarine and corn syrup in a small saucepan over medium heat until mixture boils, stirring constantly. Remove from heat.
4. Stir in baking soda. Immediately stir cereal mixture into liquid mixture, mixing well.
5. Press into lightly greased 15" x 10" jelly roll pan (If making 72 bars, use 2 pans; if making 108 bars, use 3 pans). Do not use a smaller pan – mixture may overflow into oven.
6. Bake for 12 – 15 minutes. Cool slightly and cut into bars while still warm. Drizzle with melted chocolate.

Did you know?

100% bran cereal is a good source of insoluble fibre and helps prevent constipation.

Super Banana Cookies

Ingredients	3 Dozen	6 Dozen	9 Dozen
Soft margarine	$\frac{2}{3}$ cup	1 $\frac{1}{3}$ cups	2 cups
Sugar	1 cup	2 cups	3 cups
Eggs	2	4	6
Bananas, mashed	1 cup (2 medium)	2 cups (4 Medium)	3 cups (6 medium)
Vanilla	1 tsp	2 tsp	3 tsp
Flour	2 $\frac{1}{2}$ cups	5 cups	7 $\frac{1}{2}$ cups
Salt	Pinch	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp
Baking powder	2 tsp	4 tsp	2 Tbsp (6 tsp)
Baking soda	$\frac{1}{2}$ tsp	1 tsp	1 $\frac{1}{2}$ tsp
Raisins	1 cup	2 cups	3 cups

1. Preheat oven to 375°F.
2. Cream margarine and sugar. Add eggs and mix well. Add mashed bananas, vanilla, flour, salt, baking powder and baking soda. Stir to combine. Stir in raisins.
3. Drop by spoonfuls onto an ungreased cookie sheet.
4. Bake for 10 – 15 minutes until golden brown.

Tip:

Use dried fruit like raisins or cranberries instead of chocolate chips for a different flavor and extra fibre.

Did you know?

You can freeze whole, ripe bananas with the peel. They are good to use in recipes.

Date Squares

Ingredients	21 Bars	42 Bars	84 Bars
Whole wheat flour	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups	3 cups
Quick cooking oatmeal	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups	3 cups
Lightly packed brown sugar	$\frac{1}{2}$ cup	1 cup	2 cups
Baking soda	$\frac{1}{2}$ tsp	2 tsp	4 tsp
Soft margarine	$\frac{1}{2}$ cup	1 cup	2 cups
Dates, chopped	$\frac{1}{2}$ pound	1 pound	2 pounds
Water	$\frac{3}{4}$ cup	1 $\frac{1}{2}$ cups	3 cups
Lemon juice	1 tsp	2 tsp	4 tsp

1. Preheat oven to 350°F.
2. To make the crust, combine flour, oatmeal, brown sugar and baking soda in a large bowl.
3. Mix the margarine with the flour mixture until crumbly.
4. Press half of the crumbs into the bottom of a lightly greased 8" x 8" pan (9" x 13" pan for 42, 2 - 9" x 13" pans for 84).
5. To make the filling, combine the dates and water in a saucepan. Cover and cook for 10 - 15 minutes or until thickened.
6. Stir in lemon juice and spread over crumb layer.
7. Sprinkle the remaining crumb mixture over the dates.
8. Bake for 35 minutes or until slightly browned.

Tip:

Oatmeal is a good source of soluble fibre, which helps to lower blood cholesterol.

Granola Bars

Ingredients	32 Bars	64 Bars	96 Bars
Soft margarine	$\frac{2}{3}$ cup	$1\frac{1}{3}$ cups	2 cups
Brown sugar	1 cup	2 cups	3 cups
Egg	1	2	3
Vanilla	1 tsp	2 tsp	3 tsp
Quick cooking oatmeal	$1\frac{1}{2}$ cups	3 cups	$4\frac{1}{2}$ cups
Whole wheat flour	1 cup	2 cups	3 cups
Baking powder	$\frac{1}{2}$ tsp	1 tsp	$1\frac{1}{2}$ tsp
Baking soda	$\frac{1}{2}$ tsp	1 tsp	$1\frac{1}{2}$ tsp
Salt	$\frac{1}{4}$ tsp	$\frac{1}{2}$ tsp	$\frac{3}{4}$ tsp
Dried apricots, chopped	$\frac{1}{2}$ cup	1 cup	$1\frac{1}{2}$ cups
Raisins	$\frac{1}{2}$ cup	1 cup	$1\frac{1}{2}$ cups
Unsweetened coconut	$\frac{1}{2}$ cup	1 cup	$1\frac{1}{2}$ cups

1. Preheat oven to 350°F.
2. Lightly coat a 9" x 13" pan with cooking spray. (Use 2 pans for 64 bars, 3 pans for 96 bars.)
3. Beat margarine and brown sugar until fluffy. Beat in egg and vanilla. Set aside.
4. In another bowl, mix oatmeal, whole wheat flour, baking powder, baking soda and salt.
5. Add chopped apricots, raisins and coconut to oat mixture. Add to margarine & sugar mixture and stir to combine.
6. Spread in baking pan and bake 30 minutes. Cool and cut into bars.

Tip:

Oatmeal is a good source of soluble fibre, which helps to lower blood cholesterol.

Gingerbread

Ingredients	Serves 9	Serves 18	Serves 36
Soft margarine	½ cup	1 cup	2 cups
Sugar	½ cup	1 cup	2 cups
Baking soda	1 tsp	2 tsp	4 tsp
Cinnamon	1 tsp	2 tsp	4 tsp
Ginger	1 tsp	2 tsp	4 tsp
Egg	1	2	4
Molasses	½ cup	1 cup	2 cups
All purpose flour	1 ¾ cups	3 ½ cups	7 cups
*Sour milk	½ cup	1 cup	2 cups
Vanilla	½ tsp	1 tsp	2 tsp
Applesauce	4 ½ cups	9 cups	18 cups

1. Preheat oven to 350°F.
2. In a mixing bowl, combine margarine, sugar, baking soda, cinnamon and ginger. Beat until smooth.
3. Add the egg and molasses and beat well.
4. Add flour alternately with the sour milk. Stir in vanilla.
5. Bake in a greased 8" x 8" baking pan for 35 minutes or until the gingerbread starts to pull away from the pan. (For 18 servings use a 9" x 13" pan. For 36 servings use two - 9" x 13" pans)
6. Serve warm with applesauce.

* To make sour milk:

For ½ cup sour milk: Mix together 1 ½ tsp of vinegar or lemon juice and enough sweet (regular) milk to make ½ cup. Let stand 5 minutes before using.

For 1 cup of sour milk: Mix together 1 Tbsp of vinegar or lemon juice and enough sweet (regular) milk to make 1 cup. Let stand 5 minutes before using.

Measurement Facts

Standard Abbreviations

Imperial

Teaspoon	tsp
Tablespoon	Tbsp
Cup	c
Ounce	oz
Fluid ounce	fl oz
Quart	qt
Pound	lb

Metric

Millilitre	ml
Litre	L
Gram	g
Kilogram	kg

Imperial/Metric Equivalents

Use this chart to convert a recipe from metric to imperial measures or vice versa.

1 qt	=	1 L	1 Tbsp	=	15 ml
4 c	=	1 L	1 tsp	=	5 ml
1 c	=	250 ml	½ tsp	=	2 ml
¾ c	=	175 ml	¼ tsp	=	1 ml
⅔ c	=	150 ml	⅛ tsp	=	0.5 ml
½ c	=	125 ml			
⅓ c	=	75 ml	1 lb	=	500 g
¼ c	=	50 ml	½ lb	=	250 g

Imperial Measure Equivalents

1 qt	=	4 cups	¼ cup	=	4 Tbsp
1 cup	=	8 fl oz	2 Tbsp	=	1 fl oz
1 cup	=	16 Tbsp	1 Tbsp	=	3 tsp
½ cup	=	8 Tbsp			

Baking Pan Size Conversions

The following table will give you a guide to substituting pans and dishes of approximate size if you don't have the size specified in a recipe.

To substitute a glass pan, reduce the baking temperature by 25°F.

To substitute a pan that is shallower than the pan in the recipe, reduce the cooking time by $\frac{1}{4}$.

To substitute a pan that is deeper than the pan in the recipe, increase the cooking time by $\frac{1}{4}$.

6 cup baking dish or pan

round	- 8 x 2 inches - 9 x 1 $\frac{1}{2}$ inches
square	- 8 x 8 x 1 $\frac{1}{2}$ inches - 9 x 9 x 1 $\frac{1}{2}$ inches
rectangular	- 11 x 7 x 2 inches
loaf	- 8 $\frac{1}{2}$ x 4 $\frac{1}{2}$ x 2 $\frac{1}{2}$ inches

8 cup baking dish or pan

round	- 9 x 2 inches
square	- 8 x 8 x 2 inches - 9 x 9 x 1 $\frac{1}{2}$ inches
loaf	- 9 x 5 x 3 inches

14 cup baking dish or pan

13 x 9 x 2 inches

Ingredient Equivalents

Working in large quantities can sometimes be confusing. These charts will help you to calculate how much food you will need to buy.

Food	Amount	Will Give You:
apple	1 large	1 cup (250ml) sliced or chopped
bananas	3 - 4 medium	1 ¾ cups (450ml) mashed
beans, green / wax	1 lb (500g)	2 ½ - 3 cups (625ml - 750 ml) cooked
cabbage (medium)	1 head	10 cups (2500 ml)
carrots	4	1 cup (250 ml) chopped
celery	1 bunch 2 medium stalks	6 cups (1500 ml) chopped ¾ - 1 cup (250 ml) sliced
green pepper	1 medium	⅔ cup (150 ml)
lemon	1 medium	3 Tbsp (45) juice or 1 ½ tsp (7 ml) grated rind
mushrooms	2 lb (500g) fresh ½ lb (250g)	5 - 6 cups sliced 2 - 3 cups sliced
onion	1 small 1 medium 1 large	¼ cup (50 ml) chopped ½ cup (125 ml) chopped 1 cup (250 ml) chopped
potatoes	3 medium	2 ¼ cups (550 ml) cooked 1 ¾ cups (450 ml) cooked
rhubarb	2 stalks	¾ cup (200 ml) diced
rutabaga & turnip	1 pound	2 ¾ cups cooked, diced or 2 cups mashed
spinach & similar greens	1 lb fresh	1 ½ to 2 cups (500 ml) cooked
tomatoes	2 large / 4 small	2 cups (500 ml) diced
zucchini	3	5 cups (1250 ml) sliced
barley	1 cup (250 ml)	3 ½ cups (875 ml) cooked
bread	1 slice	⅔ cup (150 ml) soft bread crumbs or ⅔ cup (75 ml) dry bread crumbs
bulgar	1 cup (250 ml)	3 cups (750 ml) cooked
cornmeal, uncooked	1 cup (250 ml)	4 cups (1000 ml) cooked
flour	1 lb (500g)	2 cups (500 ml)

Food	Amount	Will Give You:
graham crackers	12 squares	¼ cup (250 ml) crumbs per square
macaroni, uncooked	½ cup (125 ml) 1 lb (500g)	1 - 1 ¼ cups (250 ml) cooked 10 cups (2500 ml) cooked
millet	1 cup (250 ml)	3 ½ cups (875 ml) cooked
rice, uncooked	1/3 cup (75 ml)	1 cup (250 ml) cooked
rolled oats, uncooked	1 cup (250 ml)	2 cups (500 ml) cooked
cheese	1 lb (500g) ¼ lb (125g)	4 cups (1000 ml) grated 1 cup (250 ml) grated
milk, skim	1 cup	1/3 cup (75 ml) instant non fat dry milk plus about ¾ cup (200 ml) water
egg	1 large 5 large or 6 medium or 7 small	50 ml whole egg or 30 ml white (unbeaten) & 20 ml egg yolk 1 cup (250)
kidney beans, dry	2 ½ cups (625 ml)	6 cups (1500 ml) cooked
lima beans, dry	2 ½ cups (625 ml)	6 cups (1500 ml) cooked
navy beans, dry	1 cup (250 ml)	2 ½ cups (625 ml) cooked
nuts	¼ lb (100g)	¾ cup (200 ml) finely chopped
split peas, dry	2 ¼ cups (550 ml)	5 cups (1250 ml) cooked
brown sugar	1 lb (500g)	2 ¼ cups (550ml)
white sugar	1 lb (500g)	2 cups (500 ml)

Substitutes for Ingredients

This table is a guide for ingredient substitutions. It is possible to use another ingredient if a recipe calls for an item you do not have or if you prefer to use a healthier choice, such as a lower fat ingredient.

If you do not have this.....	Use this instead....
1 cup (250 ml) butter	1 cup (250 ml) margarine or 2/3 cup (150 ml) oil
1 cup (250 ml) sour cream	1 cup (250 ml) plain low-fat yogurt
1 cup (250 ml) heavy cream	1 cup (250 ml) evaporated 2% milk or 2/3 cup (150 ml) skim milk plus 1/3 cup (75 ml) oil
1 cup (250 ml) buttermilk	1 cup (250 ml) skim milk powder plus 1 Tbsp (15 ml) vinegar or lemon juice
2 Tbsp (30 ml) flour (for thickening)	1 Tbsp (15 ml) cornstarch
1 cup (250 ml) cake & pastry flour	1 cup (250 ml) all-purpose flour minus 2 Tbsp (30 ml)
2 gloves garlic	1/4 (1 ml) garlic powder
1 head garlic	10 - 15 cloves garlic
1 tsp (5 ml) dry mustard	1 Tbsp (15 ml) prepared mustard
1 small onion	1 tsp (5 ml) onion powder
1/2 Tbsp (15 ml) chopped fresh parsley	1 tsp (5 ml) dried parsley flakes
1 Tbsp (15 ml) fresh herb, chopped	1 tsp (5 ml) dry herbs or 1/2 tsp (2.5 ml) powdered herbs
1 cup (250 ml) creamed cottage cheese	1 cup (250 ml) low-fat cottage cheese
1 Tbsp (30 ml) baking powder	1 1/2 tsp (7 ml) cream of tartar mixed with 1 tsp (5 ml) baking soda
1 tsp (5 ml) lemon juice	1/2 tsp (2 ml) vinegar
1 cup (250 ml) bread crumbs	3/4 cup (200 ml) cracker crumbs
1 cup (250 ml) white flour	1 cup (250 ml) cornmeal
1 cup (250 ml) brown sugar, packed	1 cup (250 ml) white sugar
1 square unsweetened chocolate	3 Tbsp (45 ml) cocoa plus 1 Tbsp (15 ml) margarine or butter or vegetable oil
1 cup (250 ml) packed tomatoes	1/2 cup (125 ml) tomato sauce plus 1/2 cup (125 ml) water
1 cup (250 ml) tomato juice	1/2 cup (125 ml) tomato sauce plus 1/2 cup (125 ml) water

If you do not have this.....	Use this instead....
2 cups (500 ml) tomato sauce	$\frac{3}{4}$ cup (200 ml) tomato paste plus $\frac{1}{2}$ cup (125 ml) water
1 can (10 $\frac{3}{4}$ oz) tomato soup	1 cup (250 ml) tomato sauce plus $\frac{1}{4}$ cup (50 ml) water
1 cup (250 ml) yogurt	1 cup (250 ml) buttermilk
cream of celery soup	2 cups (500 ml) medium white sauce (made with flour and milk) plus $\frac{1}{4}$ cup chopped celery
cream of chicken soup	2 cups (500 ml) medium white sauce plus 2 chicken bouillon cubes
cream of mushroom soup	2 cups (500 ml) medium white sauce plus 1 cup chopped mushrooms

Food Storage in the Home for Best Flavour and Nutrition

Cupboard

Unless otherwise specified, storage times apply to unopened packages.

Cereal Grains*

Bread crumbs – dry	3 months
Cereals – ready-to-eat	12 months
– opened	4 – 5 months
Cookies	12 months
Crackers	12 months
Flour – all purpose	6 – 8 months
– whole wheat	6 weeks
Granola	6 months
Oatmeal, rolled oats	6 – 10 months
Pasta	2 years
Rice	2 years

Canned Foods**

Baby foods	1 year
Evaporated milk	9 – 12 months
Fish and shellfish	1 year
High acid foods (tomato based, fruits juices, sauerkraut)	9 – 18 months
Home canned foods	1 year
Low acid foods (meats, poultry, stews, vegetables)	2 – 5 years
Soups	1 year

Dry Foods*

Beans, peas, lentils	1 year
Bouillon	2 years
Cocoa	1 year
Fruit – dried	1 year
Gelatin	1 year
Jelly powder	2 years
Mixes – cake, pancake, – biscuit	1 year
Potatoes – instant	1 year
Pudding mixes – instant	18 months
Skim milk powder – opened	1 year
Soup mixes – dehydrated	1 month

Miscellaneous Foods

Chocolate – baking	7 months
Cornstarch	2 years
Mustard – dry	2 years
– prepared	6 months
Nuts	1 month
Peanut butter	6 months
– opened	2 months
Pectin – liquid**	1 year
– powdered	2 years
Vinegar	2 years

Spices And Herbs

Herbs – leafy	6 – 12 months
Spices – ground	1 – 2 years
– whole	3 years

Sugars And Syrups

Honey	18 months
Jams**, jellies**	1 year
Molasses	2 years
Sugar	2 years
Syrups – corn, table	1 year
– maple**	1 year

Tea And Coffee*

Coffee – ground	1 month
– instant	1 year
Tea	1 year
Coffee whitener	6 months

Vegetables

Potatoes – dark, cool room	9 months
50°F (10°C)	1 year
	1 month
	18 month

Fats And Oils

Mayonnaise** – opened	8 months
Salad dressing** – opened	1 ½ – 2 months
Sandwich spread** – opened	1 year
Vegetable oils	1 year

Leavening Agents

Baking powder, baking soda	7 weeks
Yeast** – compressed – dry	1 year

*Once opened, store in tightly covered container, away from light.

**Once opened, store canned goods in a covered container in refrigerator.

*Adapted from Winnipeg Hydro Home Economists

Tips for Handling Shelf-Stable Items

Store shelf-stable products in a cool, dry place.

Do not store canned goods in any location such as a garage or cottage where the temperature may drop below 32°F (0°C) or go above 85°F (29°C).

Place newly purchased items behind older ones, so each item can be used within its recommended shelf life.

Do not use cans or jars with dents, cracks or bulging lids.

Read the label carefully. If refrigeration is necessary for safety, the label must say “Keep Refrigerated.” If the item was purchased off the shelf, the product will probably not require refrigeration until opened.

Guidelines for Choosing Snacks for Preschoolers

- Choose a variety of foods from Canada's Food Guide to Healthy Eating.
- Serve colourful bite size portions.
- Offer portions that are ¼ to ½ of an adult serving.
- Avoid high sugar snacks.
- Offer beverages such as water, milk, flavoured milk or juice.
- Be aware of any food allergies.
- Avoid foods that can cause choking such as: popcorn, nuts, seeds and raisins. Serve small soft pieces of food.
- Safety first. Make sure the children are seated at all times when eating.
- Help the children wash their hands before eating.

Examples of appropriate snacks:

Apple or pear slices, cheese cubes and whole-wheat crackers

Oatmeal muffin, banana slices and milk

Carrot sticks, pita bread slices and yogurt dip

Ham/chicken/turkey tortilla wraps and cucumber slices

Orange wedges, animal crackers and cheese cubes

Applesauce sprinkled with cinnamon on whole-grain toast and milk

Fruit shake and dry non-sugar-coated cereal

Mini pita stuffed with tuna or egg salad and apple juice

Waffles, sliced peaches and peach-flavoured yogurt

Bagel with peanut butter* and milk

Trail mix (non-sugar-coated cereals with dried fruits**) and milk

Bran muffin, grapes and chocolate milk

Fruit salad with yogurt topping and rice cake

Bannock, fresh fruit and milk

Mini pita pizzas

Non sugar-coated cereal, banana slices and milk

Celery with cheese spread or peanut butter* and soda crackers

Grapes, graham crackers and milk

Hard-boiled egg, rye toast and orange juice

Oatmeal cookie, apple slices and milk

Raw vegetables, pita bread slices and hummus dip

Salmon salad on whole-wheat hotdog bun and milk

Banana loaf, banana slices and milk

Vegetable juice, whole-grain crackers and cheese cubes

Mini bagels or buns with melted mozzarella cheese and red/green pepper sticks

Yogurt mixed with fresh fruit or applesauce and bread sticks

NOTE: Texture of foods might need to be altered for different ages of children (grate or slice raw vegetables and fruit thinly, cut grapes in half, spread peanut butter thinly).

* Do not offer if there is a nut allergy.

** Dried fruit sticks to your teeth – remember to brush your teeth afterwards.

Offer water regularly to children

For more information

Get information on Healthy Baby Community Support Programs and the Manitoba Prenatal Benefit:

204-945-1301 (in Winnipeg)

1-888-848-0140 (toll free outside Winnipeg)

www.manitoba.ca/healthybaby

For more resources on parenting:

1-877-945-4777

www.manitobaparentzone.ca

