



How you eat is important too!

This recipe e-book contains 12 recipes, hand-picked by dietitians to help you celebrate Nutrition Month 2020 with your family, friends and colleagues. The recipes offer something for everyone: breakfast, lunch and dinner ideas, plus snacks and desserts. You will find local products and traditions (don't miss the Hearty Manitoba Vegetable Soup), and you might choose to try something new like mangoes, avocados and fresh figs! All of the recipes have clear easy-to-follow instructions and can easily be shared with others. This is because dietitians want to encourage Canadians to be mindful of their eating habits, to cook more often, to enjoy their food and to eat meals with others. So why not dive into these recipes with a friend or family member and get cooking together?

Do you have questions about how to modify a recipe to fit your medical needs or your lifestyle? A dietitian can help! Dietitians work with their patients, clients and communities to understand their unique needs as well as their tastes and preferences. More than food, dietitians are important members of your healthcare team and work in a variety of roles across all areas of food and nutrition.

Learn more about dietitians and how to find one
in your community at nutritionmonth2020.ca

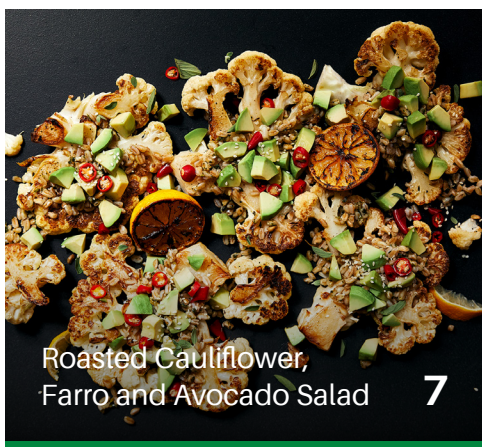
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Hearty Manitoba Vegetable Soup

Preparation Time: 20 mins

Cook Time: 45 mins

Serves: 6-8

Recipe Provided By: www.unlockfood.ca

Recipe Source: www.nutritionmonth2020.ca

Ingredients

canola oil	1 tbsp (15 mL)
celery stalks, chopped	3
carrots, chopped	2
onions, chopped	2
zucchini, chopped	1
garlic cloves, minced	3
potatoes, peeled and diced	3
tomatoes, chopped	3
bay leaves	3
fresh rosemary	1 1/2 tsp (7 mL)
fresh thyme	1 1/2 tsp (7 mL)
vegetable broth	4 cups (1 L)
red kidney beans	1 can (19 oz/540 mL)
chopped Swiss chard or spinach leaves	2 cups (500 mL)
pumpkin or squash puree	1 cup (250 mL)
Worcestershire sauce	1 tbsp (15 mL)
prepared mustard	1 tsp (5 mL)
pepper	1/2 tsp (2 mL)
cooked small pasta or rice (optional)	1 cup (250 mL)
grated Parmesan cheese (optional)	

Directions

1. In a large soup pot, heat oil over medium heat and cook celery, onions, carrot, zucchini and garlic for about 8 minutes or until softened.
2. Stir in potatoes, tomatoes, bay leaves, rosemary and thyme. Add broth and beans; bring to a boil. Reduce heat and simmer for 20 minutes or until potatoes are tender.
3. Stir in Swiss chard, pumpkin puree, Worcestershire, mustard and pepper; simmer about 10 minutes or until chard is wilted. Stir in pasta, if using and heat through.
4. Sprinkle each serving with cheese if desired.



DIETITIAN TIP

Karen Omichinski RD CDE
Beausejour, Manitoba

Cooking with kids can be fun. If your kids get involved in cooking now they can positively build a fond relationship with food as they grow. Find a dietitian in your area and tips to get your kids cooking at unlockfood.ca.

Avocado and Fruit Salad with Basil and Honey

Serves: 4

Recipe Provided By: Avocados From Mexico

Recipe Source: www.nutritionmonth2020.ca

Ingredients

juice of 1/2 lime	
juice of 1/2 lemon	
honey	2 tbsp (30 ml)
2 ataulfo mangos, peeled, cut into strips	2
flesh of 2 avocados, cut into strips	2
strawberries, quartered	1/2 cup (125 ml)
blackberries	1/2 cup (125 ml)
blueberries	1/2 cup (125 ml)
6 figs, halved	6

Garnish:

crushed pistachios, to taste

fresh basil leaves, to taste

Directions

1. In a small bowl, mix the lime juice, lemon juice and honey. Set aside.
2. In a large bowl, mix all remaining ingredients with the citrus dressing.
3. Serve garnished with pistachios and fresh basil.



DIETITIAN TIP

Nadine Moukheiber RD
Montreal, Quebec

In order to enjoy and savour your food, focus on your meal and avoid distractions (TV, computer, phone, book) while eating. Chewing thoroughly and experiencing the different aromas, flavours and textures can help heighten meal satisfaction and prevent overeating. Do you want to learn more? Find a dietitian in your area at unlockfood.ca.

Proudly Canadian Beet and Barley Salad

Preparation Time: 20 mins
Cook Time: 30 mins
Serves: 8

Recipe Provided By: www.unlockfood.ca

Recipe Source: www.nutritionmonth2020.ca

Ingredients

pot or pearl barley	1/4 cup (60 mL)
water	1 cup (250 mL)
sliced red beets, drained and chopped	3 cans (14 oz/398 mL each)
aged balsamic vinegar	3 tbsp (45 mL)
chopped fresh mint	2 tbsp (30 mL)
salt	1 tsp (5 mL)
pepper	1/2 tsp (2 mL)
diced cucumber	1 cup (250 mL)
carrots, chopped	1/2 cup (125 mL)
green onions, chopped	1/2 cup (125 mL)
crumbled goat cheese	1 cup (250 mL)

Directions

1. Combine barley and water in a small saucepan and bring to a boil. Reduce heat; cover and simmer for about 30 minutes or until barley is tender. Drain and rinse with cold water; drain well.
2. Meanwhile, in a large bowl, combine beets with vinegar, mint, salt and pepper. Stir in cucumber, carrots, green onions and cooked barley. Add goat cheese to serve.



DIETITIAN TIP

Madonna Achkar MSc RD
Iqaluit, Nunavut

This hearty salad is a great way to prepare once and eat it twice. Make enough to enjoy with today's and tomorrow's lunch. Bringing your own lunch will reduce the need to buy food from restaurants, vending machines or corner stores. Looking for more ideas? Find a dietitian in your area at unlockfood.ca.

Roasted Cauliflower, Farro and Avocado Salad

Serves: 4

Recipe Provided By: Avocados From Mexico

Recipe Source: www.nutritionmonth2020.ca

Ingredients

farro	1 cup (250 ml)
olive oil	2 tbsp (30 ml)
juice of 1/2 lemon	
garlic, minced	1 clove
cumin seeds	1 tsp (5 ml)
1 cauliflower, cut into 1-inch slices	1
1 avocado, cubed	1
1 chili pepper, sliced	1
fresh coriander, chopped	2 tsp (10 ml)
toasted sesame seeds	2 tsp (10 ml)

Directions

1. Oven temperature: 200°C/400°F.
2. Cook the farro according to the manufacturer's instructions. Set aside.
3. In a large bowl, mix the olive oil with the lemon juice, garlic and cumin. Add the cauliflower slices and toss them in the mixture. Season with salt and pepper.
4. Lay the slices of cauliflower on an oven-safe baking sheet covered with parchment paper and cook in the centre of the oven for 20 to 25 minutes, until slices are golden brown.
5. Serve the slices of cauliflower with farro, cubed avocado, slices of chili pepper, coriander and sesame seeds. Drizzle with olive oil and lemon juice.



DIETITIAN TIP

Julie Riopel-Meunier MBA MSc RD

Quebec, Quebec

Eating is more than a physical act; it can be "soul satisfying" when we really take the time to pay attention to the different smells, colours, textures and tastes of our food. Slow down your eating and explore this nutritious recipe. With the scent of cumin, the freshness of the avocado and the crunch of farro, this salad is an explosion of flavours for all of our senses. Find a dietitian in your area at unlockfood.ca.

Avocado and Tuna Salad Sandwich

Serves: 4

Recipe Provided By: Avocados From Mexico

Recipe Source: www.nutritionmonth2020.ca

Ingredients

tuna, drained	2 cans (170 g each)
3 green onions, thinly sliced	3
mayonnaise (homemade or store-bought)	4 tbsp. (60 ml)
4 poppyseed buns, cut in half length-wise	4
flesh of one avocado, sliced	1
8 tomato slices	
8 leaves of lettuce	

Directions

1. In a bowl, mix the tuna with the green onions and mayonnaise. Add salt and pepper to taste.
2. On a clean surface, spread the tuna mixture on the bread and garnish with sliced avocado, sliced tomato and lettuce. Serve with pickles if desired.



DIETITIAN TIP

Timothy Lau RD
Vancouver, British Columbia

Want to include more whole grains in your day? Try making the easy switch to whole grain bread when enjoying sandwiches and burgers. Read more about the benefits of whole grains and search for a dietitian in your area at unlockfood.ca.

Easy Red Lentil Dhal

Preparation Time: 15 mins

Cook Time: 45 mins

Serves: 4-6

Recipe Provided By: www.unlockfood.ca

Recipe Source: www.nutritionmonth2020.ca

Ingredients

red lentils	1 cup (250 mL)
canola oil	1 tbsp (15 mL)
small onion, finely chopped	1
garlic cloves, minced	4
ground turmeric	1/2 tsp (2 ml)
salt	1/2 tsp (2 ml)
tomatoes, chopped	2
water	3 cups (750 mL)
Thai chili, cut in half	1 small
<i>Spice Mix</i>	
canola oil	1 tsp (5 mL)
fresh ginger, minced	2 tsp (10 mL)
cumin seeds	1 tsp (5 mL)
black mustard seeds	1 tsp (5 mL)
fresh cilantro, chopped	2 tbsp (30 mL)

Directions

1. Rinse lentils in fine mesh sieve with water; set aside.
2. Heat oil in saucepan over medium heat. Cook onion, garlic, turmeric and salt about 5 minutes or until softened. Add tomatoes and cook for about 5 minutes or until softened.
3. Stir in lentils, water and chili; bring to a boil. Reduce heat to medium-low; cover and cook for about 25 minutes or until lentils are tender.
4. Spice Mix: Meanwhile, heat oil, ginger, cumin and mustard over medium heat. Cook for about 5 minutes or until seeds start to pop. Remove from heat.
5. Uncover soup and stir in spice mixture. Let cook, uncovered for 5 minutes. Stir in cilantro and serve.



DIETITIAN TIP

Whitney Hussain RD CNSC
Vancouver, British Columbia

Each Indian family has their own way of preparing the perfect dhal. Food is more than just what we eat, it is also about family, memories and emotions. Embrace and enjoy your own food culture and traditions as a part of healthy eating and share your favourite food traditions with others! To find a dietitian in your area visit unlockfood.ca.

Grilled Vegetable, Bean and Avocado Tacos

Serves: 4

Recipe Provided By: Avocados From Mexico

Recipe Source: www.nutritionmonth2020.ca

Ingredients

seasoned rice vinegar	1/2 cup (125 ml)
water	1/2 cup (125 ml)
1/2 red onion, sliced	1/2
2 red peppers, chopped	2
mushrooms, sliced	1/2 lb. (225 g)
ground cumin	1 tsp (5 ml)
corn tortillas	12
monterey Jack cheese, grated	1 cup (250 ml)
canned red kidney beans, rinsed and drained	1 cup (250 ml)
1 tomato, diced	1
1 jalapeño, thinly sliced (optional)	1
flesh of 1-2 avocado(s), sliced	1-2
lime and fresh coriander, to garnish	

Directions

1. Oven temperature: 200°C/400°F.
2. Bring the vinegar and water to a boil in a small pot over medium heat. Add the onions, stir and turn off the heat. Set aside.
3. In a small bowl, mix the chopped pepper with the sliced mushrooms, cumin and a drizzle of oil. Transfer to a baking sheet (covered in parchment paper) and cook in the centre of the oven for 8 minutes.
4. Garnish the tortillas with grated cheese, marinated onions, roasted veggies, red kidney beans, diced tomatoes, sliced jalapeño, sliced avocado, fresh coriander and lime juice. Serve with guacamole, salsa and sour cream, if desired.



DIETITIAN TIP

Carissa Bellefontaine PDt (c)
Halifax, Nova Scotia

Looking for an exciting, new activity you can do at home with your kids? Try cooking! Whether you have toddlers or teens, your kids will love getting creative in the kitchen. Learn the secrets to success from a dietitian or find one at unlockfood.ca.

Mexican Squash and Bean Salad

Preparation Time: 20 mins
Cook Time: 25 mins
Serves: 4

Recipe Provided By: Dairy Farmers of Canada

Recipe Source: www.nutritionmonth2020.ca

Ingredients

butter	1 tbsp (15 mL)
1 small onion, chopped	1
2 cloves garlic, minced	2
chili powder	1 tbsp (15 mL)
dried oregano	1 tsp (5 mL)
salt and pepper	
diced (1/2 inch/1 cm pieces) fresh or frozen butternut squash, thawed	1 1/2 cups (375)
water	1/2 cup (125 mL)
canned no-salt-added diced tomatoes with juice	1 1/2 cups (375)
cooked or drained and rinsed canned unsalted black beans	1 cup (250 mL)
frozen corn kernels, thawed	1/2 cup (125 mL)
2 small corn or whole wheat tortillas	2
grated lime zest	1/2 to 1 tsp (2 to 5 mL)
freshly-squeezed lime juice, divided	1 1/2 tbsp (22 mL)
plain Greek yogurt	1/2 cup (125 mL)
shredded Mozzarella	1 cup (250 mL)
torn romaine lettuce	8 cups (2 L)
cherry tomatoes cut in half	1 cup (250 mL)
chopped fresh cilantro (optional)	

Directions

1. Preheat oven to 350°F (180°C). Line a large baking sheet with parchment paper.
2. In a large skillet, melt butter over medium heat. Sauté onion, garlic, chili powder, oregano, 1/8 tsp (0.5 mL) salt and 1/4 tsp (1 mL) pepper for about 2 minutes or until onion starts to soften. Add squash and sauté for 1 minute or until onion is soft. Stir in water. Cover and boil for 5 minutes.
3. Stir in canned tomatoes, beans and corn. Reduce heat to medium-low, cover and boil gently, stirring occasionally, for about 15 minutes or until squash is soft.
4. Meanwhile, cut each tortilla into 12 thin wedges. Arrange in a single layer on prepared baking sheet. Bake in preheated oven for 8 to 10 minutes or until golden and crisp. Set aside.
5. In a small bowl, stir lime zest and 1/2 tbsp (7 mL) lime juice into yogurt and season with a pinch each of salt and pepper.
6. Remove squash mixture from heat. Stir in remaining lime juice and half of the shredded cheese until melted. Season to taste with pepper and up to 1/8 tsp (0.5 mL) more salt.
7. In a large bowl, combine half of the lime yogurt and lettuce; toss to coat. Divide lettuce among serving plates. Spoon squash mixture on top of salad and top with remaining shredded cheese and grape tomatoes. Dollop with remaining lime yogurt, top with baked tortilla chips. Sprinkle with cilantro (if using).



DIETITIAN TIP

Clare Barker MA dietetic practicum student
 Toronto, Ontario

Do you want to stay within your budget? Beans are affordable, versatile and nutritious. Compare prices by reviewing the unit price (typically price per pound, 100g, or 100 mL). The lower unit price gives you more product per dollar spent. A dietitian can help, find a dietitian in your area at unlockfood.ca.

Super Easy Chicken Parm

Preparation Time: 10 mins
Cook Time: 10 mins
Bake Time: 15 mins
Serves: 4

Recipe Provided By: Dairy Farmers of Canada

Recipe Source: www.nutritionmonth2020.ca

Ingredients

bottled tomato passata	1/2 cup (125 mL)
dry Italian breadcrumbs	3/4 cup (60 mL)
boneless, skinless chicken breasts about 2	1 lb (500 g)
butter, divided	2 tbsp (30 mL)
1 clove garlic, minced	1
all-purpose flour	2 tbsp (30 mL)
milk	1 cup (250 mL)
shredded Canadian Mozzarella	1/2 cup (125 mL)
grated Canadian Parmesan	1/2 cup (125 mL)
chopped fresh basil (optional)	2 tbsp (30 mL)
4 small Italian buns (optional)	4

Directions

1. Preheat oven to 400°F (200°C). Spread passata over base of a 9 x 13-inch (3 L) casserole dish.
2. Place breadcrumbs on a plate. Horizontally slice chicken breasts in half to form 4 cutlets. Press both sides of each cutlet into breadcrumbs to coat. Set aside. Melt 1 tbsp (15 mL) butter in a large non-stick frying pan. Add chicken, cooking until golden brown on each side for 2 to 4 min (chicken will not be cooked through). Place in casserole dish.
3. Wipe pan clean. Melt remaining 1 tbsp (15 mL) butter in the clean pan. Add garlic; cook for 1 min. Whisk in flour, then milk until blended. Bring to a boil, whisking until bubbly and thickened, about 2 to 3 min. Remove from heat and stir in Mozzarella. Drizzle Mozzarella sauce over chicken. Sprinkle with Parmesan. Bake for 15 min. Sprinkle with basil. Serve as is, or place chicken and some sauce in buns.



DIETITIAN TIP

Sally Ho RD CDE
 Edmonton, Alberta

There are many different “eating patterns,” and some are more nutritionally balanced than others. The best eating pattern is one that you can healthfully enjoy and stick with over the long term. Speak with a dietitian to learn more at unlockfood.ca.

Chewy Ginger Pecan Cookies

Preparation Time: 15 mins

Bake Time: 10 mins

Makes: about 40 cookies

Recipe Provided By: www.unlockfood.ca

Recipe Source: www.nutritionmonth2020.ca

Ingredients

ground large flake oats	1 cup (250 mL)
whole wheat flour	1 cup (250 mL)
ground flax	2 tbsp (30 mL)
hemp hearts and chia seeds	1 tbsp (15 mL) each
ground ginger	1 1/2 tbsp (22 mL)
kosher salt	1 tsp (5 mL)
butter	3/4 cup (175 mL)
granulated sugar	1 cup (250 mL)
egg	1
egg yolk	1
fancy molasses	1/4 cup (60 mL)
chopped pecans	2/3 cup (150 mL)
sweetened shredded coconut	2/3 cup (150 mL)

Directions

1. In a bowl, whisk together oats, flour, flax, hemp, chia, ginger and salt; set aside.
2. In a large bowl, beat together oil and sugar until fluffy. Beat in egg and egg yolk. Beat in molasses. In three additions add flour mixture. Gently stir in pecans and coconut.
3. Roll heaping tablespoonfuls of dough and place onto parchment paper lined baking sheet. Bake in preheated 350°F (180°C) oven for about 10 minutes or until set.
4. Repeat with remaining dough.



DIETITIAN TIP

Joy Zhuang RD
Surrey, British Columbia

Children can help to mix the measured ingredients or scoop the dough. Involving children in preparing this tasty snack turns cooking into fun quality time together, while also sharing important food skills with them. Then you can share the end result with family, neighbours and friends to spread the fun and enjoyment. Find a dietitian in your area at unlockfood.ca.

Peach, Strawberry and Almond Muesli

Preparation Time: 10 mins
Refrigeration: 12 hours
Serves: 4

Recipe Provided By: Dairy Farmers of Canada

Recipe Source: www.nutritionmonth2020.ca

Ingredients

rolled oats	1 1/2 cups (375 mL)
plain yogurt	1 1/2 cups (375 mL)
milk	1/2 cup (125 mL)
maple syrup	1/4 cup (60 mL)
wheat germ	1/4 cup (60 mL)
vanilla extract	1 tsp (5 mL)

Toppings:

2 peaches, sliced	2
8 to 10 strawberries, quartered	8-10
pumpkin seeds	1/3 cup (80 mL)
whole almonds	1/3 cup (80 mL)

Directions

1. In a bowl, mix the oats, yogurt and milk together before covering and refrigerating overnight.
2. In the morning, add the maple syrup, wheat germ and vanilla extract to the oat mixture and stir to combine.
3. Garnish with peaches, strawberries, pumpkin seeds, almonds and some rolled oats.



DIETITIAN TIP

Andrea Toogood RD CDE
 Regina, Saskatchewan

A busy routine makes meal planning and time-saving tricks essential for cooking at home. This recipe gets the refrigerator to do most of the work overnight so you can 'grab and go' in the morning! Looking for more time-saving tricks? Find a dietitian in your area at unlockfood.ca.

Yogurt Bark

Preparation Time: 10 mins
Freezing: 2 hours
Serves: 6

Recipe Provided By: Dairy Farmers of Canada

Recipe Source: www.nutritionmonth2020.ca

Ingredients

frozen mango cubes, thawed	3/4 cup (175 mL)
water	3 tbsp (45 mL)
vanilla Greek yogurt	1 1/2 cups (375 mL)
6 - 8 large strawberries, diced	6-8
1 handful of pumpkin seeds	
1 handful of unsweetened coconut strips	

Directions

1. Mix together the mango cubes and water. With an immersion blender, purée until smooth and evenly combined.
2. Line a baking sheet with parchment paper.
3. Spread the yogurt in a layer approximately one centimetre thick.
4. Pour the fruit purée over the yogurt. With the tip of a knife, marble the mixture using circular motions.
5. Sprinkle with toppings: strawberries, pumpkin seeds and coconut strips.
6. Place in freezer until the yogurt is completely frozen, about two hours.
7. Break the bark into pieces and enjoy! The bark can be stored in the freezer.



DIETITIAN TIP

Shannon Crocker MSc RD PHEc
 Hamilton, Ontario

Prepare a large batch of this tasty yogurt bark and keep it in the freezer. Having nutritious foods on hand makes it more likely that you (and your children) will eat a healthy snack when you're hungry. Find a dietitian in your area at unlockfood.ca.



More than Food: How you eat is important too!

We hope this Nutrition Month and every month you consider dietitians' encouragement to be more mindful of your eating habits, to cook more often, to enjoy your food and share with others!

Thank you to the Nutrition Month Official Sponsors:

Avocados From Mexico and Dairy Farmers of Canada.

Visit www.nutritionmonth2020.ca for more recipes and www.unlockfood.ca to find a dietitian in your area.



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