

Aboriginal Health



# Setting the Table

**Includes a Shopping List, Delicious Meals and Healthy Eating Tips!**

2017

## GROCERY LIST

### Produce

Banana (10)  
Apple 6lb bag x 2 (34)  
Orange 4lb bag x 2 (12)  
Potatoes (20lb)  
Carrots (5 lb)  
Onions (5 lb)  
Garlic (1 bulb)  
Celery (1 bunch)  
Broccoli (1 bunch)  
Dark Green Lettuce (1 bunch)  
Peppers, Red, Green or Yellow (6)

### Baking

Oatmeal, Old Fashioned (1kg – bulk)  
Flour (1kg – bulk)  
Sugar (1kg – bulk)  
Raisins (375g)  
Sunflower Seeds, Raw, Unsalted (500g)  
Baking Soda (500g box)  
Italian Seasoning/Chili Powder/Cinnamon or other spice needed for your cupboard

### Canned Goods (no salt added)

Canned Salmon (6 x 170g)  
Chick Peas (540ml x 3), Kidney Beans (540ml x 3), Black Beans (540ml x 3)  
Diced Tomatoes (796mlx6)  
Canola or Olive oil (946ml)

### Dry Goods

Pasta Noodles (2kg)  
Lentils (450g)  
Rice (1.81kg)  
Peanut Butter, Natural (2kg)  
Soda Crackers, Whole Wheat (500g x 2)  
Shredded Wheat (525g x2)

### Dairy

Eggs (2 dozen)  
Milk 2% (4L x 2)  
Cheese, Cheddar (700g)  
Yogurt, Plain (650g x 2)

### Butcher

Ground Meat – Family Pack (3kg)  
Chicken Thighs - Family Pack (2.65kg)  
Whole Chicken – 1

### Bakery

Bread, Whole Wheat (6)  
Tortillas, Whole Wheat (10 pack)

### Freezer Section

Frozen Veggies (750g)  
Frozen Corn (750g)  
Frozen Peas (750g)

### Free Foods

Salmon, clams, mussels, game meat etc dried, canned or smoked  
Berries picked in the summer and frozen or apples or pears picked and dried, Good Food Box

**Average TOTAL Cost: 269.65 Costed September 2016**

# Sample Meal Plan for Healthy Eating

|                         | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday                                      | Sunday  |
|-------------------------|---|---|---|---|--|---|---|
| <b>Breakfast</b>        | Oatmeal with Raisins Almonds Milk               | Homemade Granola with Milk Banana               | 1-2 Slices Whole Wheat Toast with Peanut Butter Apple | Breakfast Sandwich and a Orange                     | 1-2 Slices Whole Wheat Toast with 1 Boiled Egg and Fruit | Oatmeal Muffin with Peanut Butter Banana      | Breakfast Burritos and a Banana                 |
| <b>Snack (Optional)</b> | Apple   | Orange  | 3 tbsp Raisins  | Banana  | Orange   | Apple   | Bowl of Berries                                 |
| <b>Lunch</b>            | Peanut Butter Sandwich with Celery Sticks Fruit | Salmon Chowder with 6 Whole Wheat Soda Crackers | Baked Potato with Chili and Salad                     | Roast Chicken Sandwich with Sliced Veggies or Salad | Nettle Salmon Quiche with Salad                          | Bean Quesadilla with Sliced Veggies and Salad | Leftover Spaghetti with Sliced Veggies or Salad |
| <b>Snack</b>            | 3 Crackers and Cheese                           | Yogurt Parfait                                  | Oatmeal Cookie  | Orange and 5 Almonds                                | Apple with Peanut Butter                                 | Apple with Cheese                             | Peanut Butter Ball                              |
| <b>Supper</b>           | Baked Salmon with Rice And Frozen Peas          | Chili with Sliced Veggies or Salad              | Roast Chicken with Baked Potatoes and Veggies         | Lentil Vegetable Soup with Baked Bread              | Chicken Stir-fry with Rice                               | Spaghetti with Meat Sauce and Salad           | Roast Elk with Home Fries and Salad             |

# LIVING WELL

Tips for nourishing your mind, body and spirit.

## Food is Medicine

- Fuel yourself regularly. Eat three meals and two small snacks every day.
- Listen to your bodies hunger cues – eat when you are hungry, stop when you are full.
- Turn off your TV/computer/cell phone and enjoy meals with family and friends.

## Eat Colourful Foods

- Eat foods close to their natural form and in a variety of colours.
- Eat 7-12 servings of fruits and vegetables every day. Enjoy your traditional foods.

## Include Protein Foods

- At meals and snacks try to include seafood, meats, peanut butter, eggs, beans, nuts, seeds, cheese or plain yogurt.

## Drink More Water

- Hydrate and clean your body out with water and herbal teas. Flavour unsweetened water with sliced lemon, lime, cucumber, berries and more.

## Flavour Foods with Herbs and Seasoning

- To decrease the amount of salt you are consuming try flavouring your fresh foods with pepper, chili powder, cinnamon, Italian seasoning, ginger, garlic/onion powder and more.
- Be mindful of how much salt is in the canned goods you eat such as tomatoes, broths and soups - check the label for low sodium.

## Eat More Healthy Fats

- You'll find healthy fats in fish, seafood, unsalted nuts/seeds, avocado, peanut butter, oolichans, sardines, flax/hemp seeds and olive/grape seed.

## Eat Less Unhealthy Fats

- Unhealthy fats are found in junk foods, fried foods, snack foods (like chips and popcorn), fast foods, dressings/sauces, noodles, desserts, donuts, red meats, sausages and bacon.

## Limit Added Sugars

- Cut down on sugar, candy, pop, sugary drinks, juice, cereals, desserts and alcohol.

## Be Active, Sleep Well and Be Smoke Free

- Find something active that is fun and that you enjoy. Aim to move for seven hours per week, or one hour over the course of a day.
- Make sleep a priority and take steps to let your body, mind and spirit restore and recharge.
- Be smoke free!

## FOODS YOU ENJOY DAILY

### ***Fruits and Vegetables***

- Berries
- Apples
- Oranges
- Bananas
- Peaches
- Pears
- Dried fruit
- Beans
- Salad
- Broccoli
- Cauliflower
- Carrots
- Nettles
- Seaweed

### ***Whole Grains***

- Whole grain pasta noodles
- Wild or brown rice
- Old Fashioned Oatmeal
- Cream of wheat
- Potatoes with skin
- Quinoa
- Steel cut oatmeal
- Whole grain breads
- Bran
- Oat bran
- Barley

### ***Protein***

- Salmon
- Seafood
- Chicken/turkey
- Clams/oysters
- Crabs
- Fish soup
- Halibut
- Lean meats
- Oolichans
- Skinless meats
- Nuts, Seeds
- Eggs
- Peanut butter
- Beans

## FOODS YOU EAT SOMETIMES

### ***Fatty Foods***

- Bacon or sausage
- Blizzards®
- Bologna
- Buttery breads
- Buttery popcorn
- Cheese
- Chips
- Chocolate bars
- Cream
- Cream sauces
- Cream (whipped)
- Creamed soups
- Deli meats
- Donuts
- Fast foods
- French fries
- Fried bread
- Fried eggs
- Fried fish
- Fried/oily meats
- Gravy or mayo
- Hash browns
- Homo milk
- Ice cream
- Milkshakes
- Parties, pie, cakes
- Pizza
- Rice, noodles, bread or potato (a lot of)
- Wieners

### ***Sugary Foods***

- Pop
- Slurpee's®
- Sports drinks
- Energy drinks
- Vitamin drinks
- Juice and crystals
- Cake, pastries, donuts
- Cookies
- Desserts
- Candy
- Freezes®
- Sugary coffee

- White foods
- Sugar
- French fries
- Buns
- Chips, Cheezies®
- Corn chips
- Chow mein
- Sweet & sour
- Fast foods
- Pizza
- Alcohol
- Caffeine
- Vitamin drinks
- Juice and crystals

### ***Drinks***


- Bubbly water
- Herbal teas
- Lemon water
- Water

### ***Salty Foods***

- Canned meats, soups and foods
- Packaged foods
- Salt shaker
- Junk/fast foods
- Chips
- Bologna
- Sandwich meats
- Pizza
- Crackers
- Popcorn
- Bacon
- French fries
- Chinese noodles

\* ***Look for traditional foods from Mother Earth. Best prepared fresh, steamed, baked or boiled.***

# Oatmeal

| Tasty Topping Ideas  |   |
|--|---|
| <b>Banana Cream</b><br>       | Add banana slices, milk (or soy milk/ almond milk) and some cinnamon. |
| <b>Apple Cinnamon</b><br>     | Add sliced apple or apple sauce and some cinnamon.                    |
| <b>Sweet &amp; Creamy</b><br> | Add milk (or soy milk/almond milk) and honey.                         |
| <b>Peanut Butter</b><br>      | Add peanut butter and raisins.  |
| <b>Fruit and Nut</b><br>     | Add fresh fruit, raisins, dried fruit or nuts/seeds.                  |

**Time: 15 min Serves: 2**

## Microwave:

1. Add 1/2 cup of Old Fashioned oats to a microwave safe bowl.
2. Cover with 1 cup of water or milk and stir.
3. Microwave for 5 min. Remove from microwave halfway and stir.

## Stovetop:

1. Bring 1 cup water to a boil on stovetop. Stir in 1/2 cup of oats. Reduce stove to med-low and cook for 10 min until thickened. Stir several times to avoid burning.

# Homemade Granola

**Time: 30 min Serves: 4-6**

## Ingredients:

- 2 cups Old Fashioned Oats
- 3/4 cup Nuts and or Seeds
- 1/2 cup Raisons or other dried fruit
- 2 tbsp. Honey\*
- 2 tbsp. Oil
- 1/2 tsp. Cinnamon

\*If you don't have honey you can dissolve 2 tbsp. sugar in 1/2 a tbsp. of warm water

1. Preheat oven to 350°F.
2. Combine oats, honey, oil and cinnamon in a large bowl until oats are well coated.
3. Spread oat mixture out evenly on cookie sheet and place in oven for 10 min or until golden brown.
4. Allow granola to fully cool then mix with nuts and raisins.

# Breakfast Muffins

**Time: 30 min Makes: 12-15 Muffins**

**Ingredients:**

**Dry:**

1 ½ cup Old Fashioned Oats  
1 ¼ cup Flour, white or whole wheat  
1/2 cup Sugar  
1 tsp. Cinnamon  
2 tsp. Baking soda

**Wet:**

1 cup Grated apple  
1/2 cup Milk (soy milk & almond milk work)  
3 tbsp. Oil  
1 egg

**Optional:** You can add ½ cup dried fruit, walnuts or berries.

1. Heat oven to 375°F and grease the muffin tin.
2. Combine the wet and dry in separate bowls.
3. Mix together wet and dry just until combined.

Don't over stir, then scoop into the muffin tins.



# Berry Smoothie

**Time: 5 min Serves: 2**

**Ingredients:**

1 cup Frozen or fresh berries\*  
1 Frozen banana  
1/2 cup Yogurt, plain  
1/4 cup Milk

**Optional:** Spinach, kale, ginger, walnuts  
\*Great with other fruit as well!

Combine all ingredients in blender and puree until smooth

# Breakfast Burrito



## Filling Ideas:

- Scrambled eggs
- Grated Cheese
- Lettuce, tomato, peppers, onion and other veggies
- Beans, lentils or meat
- Rice
- Leftovers!
- Salsa

**A big batch of burritos can be frozen and reheated at any time!**

1. Pick your favorite fillings from the list and add to the middle of your wrap.
2. Fold up the bottoms of the wrap and then fold in the sides.
3. Microwave for 20 seconds (optional).
4. Or place 6-8 filled burritos in a baking dish and top with salsa and cheese.
5. Bake for 20 min at 350°F.

# Yogurt Parfait

**Serves: 1 Takes: 3 min**

## Topping Ideas:

- Fruit or berries (fresh, frozen or canned)
- Nuts or seeds
- Homemade granola
- 1/4 tsp. Cinnamon
- 1/2 tsp. Vanilla



1. Layer yogurt, fruit and toppings in a glass to make a nice snack or dessert.

**This is fun and easy for kids to make!**



# French Toast

**Time 15 min Serves: 1-2**

**Ingredients:**

2-3 Pieces of bread

1 Egg

1/4 cup Milk

1 tbsp. Oil or butter

1/4 tsp. Cinnamon

**Topping Ideas:** Yogurt, peanut butter, fresh fruit/canned fruit, maple syrup or honey,



1. Beat eggs, cinnamon and milk together.
2. Heat the oil in a pan at medium heat.
3. Dip the bread in the egg mixture for a few seconds per side.
4. Slowly cook each side until golden brown.

# Scrambled Eggs

Add any of your favorite veggies or leftover meats for more flavour!

**Time: 5 min Serves: 1**

**Ingredients:**

2 Eggs  
2 tbsp. Milk (or water)  
1/2 tsp. Butter/ margarine  
To taste: Salt & Pepper  
\*Serve on toast or in a wrap.



**Microwave:**

1. Mix all ingredients in a microwave-safe bowl.
2. Microwave for 1 min.
3. Use oven mitts to remove the bowl and stir.
4. Microwave for 1 min.

**Stovetop:**

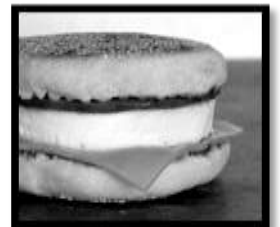
1. Heat pan on medium and add oil.
2. Mix remaining ingredients in bowl with fork and add to pan. Stir eggs until desired firmness.

# Breakfast Sandwich

**Time: 5 min Serves: 1**

**Ingredients:**

1 Egg  
2 slices Whole wheat toast or 1 English Muffin  
**Toppings:** Cheese, tomato, onion, lettuce, ketchup, pepper etc.



1. Lightly grease a microwave safe mug or small bowl with oil or butter.
2. Break egg into the mug/bowl and beat lightly.
3. Cover with a small plate and microwave for 45 to 60 sec.
4. Add the egg and other toppings to toast.
5. Microwave for another 10 sec.

**You can also use scrambled or poached eggs instead!**

# -Lunch & Dinner-

## Quesadilla

**Time: 15 min Serves: 1**

**Ingredients:**

1 Tortillas  
1/4 cup Beans (black or kidney)  
\* or lentils/ chicken/ ground beef/ tofu  
1/4 cup Cheese, shredded  
1/2 Tomato, diced  
1/4 Onion, diced  
1/2 cup Frozen corn, thawed

**Any vegetables can be added!**



**Stovetop:**

1. Warm fry pan on med. Place one tortilla in fry pan and spread toppings out on half. Fold tortilla over. Cook until lightly browned. Flip tortilla and cook other side until lightly browned.
2. Slice into triangles and serve with salsa.

## Hearty Chili

**Time: 30 min Serves: 10**

**Ingredients:**

1 lb Ground meat (bison, beef, venison or moose)  
1 Onion, diced  
1 stalk Celery, chopped  
1 Pepper, diced (orange, yellow, red or green)  
2 cloves Garlic, minced  
1 can (540 ml) Kidney beans, drained and rinsed  
1 can (540 ml) Black beans, drained and rinsed  
1 can (796 ml) Diced tomatoes  
1 cup Frozen corn  
2 tbsp. Chili powder  
1 tbsp. Cumin

1. In a pot, cook meat over medium-high heat. Cook until browned and no longer pink. Drain off any excess fat.
2. Add onion, corn, celery and pepper. Cook until onion is translucent.
3. Add kidney beans, black beans, diced tomatoes, chili powder and cumin. Mix well and reduce heat to medium. Simmer for 20 min.

# Stir-Fry

**Time: 15 min Serves: 4**

**Ingredients:**

- 1 tsp. Oil
- 2 cups Rice or noodles, cooked
- 2 Carrots, chopped
- 1/2 Onion, chopped
- 1 clove Garlic, minced
- 1/2 Pepper, chopped
- 1 cup Broccoli, cut into pieces
- 1 cup Snap peas (optional)
- 1½ cups Cooked meat, chicken or fish (sliced thinly)

**Note:** Almost all vegetables taste good in a stir fry!  
You can add: celery, mushrooms, zucchini, peas, corn etc.

**Just like chow mien!**

**You can also try this with quinoa!**

1. Heat a frying pan to medium with the oil.
2. Add carrots, onion and garlic. Fry for 5 min.
3. Add the rest of the vegetables and meat. Fry for 5 min, then add the sauce (*see below*).
4. Serve with rice or noodles.



## Sweet and Sour Sauce

- 2 Tomatoes
- 1 tbsp. Vinegar
- 1/2 tsp. Soy sauce
- 1 tsp. Chili sauce
- 2 tsp. Sugar
- 1 tsp. Corn flour
- 1 tbsp. Water
- To taste Salt

*Boil tomatoes in hot water for 10 min. Drain and dice. Combine ingredients in a sauce pan and bring to a boil. Reduce heat to low and simmer until sauce thickens.*

## Peanut Sauce

- 1/3 cup Peanut butter
- 1/2 cup Hot water
- 2 tbsp. Vinegar
- 2 tsp. Sugar
- 2 cloves Garlic, minced
- 1/4 tsp. Ginger (optional)
- 1/8 tsp. Cayenne or pepper
- Juice of 1 Lime

*Combine all ingredients. Use in stir fry or as a dipping sauce for meat and veggies.*

# Vegetable Fried Rice

**Time: 30 min Serves: 4**

**Ingredients:**

|          |                            |
|----------|----------------------------|
| 1 tsp.   | Oil                        |
| 2 eggs   | Beaten                     |
| 1/2 cup  | Celery, thinly sliced      |
| 1/2      | Onion, thinly sliced       |
| 1/2 cup  | Carrots, thinly sliced     |
| 1/2 cup  | Bell pepper, thinly sliced |
| 2 tbsp.  | Soy sauce                  |
| To taste | Pepper/ seasoning          |

## Steamed Rice

Rinse 1 cup of rice, then combine with 2 cups water in a pot. Add 1 tsp. salt. Bring to a boil. Reduce heat to the lowest setting and cover with a lid. Simmer until tender and all water is absorbed (do not remove the lid). About 20min for white rice, 40 min for brown.



In a pan, fry the vegetables in oil on medium heat for 5 min (until tender).

Add the eggs, rice, soy sauce, salt and pepper.

Stir until the eggs are cooked.

# Home Fries or Roasted Veggies

## **Home Fries / Yam Fries**

|          |  |
|----------|--|
| 4        | Potatoes or yams, cut in wedges                |
| 2 tbsp.  | Oil  |
| To taste | Flavor Shaker, Italian Seasoning and/or pepper |



## **Roasted Root Vegetables**

|          |   |
|----------|---|
| 3 cups   | <i>Any root vegetables:</i> beets, parsnip, carrots, onion, potatoes, yams... chopped |
| 2 tbsp.  | Oil   |
| To taste | Flavor Shaker, Italian Seasoning and/or pepper  |



Heat oven to 425 °F.

In a bowl, toss the veggies with oil and spices.

Place on a baking sheet and put it in the oven.

Cook for 30min. stir at 15min.

Potatoes and other veggies may take longer.

**Time: 30 min Serves 4**

# Basic Tomato Sauce

**Time: 8 min Makes: 3 cups**

**Ingredients:**

|              |                                      |
|--------------|--------------------------------------|
| 2 Tbsp.      | Oil                                  |
| 2 cloves     | Garlic, crushed                      |
| 1 can (19oz) | Diced tomatoes                       |
| 1 can        | Tomato paste (optional)              |
| 2 tbsp.      | Italian seasoning                    |
|              | <b>Or:</b> 1 tbsp. basil and oregano |
| To taste     | Salt and pepper                      |

Cook the oil and garlic on medium heat for 1 min.

Add the rest of the ingredients and cook on low for 5 min.

*Try these variations on Basic Tomato Sauce to add variety and nutrition to your meals. Start with Basic Tomato Sauce and add the ingredients listed.*

|   |   |
|---|---|
| <p><b>Southern Spaghetti</b></p>  | <p>Add:<br/>         ½ onion, finely chopped<br/>         1 can (540 ml) of black beans, drained (or 1 cups cooked lentils)<br/>         1 cup corn, frozen<br/>         1 tbsp. chili powder<br/>         ½ cup salsa (optional)</p>   |
| <p><b>Bolognese Spaghetti (meat sauce)</b></p>                                    | <p>Add:<br/>         1 lb (500g) ground beef, cooked<br/>         1 onion, finely chopped<br/>         1 carrot, finely chopped<br/>         1 celery stalk, finely chopped</p>   |
| <p><b>Creamy Tomato Pasta</b><br/> <small>Tested in Charlie's Kitchen</small></p> | <p>*<u>Leave out</u> diced tomatoes and tomato paste<br/>         Add:<br/>         1 can cream of mushroom soup<br/>         ½ cup water<br/>         Serve with grated cheese on top</p>  |
| <p><b>Mini Pizzas</b><br/>         Bake at 400°F for 8-10 min</p>                 | <p>On pieces of <b>toast</b> or tortilla wraps:<br/>         Add a layer of <i>Basic Tomato Sauce</i><br/>         A layer of pizza veggies and pizza meat (onion, peppers, mushrooms, sausage)<br/>         Top with grated cheese</p> |
| <p><b>Suggestions</b></p>   | <p>Make a double batch and freeze half for the future. Serve sauces over rice or pasta.</p>   |

# Crockpot Lasagna

**Time: 5.5 hours Serves: 6-8**

**Ingredients:**

|            |  |
|------------|--|
| 1lb        | Lean ground Beef, Elk or bison               |
| 1          | Onion, chopped                               |
| 2 cloves   | Garlic, chopped                              |
| 2 ½ cups   | Tomato Sauce                                 |
| 1 ½ tsp.   | Salt   |
| 1 ½ tsp.   | Pepper                                       |
| 2 tsp.     | Dried Oregano or Italian Seasoning           |
| 1          | Small container of cottage cheese (optional) |
| 1/2 -1 cup | Grated cheese, cheddar or parmesan           |
| 10         | Uncooked lasagna noodles                     |

1. Brown ground meat, onion and garlic in fry pan. Add tomato sauce, salt, pepper and oregano then cook for 5 min.
2. Spoon a layer of meat sauce onto the bottom of the slow cooker. Add a double layer of uncooked lasagna noodles (break to fit) and then a layer of cheeses.
3. Repeat sauce, noodle and cheese layers until all are used up.
4. Cover and cook on low for 4 to 5 hours.

# Homemade Pizzas

**Time: 10 min Serves: 1**

**Ingredients:**

1 Slice whole wheat bread, tortilla, pita or English muffin

2 tbsp. Tomato sauce

**Toppings:** Sliced veggies (tomatoes, onions, sliced peppers, garlic, spinach and more), chicken, ham, sausage, cheese (cheddar, mozzarella, feta or parmesan)

1. Heat oven to 425 °F.
2. On a baking sheet place base and add a layer of tomato sauce.
3. Place any of the toppings you wish.
4. Bake until base is golden brown and top is bubbling (about 15 min).

# Egg Pie

**Time: 40 min Serves: 6-8**

**Ingredients:**

|          |  |
|----------|--|
| 1        | Potato, sweet potato, yam or combo of all  |
| 6        | Eggs   |
| 1/2 cup  | Milk   |
| 1        | Onion, chopped   |
| 1 clove  | Garlic, minced   |
| 1 tsp.   | Italian seasoning  |
| 1/2 tsp. | Pepper   |
| 1/2 tsp. | Salt   |
| 1/2 cup  | Cheese, grated   |
| 1 cup    | Any veggies: Spinach, peppers, tomatoes etc.<br>Canned or smoked fish (optional) |

1. Preheat oven to 350°F
2. Crack eggs and mix milk, spices, pepper and salt together.
3. Clean potatoes and cut widthwise into thin slices. Place potatoes in an 8x11 baking dish in one layer only.
4. Cook onion, garlic and peppers then layer evenly over the potatoes. Add vegetables and other desired ingredients.
5. Pour egg mixture over the top evenly making sure all potatoes are covered in in egg mixture. This does not have to completely cover all the veggies. Top with cheese. Bake for 40 min until potatoes are soft. Leave room in the dish for the egg mixture to rise.

# Mashed Potatoes

**Time: 10 min Serves: 3**

**Ingredients:**

|          |   |
|----------|---|
| 3-4      | Potatoes, cut in chunks<br><b>leave the skin on for extra nutrients</b> |
| 1/2 cup  | Milk  |
| 1/4 cup  | Oil, butter or margarine  |
| 1 clove  | Garlic (optional)   |
| To taste | Salt & pepper   |



1. Clean and chop potatoes and add to cold water in large pot. Boil until potatoes are just tender with a fork.
2. Using a fork or masher, mash potatoes until smooth  
Add Milk, oil, salt and pepper. Mash again until fluffy.



# Potato Salad

**Time: 15 min Serves: 4**

## Ingredients

### Vegetables:

|         |                                  |
|---------|----------------------------------|
| 1 cup   | Frozen corn, thawed              |
| 2 cups  | Potato, diced, boiled and cooled |
| 1/2 cup | Celery, finely chopped           |
| 1/2 cup | Pepper, finely chopped           |
| 1/4 cup | Onion, finely chopped            |

### Dressing:

|         |                           |
|---------|---------------------------|
| 3 tbsp. | Oil                       |
| 3 tbsp. | Vinegar                   |
| 1 tbsp. | Mustard                   |
| 1 clove | Garlic, pressed or minced |

Prepare potatoes and vegetables then mix together in large bowl.

Prepare dressing then add to potatoes and vegetables and mix well.



# Baked Potato



## Topping Ideas

|                    |  |
|--------------------|--|
| <b>Traditional</b> | Light Sour cream & onion                           |
| <b>Corny</b>       | Corn & grated cheese                               |
| <b>Western</b>     | Baked beans & cheese                               |
| <b>Atlantic</b>    | Tuna & plain yogurt                                |
| <b>Italian</b>     | Canned stewed tomatoes & cheese                    |
| <b>Mexican</b>     | Salsa, sour cream, green pepper, tomato and onion. |

Scrub potato and pierce skin with fork several times.

Microwave on high for 4 to 5min, or until soft when poked with a fork. Or bake at 300 °F for 90 min.

Cut potato in half lengthwise and add desired toppings.

**Potato skin is full of nutrients including vitamins, minerals and fiber.**

# Salmon Chowder

**Time: 45 min Serves: 4-6**

**Ingredients:**

|                |                                       |
|----------------|---------------------------------------|
| 2 tbsp.        | Oil or butter                         |
| 1              | Onion, diced                          |
| 1              | Celery stick, chopped                 |
| 1 can (796 ml) | Diced tomatoes                        |
| 2              | Potatoes, cleaned and diced           |
| 1              | Carrot, peeled and diced              |
| 1 cup          | Low sodium vegetable or chicken stock |
| 2 cups         | Corn, frozen                          |
| 1 jar/can      | Salmon                                |
| 2 tsp.         | Italian seasoning                     |
| To taste:      | Salt and pepper                       |

1. Heat soup pot on medium. Add oil and cook onion until soft.
2. Add tomatoes, potatoes, celery, carrots and soup stock. Boil gently for 15 min.
3. Add corn, spices and salmon. Add additional spices/salt and pepper to taste.

# Carrot Ginger Soup

**Time: 45 min Serves: 4-6**

**Ingredients:**

|          |  |
|----------|--|
| 2 lbs    | Carrots, washed, peeled and cut into 1 inch pieces |
| 4 cups   | Water or low-sodium chicken broth                  |
| 1 can    | Coconut milk (optional)                            |
| 2 stalks | Celery, diced                                      |
| 1 tbsp.  | Oil  |
| 1        | Medium onion, diced                                |
| 2 tbsp.  | Ginger, peeled, grated or 1-1/2 tsp ginger powder  |
| 1/2 tsp. | Cinnamon (optional)                                |
| 1/2 tsp. | Nutmeg (optional)                                  |
| To taste | Salt and pepper                                    |

1. Boil carrots and celery in large pot with water or broth.
2. Add oil to frying pan and brown onions for 10 min.
3. When carrots are tender, add onions, ginger and coconut milk. Cook for 20 min, stirring occasionally.
4. Transfer to blender and blend until smooth.
5. Transfer back to pot, add spices.



# Lentil Vegetable Soup



**Time: 2 hours Serves: 4-6**

## Ingredients:

|                |                                |
|----------------|--------------------------------|
| 1/2 cup        | Red or green lentils           |
| 1 cup          | Onion, chopped                 |
| 1 stalk        | Celery, chopped                |
| 2 cups         | Cabbage, shredded              |
| 1 can (796 ml) | Whole peeled tomatoes, chopped |
| 2 cups         | Low sodium chicken broth       |
| 3              | Carrots, chopped               |
| 1 clove        | Garlic, minced                 |
| 1 ½ tsp.       | Italian seasoning              |
| To taste:      | Salt and pepper                |

1. Add lentils to a large pot. Fill with water to twice the depth of the lentils. Bring to a boil, then lower heat and let simmer for 15 min (red lentils) or 45 min (green lentils).
2. Drain and rinse lentils; return them to the pot.
3. Add onion, celery, cabbage, tomatoes, chicken broth, carrots and garlic to the pot and season add salt, pepper and Italian seasoning.
4. Simmer for 1 hour or until desired tenderness.

# Herb Seasoning Mix



## Ingredients:

|          |                       |
|----------|-----------------------|
| 1 tbsp.  | dried mustard         |
| 1 tbsp.  | paprika               |
| 1 tbsp.  | garlic powder         |
| 1 tbsp.  | onion powder          |
| 1 ½ tsp. | black or white pepper |
| 1 tsp.   | basil                 |
| 1 tsp.   | thyme                 |

**Mix and store. A delicious way to flavour your food instead of salt.**

**Add to your meats, grains, potatoes and more.**



# Homemade Soup Stock

**Time: 1 hour Makes: 2 litres**

**Ingredients:**

|         |   |
|---------|---|
| 1/2 cup | Meat bones: beef, chicken, turkey, fish etc.        |
| 1 cup   | Onion, roughly chopped                              |
| Any     | Veggies: celery, carrots or squash, roughly chopped |
| 1 tsp.  | Salt  |
| 1 tsp.  | Pepper  |
| 8 cups* | Water   |
| 1       | Bay leaf  |
|         | *or enough to fill pot                              |

**TIPS** – Save the skins, peels and pieces you would normally throw away when preparing vegetables. You can put these pieces in the freezer over a few weeks and then prepare a stock when you have time.

1. Cook onion and garlic in a tablespoon of oil until onion is clear.
2. Add leftover meat/bones to onion mixture. If using raw meat cook until meat is fully cooked before adding water.
3. Add vegetables and spices. Fill pot to the top with water and boil for 1 hour.
4. Strain the liquid from the bones, veggies and onions.
5. The liquid is your soup stock. You can use this as your base for any soup.

Let's make your soup!

1. Add any veggies you like: celery, carrot, zucchini, frozen veggies, squash, tomatoes or canned diced tomatoes, potatoes, rice, barley, broccoli etc.
2. Add any beans, spices, noodles you would like - Noodles only take about 10 min to cook so don't add to soon.
3. Add any leftover cooked meat and serve.

**\*You can also freeze the stock to use later or as flavoring for other recipes. Freeze stock in ice cube trays or in 1 cup portions.**

# Oven Baked Chicken Strips

**Time: 30-40 min Serves: 4**

**Ingredients:**

|          |                               |
|----------|-------------------------------|
| 1 cup    | Breadcrumbs or Panko          |
| 1/2 tsp. | Pepper                        |
| 1/2 tsp. | Salt                          |
| 2        | Eggs                          |
| 2 tsp.   | Chopped thyme (optional)      |
| 1/4 tsp. | Garlic powder or fresh garlic |
| 1/8      | Cayenne pepper (optional)     |
| 4        | Skinless chicken breasts      |

1. Adjust oven rack to upper middle and preheat oven to 450 F.
2. In a shallow dish mix breadcrumbs herbs and seasonings.
3. Whisk eggs
4. Cut chicken into thin strips and pat dry.
5. Dip each piece of chicken into the egg mixture and then coat with crumbs.
6. Lay chicken on a baking sheet and bake until chicken is cooked and coating is golden brown.

# Nettle Salmon Quiche

**Time: 1 hour Serves: 6**

**Ingredients:**

|          |                                       |
|----------|---------------------------------------|
| 1 cup    | Nettles, rinsed and cut               |
| 1 small  | Onion, diced                          |
| 2 cloves | Garlic, minced                        |
| 3        | Eggs                                  |
| 1        | Egg white                             |
| 1 ½ cups | Milk                                  |
| 1-2 tsp. | Italian seasoning                     |
| 1/2 tsp. | Salt                                  |
| 1/4 tsp. | Pepper                                |
| 2/3 cup  | Smoked salmon, torn into small pieces |
| 1/4 cup  | Cheese, grated                        |

1. Preheat oven to 375 °F.
2. Sauté onions and garlic on medium high heat until onions are clear.
3. Carefully add nettles and cook until deep green and wilted – about 5 min. The heat will deactivate the stings in the nettle making it safe to eat.
4. In a mixing bowl whisk together eggs, milk, Italian seasoning, salt and pepper. Spread nettle mixture and salmon evenly on the bottom of the piecrust. Cover with egg mixture.
5. Bake until browned and set – about 30 minutes. Remove and immediately sprinkle with cheese.

# -Sweet Treats-

## Fruit Crumble

**Time: 45 min Serves: 4**

**Ingredients:**

**Filling ideas:**

4 Apples, peeled and chopped or  
3 cups Fresh/frozen fruit or berries, thawed or  
2 cans Peaches, drained  
1 tsp. cinnamon

**Topping:**

3/4 cup Old Fashioned Oats  
1/2 cup Flour  
1 tsp. cinnamon  
1/2 cup Sugar  
1/2 cup Oil, butter or margarine

1. Preheat oven to 350°F.
2. Fill your 8 x 11 baking dish  $\frac{3}{4}$  full with your choice of fruit and cinnamon.
3. Mix sugar and butter together then oats, flour and cinnamon.
4. Bake for 30 – 40 min (until the fruit is bubbling).
5. Cool and eat.

## Banana Bread

**Time: 1 hour 20 min Makes: 1 loaf**

**Ingredients:**

**Wet:**

2 1/3 cup Ripe bananas, mashed  
1/2 cup Oil or butter  
2 Eggs, beaten

**Dry:**

2 cups Flour  
1 tsp. Baking soda  
3/4 cup Brown sugar  
1/4 tsp. Salt

1. Preheat oven to 350°F and grease a bread tin, or muffin tins for banana muffins.
2. Mix wet and dry separately, then combine until the batter is 'just mixed'.
3. Bake banana bread for 60-65 min or until a toothpick inserted into the center comes out clean.
4. Bake muffins for 15-20min, makes 12-15.



# Peanut Butter Balls



**Time: 20 min Makes: 25-30 balls**

**Ingredients:**

|         |                                 |
|---------|---------------------------------|
| 2 cup   | Peanut butter                   |
| 1 cup   | Old fashioned oats              |
| 1/2 cup | Honey                           |
| 1 cup   | Raisins or dried cranberries    |
| 1/2 cup | Chocolate chips                 |
| 1 cup   | Shredded coconut                |
| 1 cup   | Toasted sesame seeds (optional) |

1. Combine peanut butter, oatmeal and honey.
2. Add raisins or cranberries, chocolate chips and coconut.
3. Roll into 1/2 inch balls.
4. Coat balls in sesame seeds (optional).

# Peanut Butter Cookies

**Time: 20 min Makes: 12 Cookies**

**Ingredients:**

|         |               |
|---------|---------------|
| 3/4 cup | Sugar         |
| 1       | Egg           |
| 1 cup   | Peanut butter |



1. Preheat oven to 400°F.
2. Combine ingredients and mix well.
3. Roll into 1 inch balls.
4. Place on ungreased cookie pan.
5. Press flat with a fork.
6. Bake for 8 to 10 min.

# Oatmeal Cookies

**Time: 30 min Makes: 15 cookies**

**Ingredients:**

|                 |                                      |
|-----------------|--------------------------------------|
| 1/2 cup         | Soft butter                          |
| 1 cup           | Brown sugar                          |
| 1               | Egg                                  |
| 1/4 cup         | Water                                |
| 1/2 cup         | Whole wheat flour                    |
| 1/2 cup         | White flour                          |
| 1 tsp.          | Cinnamon                             |
| 1/2 tsp.        | Baking soda                          |
| 2 ½ cups        | Rolled oats                          |
| <b>Optional</b> |                                      |
| 1/2 cup         | Coconut, raisins,<br>chocolate chips |
| 1/4 cup         | Walnuts, sunflower<br>seeds          |

1. Preheat oven to 375 °F.
2. Beat butter and sugar, and then beat in eggs and water.
3. In a separate bowl, combine flour, cinnamon and baking soda.
4. Add flour mixture to butter mixture and beat well.
5. Gently stir in optional ingredients if desired.
6. Drop 1 tbsp. full onto a greased cookie sheet.



# Baked Bread

**Time: 1 hour Makes: 1 loaf (serves 12 people – piece each)**

**Ingredients:**

|          |                      |
|----------|----------------------|
| 2 cups   | Water                |
| 2 cups   | Whole wheat flour    |
| 2 cups   | White flour          |
| 2 cups   | Oatmeal              |
| 1/2 cup  | White or brown sugar |
| 2 tbsp.  | Baking powder        |
| 1/4 tsp. | Salt                 |
| 1        | Egg                  |
| 2 tbsp.  | Canola oil           |



1. Preheat oven to 400 °F. In a big mixing bowl mix all dry ingredients together and then make a well in the middle. In a smaller bowl beat the eggs, add oil and beat again, add the water, then mix.
2. Slowly pour the wet stuff into the dry well, while stirring with a fork and make into a ball. If you need it to be wetter, add a little water; drier add a little white flour.
3. Flour the counter a bit and keep moving the ball around with your hands to make sure there is no stickiness leftover. Don't KNEAD the bread.
4. Put in a touch of oil in a 6x6 cake pan and spread it around to grease it. Put the dough in the pan and spread it and flatten slightly to the corners. Bake for 40 min on bottom rack. A knife should come out clean when it is poked if it is done. Pop it out and place on a cooling rack immediately. Allow to cool for a few minutes.

*[Resource created by Fiona Devereaux, Charlie Langlois, Michelle Chu and Jane Barclay VIHA 2013 and updated in 2016].*

**The resource on the following pages is created by Super Healthy Kids and is a great tool for some quick and easy crockpot meals! Learn and see more at**

**<http://www.superhealthykids.com/>. They have amazing resources!**



# Lemon Pepper Seasoning

For 4 pieces of fish add:

¼ tsp Ground black pepper

Zest of 1 lemon (grated lemon peel)

1 tsp Dried parsley or oregano

**Mix all ingredients in bowl and rub on meat. Use to season fish, seafood or chicken.**

# Mexican Seasoning

For one cup of meat add:

1 tsp Chili powder

½ tsp Crushed red pepper

¼ tsp Oregano

½ tsp Ground cumin

**Use to season taco filling, meatballs or meatloaf. Mix and store in an airtight container to be used at a later date.**