



## CARROT LENTIL SOUP

This soup makes for a very satisfying lunch. The quick-cooking red lentils turn a sunny yellow colour when cooked, and the milk adds a lovely texture.

4 SERVINGS   PREP 10 MINS   COOK 25 MINS



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## QUINOA, SPINACH AND BERRY SALAD

This fresh salad makes it easy to enjoy more whole grains, dark leafy greens and milk products at lunchtime. Cooking the quinoa in the milk soaks the nutrients right in.

4 SERVINGS   PREP 10 MINS   COOK 25 MINS



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## ORANGE CHOCOLATE YOGURT MOUSSE

This sweet and tangy mousse made with yogurt is a deliciously easy way to add a special touch to a weekday lunch.

4 SERVINGS   PREP 15 MINS   COOL 3 HRS



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## INGREDIENTS

<b>2 tsp</b>	10 mL	unflavoured gelatin powder
<b>2/3 cup</b>	150 mL	unsweetened orange juice
<b>1/3 cup</b>	75 mL	granulated sugar
<b>2 tbsp</b>	30 mL	unsweetened cocoa powder
<b>2 cups</b>	500 mL	plain yogurt
<b>1</b>		orange, peeled, halved and sliced
<b>1 tbsp</b>	15 mL	shaved dark chocolate

## PREPARATION

In a small saucepan, sprinkle gelatin over orange juice; let stand for 5 minutes until gelatin is softened. In a small bowl, combine sugar and cocoa powder, breaking up any lumps of cocoa. Whisk cocoa mixture into saucepan and heat over medium-low heat, stirring constantly, for 2 to 3 minutes or until gelatin is dissolved. Pour into a medium heatproof bowl, cover and refrigerate for about 1 hour or until almost set.

Using an electric mixer, beat gelatin until light and foamy. Beat in yogurt, just until blended. Pour into individual serving bowls, cover and refrigerate for about 2 hours or until set, or for up to 1 day.

To serve, garnish each bowl with orange slices and shaved chocolate.



## INGREDIENTS

<b>3/4 cup</b>	175 mL	quinoa
<b>1 tbsp</b>	15 mL	all-purpose flour
<b>1 cup</b>	250 mL	milk
<b>1/2 cup</b>	125 mL	water
<b>1/4 tsp</b>	1 mL	salt
<b>1 tsp</b>	5 mL	grated orange zest
<b>4 cups</b>	1 L	packed baby spinach (about 125 g / 4 oz)
<b>2 cups</b>	500 mL	sliced strawberries
<b>3 1/2 oz</b>	100 g	Swiss or Brick cheese, diced
<b>1/4 cup</b>	50 mL	freshly squeezed orange juice
		pepper

## PREPARATION

In a fine mesh sieve, rinse quinoa well under cold running water. Drain and set aside.

Whisk flour into milk and pour into a deep saucepan. Add water and salt and bring to a gentle boil over medium heat, stirring often. Stir in quinoa and return to a boil, stirring.

Reduce heat to low, cover and simmer for 20 minutes or until quinoa is tender and most of the liquid is absorbed. Remove from heat and let stand, covered, for 5 minutes. Transfer to a bowl, add orange zest, fluff with a fork and let cool. (Refrigerate until chilled or for up to 1 day, if desired.)

Using a fork, toss spinach with quinoa. Gently stir in strawberries, Swiss or Brick cheese and orange juice. Divide onto plates and season to taste with pepper.



## INGREDIENTS

<b>2 tsp</b>	10 mL	butter
<b>2</b>		large carrots, diced
<b>1</b>		onion, finely chopped
<b>1</b>		clove garlic, minced
<b>3/4 tsp</b>	3 mL	salt
<b>1/4 tsp</b>	1 mL	dried rosemary or thyme, crushed
<b>1 cup</b>	250 mL	dried red lentils, rinsed and drained
<b>3 cups</b>	750 mL	water
<b>1 tbsp</b>	15 mL	all-purpose flour
<b>2 cups</b>	500 mL	milk
<b>2 tbsp</b>	30 mL	freshly squeezed lemon juice or wine vinegar
		pepper
<b>2 tbsp</b>	30 mL	thinly sliced fresh basil and green onions

## PREPARATION

In a pot, heat butter over medium heat. Sauté carrots, onion, garlic, salt and rosemary for about 5 minutes or until onion is softened. Stir in lentils and water; cover and bring to a boil. Reduce heat to medium-low and boil gently, covered, for 15 minutes or until lentils and carrots are soft.

Whisk flour into milk and gradually stir into pot; increase heat to medium. Simmer, stirring, for about 3 minutes, until slightly thickened (do not let boil). Stir in lemon juice and season to taste with pepper. Ladle into bowls and serve sprinkled with basil and green onions.



## TIP:

★ To make this a semi-freddo (partially-frozen) dessert, use freezer-safe serving bowls and freeze the mousse for about 4 hours, or freeze solid and transfer to the refrigerator 1 hour before serving.

## TIPS:

- ★ Having trouble finding strawberries? Use other fresh berries, or try sliced peaches, oranges or pears instead!
- ★ Make this recipe the night before, pack cooked quinoa in a ready-to-serve lunch container, and bring the rest of the ingredients separately to combine just before eating.

## TIPS:

- ★ For the freshest flavour, add the basil and green onions just before reheating or serving.
- ★ Make this soup ahead of time, then pack individual lunch servings in microwavable containers to reheat at work or school!

## NUTRITIONAL INFORMATION

Per serving: 198 calories | 9 g protein | 36 g carbohydrate | 3 g fat  
1.9 g fibre | 90 mg sodium | 246 mg calcium

## NUTRITIONAL INFORMATION

Per serving: 286 calories | 15 g protein | 36 g carbohydrate | 10 g fat  
4.7 g fibre | 219 mg sodium | 336 mg calcium

## NUTRITIONAL INFORMATION

Per serving: 270 calories | 17 g protein | 43 g carbohydrate | 4 g fat  
6.8 g fibre | 432 mg sodium | 196 mg calcium



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