



*Unlock the Potential of Food*

# Ingredients for a Healthier Tomorrow



**Nutrition Month 2022 | Recipe e-book**

Celebrate this Nutrition Month by trying new recipes.

Find 15 new dietitian curated recipes here and many more at [Cookspiration.com](https://www.cookspiration.com)

**Dietitians are acting on the ingredients needed to create a healthier tomorrow with you, your community and the planet. [#YourFutureIsHealthy](#) [#NutritionMonth](#)**

**This recipe e-book contains 15 recipes curated by dietitians from across Canada to help you celebrate Nutrition Month 2022 with your family, friends and colleagues.**

The factors that influence your future health and the health of Canadians are challenging and complex. Dietitians value the importance of creating a healthier tomorrow by acting on the key ingredients needed today. Ingredients like healthy sustainable food choices, food skills, nutrition education, access to nutritious food, and disease prevention are important to dietitians and the work they do.

**You can participate in Nutrition Month by:**

- [Connecting](#) with a dietitian today to learn more about how they can help you and your community live a healthier tomorrow!
- Sharing these Nutrition Month recipes on social media using the hashtag [#NutritionMonth](#) and [#YourFutureIsHealthy](#) and by tagging [@DietitiansCAN](#)
- Following and participating in the Nutrition Month conversation online by following [#NutritionMonth](#) and [#YourFutureIsHealthy](#)

**Did you know?** Dietitians are working hard across all areas of the food system to help create a healthier future for all Canadians. They are regulated health professionals, University trained, and always learning to look beyond diets and meal plans to work with individuals, groups and communities to address the many diverse challenges they face in living a healthier tomorrow. [Learn more about where dietitians work and what they do.](#)

Learn more about dietitians and how to find one  
in your community at [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca)

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# Apple Cinnamon Oat Protein Pancakes

**Preparation Time:** 20 mins  
**Cook Time:** 15 mins  
**Standing Time:** 10 mins  
**Serves:** 8 (2 pancakes per serving)

**Recipe Provided By:** Dairy Farmers of Canada

**Recipe Source:** [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca)

## Ingredients

Large-flake rolled oats	<b>2 cups (500 mL)</b>
Cottage cheese	<b>1 ½ cups (375 mL)</b>
Milk	<b>½ cup (125 mL)</b>
Eggs	<b>2</b>
Maple syrup	<b>1 tablespoon (15 mL)</b>
Baking powder	<b>2 teaspoons (10 mL)</b>
Vanilla extract	<b>1 teaspoon (5 mL)</b>
Ground cinnamon	<b>1 teaspoon (5 mL)</b>
Grated tart apple such as Cortland or Macintosh	<b>about 2 apples</b>
Chopped walnuts (optional)	<b>⅓ cup (75 mL)</b>

**Pancake-wich** (optional for grab-and-go breakfast):

Nut butter or sliced cheese, such as cheddar, gouda or havarti	<b>1 tablespoon (15 mL) or 1 oz (30 g)</b>
Sliced fruit, such as apple, pear, banana, or strawberries	<b>as desired</b>

## Directions

### Pancakes:

1. In a blender, combine oats, cottage cheese, milk, eggs, maple syrup, baking powder, vanilla, and cinnamon; purée until smooth. Stir in grated apple and walnuts (if using). Set aside for 10 minutes.
2. Preheat lightly greased non-stick frying pan or griddle over medium heat.
3. Scoop about 1/4 cup (60 mL) batter per pancake into frying pan. Cook for 2 minutes or until bubbles form on top and edges begin to dry.
4. Flip, and cook for 1 to 2 minutes longer, or until puffed and golden, adjusting heat as necessary to prevent over browning. Enjoy warm with toppings of your choice.

### Pancake-wich:

1. Layer fillings of choice between two pancakes. Wrap, refrigerate and enjoy as a grab-and-go breakfast.



### DIETITIAN TIP

**Joanne Gallagher, M.H.Sc., RD** is a dietitian with Dairy Farmers of Canada

Made with whole-grain oats and chock full of protein from milk, cottage cheese and eggs, these pancakes have serious staying power. Protein foods included in [Canada's Food Guide](#) like milk and cheese help support growth in children, maintain muscle and bone health in adults, and help with muscle recovery after a workout.

**Dairy Farmers of Canada is a sponsor of Nutrition Month 2022.**



# The Perfect Pumpkin Granola

**Preparation Time:** 10 mins  
**Cook Time:** 35 mins  
**Cooling Time:** 15 mins  
**Serves:** 10 (½ cup per serving)

**Recipe Provided By:** Jennifer Paterson, RD

**Recipe Source:** [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca)

## Ingredients

Canola oil	¼ cup (60 mL)
Maple syrup	¼ cup (60 mL)
Pumpkin purée, canned (not pie filling)	½ cup (125 mL)
Quick cooking oats	3 cups (750 mL)
Unsweetened shredded coconut	½ cup (125 mL)
Raisins	½ cup (125 mL)
Pumpkin seeds, unsalted	¼ cup (60 mL)
Pecans or walnuts, chopped	½ cup (125 mL)
Table salt	½ teaspoon (2 mL)
Cinnamon	½ teaspoon (2 mL)
Ground nutmeg	¼ teaspoon (1 mL)
Ground cloves	¼ teaspoon (1 mL)

## Directions

1. Preheat oven to 325°F (162°C) and line a baking sheet with parchment paper.
2. Combine canola oil maple syrup and pumpkin puree in a small bowl and stir to combine. In a separate large bowl add the oats, shredded coconut, raisins, pumpkin seeds, pecans, salt, cinnamon, nutmeg and cloves. Stir until well combined. Pour the pumpkin mixture over the dry ingredients and mix together evenly.
3. Spread the granola mixture in an even layer on the baking sheet and bake for 35 minutes. Remove from the oven and cool for 15 minutes (granola will be soft when it first comes out of the oven, but it will get crunchy as it cools). Use a spatula to break the cooled granola into pieces of desired size.
4. Store at room temperature for 1-2 weeks (if it lasts that long).

**Tip:** Use leftover pumpkin purée to make our [Cozy Pumpkin Bread](#) recipe.



### DIETITIAN TIP

**Jennifer Paterson, RD**, is a private practice dietitian in Alberta who helps community organizations with creating nutritious, easy-to-prepare and budget-friendly menus.

Pumpkins are a winter squash that are enjoyed by many across Canada, particularly in October and November. You may think of pumpkins solely for pie or maybe as a Halloween Jack-O-Lantern, but pumpkins are delicious when used in many types of recipes including soups, muffins, loaves, pancakes, overnight oats or diced into stews. Pumpkins are high in potassium and vitamin A. Pumpkins also contain about 500 seeds (depending on their size) and the seeds are a nice snack when roasted and seasoned.

**For more tips** like these, [connect](#) with a dietitian today!

# Creamy Enchilada Soup

**Preparation Time:** 15 mins  
**Cook Time:** About 30 mins  
**Serves:** 6

**Recipe Provided By:** Dairy Farmers of Canada

**Recipe Source:** [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca)

## Ingredients

Butter	<b>1 tablespoon (15 mL)</b>
Garlic, minced	<b>3 cloves</b>
Onion, chopped	<b>1</b>
Sweet red pepper, chopped	<b>1 large (about 1 ½ cups or 375 mL)</b>
Sweet potato, peeled and chopped	<b>2 cups (500 mL)</b>
Chili powder	<b>1 to 2 tablespoons (15 to 30 mL)</b>
Dried oregano and cumin	<b>1 teaspoon (5 mL) each</b>
Salt	<b>¼ teaspoon (0.5 mL)</b>
Tomato paste	<b>¼ cup (60 mL)</b>
Diced tomatoes with juice, canned	<b>28 oz (796 mL)</b>
Black beans, canned, rinsed and drained	<b>19 oz (540 mL)</b>
Water	<b>1 cup (250 mL)</b>
Frozen corn kernels, thawed	<b>1 ½ cups (375 mL)</b>
Whole wheat flour	<b>2 tablespoons (30 mL)</b>
Milk	<b>2 ½ cups (625 mL)</b>
Shredded Monterey Jack cheese, divided	<b>1 ¼ cup (300 mL)</b>
Jalapeño, diced	<b>1 large</b>

**Optional Garnishes:** Cilantro and lime wedges

## Directions

1. In a large pot, melt butter over medium heat. Add garlic, onion, red pepper, sweet potato, chili powder (to taste), oregano, cumin, and salt; cook, stirring for 5 minutes.
2. Stir in tomato paste to coat. Stir in tomatoes, beans, and water. Cover and bring to a simmer. Reduce heat, and simmer gently for 10 minutes, or until sweet potatoes are tender.
3. Remove 2 cups (500 mL) of the soup and purée until smooth; return to pot. Stir in corn and bring to a simmer. In a medium bowl, whisk flour into milk; gradually pour into pot while whisking constantly.
4. Cook, stirring often, for 5 minutes or until slightly thickened. Remove from heat; stir in ½ cup (125 mL) of the cheese until melted.
5. Ladle soup into warm bowls. Sprinkle each serving with jalapeño, remaining cheese, cilantro (if using), and lime wedges (if using).



### DIETITIAN TIP

**Annie Vézina, Dt.P.** is a dietitian with Dairy Farmers of Canada

This recipe is an excellent source of calcium, a critical nutrient most of us don't get enough of daily. The complete protein and highly absorbable calcium from the milk and cheese in this soup work together to help build and maintain strong bones and muscles. And this yummy soup is also an excellent source of vitamins A and C!

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# Garlic Rapini Pizza Bianca

**Preparation Time:** 25 mins

**Cook Time:** 20 mins

**Serves:** 6 (12 pieces)

**Recipe Provided By:** Oikos, in collaboration with Osteoporosis Canada

**Recipe Source:** [Oikos.ca](https://www.oikos.ca)

## Ingredients

### For pizza dough:

All purpose flour	2 ¼ cups (560 mL)
Baking powder	2 teaspoons (10 mL)
Baking soda	1 teaspoon (5 mL)
Garlic powder	1 teaspoon (5 mL)
Italian seasoning	1 teaspoon (5 mL)
Salt	¼ teaspoon (1 mL)
Oikos 2% plain Greek yogurt	2 cups (500 mL)
Mozzarella cheese, shredded	1 cup (250 mL)

### For garlic rapini:

Rapini, ends trimmed	1 bunch
Extra virgin olive oil	3 tablespoons (45 mL)
Garlic, minced	3 cloves
Salt	½ teaspoon (2 mL)
Hot pepper flakes	¼ teaspoon (1 mL)

### For Greek yogurt béchamel:

Butter	3 tablespoons (45 mL)
All-purpose flour	3 tablespoons (45 mL)
2% milk	1 ½ cups (375 mL)
Parmesan cheese, grated	⅓ cup (75 mL)
Salt	pinch
Oikos 2% plain Greek yogurt	½ cup (125 mL)

## Directions

1. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper and set aside.
2. **Make garlic rapini:** In a pot of boiling water, cook rapini for about 6 minutes or until stalks are tender. Drain well and let cool slightly. Chop coarsely to get about 3 cups (750 mL). In a large non-stick skillet, heat oil over medium heat. Add chopped rapini, garlic, salt and hot pepper flakes. Cook, stirring for about 5 minutes or until garlic is softened. Set aside.
3. **Make Greek yogurt béchamel:** In a small saucepan, melt butter over medium heat. Whisk in flour and cook, whisking for 1 minute. Gradually pour in milk and continue to whisk over medium heat for about 4 minutes or until milk starts to thicken and bubble. Remove from heat and whisk in cheese and salt. Whisk in Oikos Greek yogurt and set aside.
4. **Make pizza dough:** In a large bowl, stir together 2 cups (500 mL) of the flour, baking powder, baking soda, garlic powder, Italian seasoning and salt. Add Oikos Greek yogurt and stir until ragged dough forms. Scrape dough onto floured work surface and knead in enough of the remaining flour until smooth dough forms and is not sticky. Using a rolling pin, roll out dough, sprinkling with flour as necessary to about 11 x 16-inch (28 x 40 cm) rectangle. Place dough on prepared pan and spread with béchamel sauce. Sprinkle rapini mixture over top and sprinkle with mozzarella.
5. Bake for about 20 minutes or until crust is golden and top is bubbly and golden. Let cool about 10 minutes before cutting to serve.



### DIETITIAN TIP

**Sylvie Leung Yinko, MSc, RD** is a dietitian with Danone Canada.

Did you know you can use Greek yogurt in everyday cooking? Oikos Greek yogurt contains calcium and is high in protein. It is delicious to eat on its own but can also be used in recipes. As well, you can easily substitute it for several ingredients like mayo, sour cream or cream cheese, for a nutritious but still creamy option. This is also a good way to avoid buying and having unnecessary leftover items! For more recipe ideas: [oikos.ca](https://www.oikos.ca).

**Danone Canada is a sponsor of Nutrition Month 2022.**

# Lentil Sloppy Joes

**Preparation Time:** 15 mins

**Cook Time:** 25-30 mins

**Serves:** 6-8

**Recipe Provided By:** Cheryl Jitta, RD & Marcia Cooper, PhD, RD

**Recipe Source:** [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca)

## Ingredients

Olive oil	<b>2 tablespoons (30 mL)</b>
Onion, medium, peeled and rinsed under running water and finely chopped	<b>½</b>
Yellow or red bell pepper, large, washed under running water then diced	<b>1</b>
Garlic, minced	<b>2 cloves</b>
Tomato sauce, canned	<b>14 oz (398 mL)</b>
Worcestershire sauce	<b>1 tablespoon (15 mL)</b>
Chili powder	<b>2 teaspoons (10 mL)</b>
Brown sugar (optional)	<b>1 ½ teaspoons (7 mL)</b>
Ground cumin	<b>1 teaspoon (5 mL)</b>
Paprika or smoked paprika	<b>½ teaspoon (2 mL)</b>
Lentils, canned, drained and rinsed well	<b>2 cans of 19 fl. oz. (540 mL) each</b>
Whole wheat hamburger buns, toasted	<b>6 to 8</b>

Find information on [common food allergens](#).

## Directions

- Heat oil in a large skillet over medium heat. Add onion, bell pepper and garlic. Stir to combine. Sauté for 4-5 minutes, stirring frequently, or until the peppers and onions are tender and slightly browned. Add tomato sauce, Worcestershire sauce, chili powder, brown sugar if using, cumin and paprika. Add lentils to the skillet and stir to combine. Continue cooking the mixture over medium-low heat until completely warmed through and thick, stirring occasionally, about 5-10 minutes.
- Serve the mixture on toasted buns.

**Note:** To reheat leftovers, add a small amount of water or vegetable broth if needed. Stir gently, on low heat until the internal temperature reaches 165°F (74°C) on your food thermometer. Discard uneaten leftovers after they have been reheated.



### DIETITIAN TIP

**Cheryl Jitta, RD** is a dietitian with Health Canada who's passionate about nutrition labelling education. She says "the [Nutrition Labelling Online Course](#) is just one great example of work that Health Canada is doing to make food regulations more accessible and understandable".

I like adding some spice to my lentil sloppy joes, so I add some fresh sliced jalapenos in step 6. Sometimes, I'll even add splashes of hot sauce on top just before I eat. You can make these hearty, flavorful lentil sloppy joes ahead of time. Simply reheat the lentils then spoon onto split, toasted buns. Serve with veggie sticks and lunch is ready in minutes.



### DIETITIAN TIP

**Marcia Cooper, PhD, RD** is a research scientist and dietitian who works at Health Canada conducting social science and surveillance research on nutrition labelling, social media messages and dietary iron.

I like changing out the lentils for kidney or black beans in this recipe. Change up your toppings by trying: shredded lettuce, diced tomatoes and guacamole. For a less "sloppy" option, I serve these sandwiches open-faced with a knife and fork. Round out your lunch with your favourite salad.

[Connect](#) with a dietitian today to get personalized advice that meets your lifestyle and goals.

# Mediterranean-Inspired Power Bowl

Preparation Time: 15 mins  
Serves: 4

Recipe Provided By: Dairy Farmers of Canada

Recipe Source: [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca)

## Ingredients

### Dressing:

Oil	1/3 cup (75 mL)
Fresh lemon juice	3 tablespoons (45 mL)
Dried oregano	1 teaspoon (5 mL)
Salt and fresh ground pepper	1/4 teaspoon (1 mL) each
Garlic, pressed	1 clove

### Power Bowl:

Quinoa, barley or brown rice, cooked	2 cups (500 mL)
Grape tomatoes, halved	2 cups (500 mL)
Sliced, halved English cucumber	2 cups (500 mL)
Sweet yellow pepper, cut into bite-size pieces	1
Water-packed salmon or tuna, drained	2 cans (each about 6 oz/170 g)
Small cubed Havarti cheese or pan fried halloumi cheese	1 cup (250 mL)
Red onion, diced	1/4 cup (60 mL)
Kalamata olives, halved and pitted	8

## Directions

- Pan-fried halloumi cheese** (if using): Cut halloumi into 1 cm slices. Heat a non-stick pan on medium heat. Add slices of halloumi and cook for 1 to 2 minutes on each side until golden brown. If you don't have a non-stick pan, use a little bit of oil to prevent sticking.
- Dressing:** In a small bowl, whisk together oil, lemon juice, oregano, salt, pepper and garlic; set aside.
- Power Bowl:** Divide quinoa, tomatoes, cucumber, yellow pepper, and salmon (or tuna) among 4 bowls. Top with cheese, onion, and olives. Drizzle with dressing.



### DIETITIAN TIP

**Ariane Fortier, Dt.P.** is a dietitian with Dairy Farmers of Canada.

When it comes to what we eat, sustainability includes choosing local, Canadian-produced and minimally processed foods, where possible. With this recipe, demonstrate your commitment to the environment by purchasing Canadian cheeses and homegrown veggies and grains. And feel good knowing Canadian milk production accounts for only 1% of total greenhouse gases<sup>1</sup>. As a bonus, this recipe minimizes waste by using leftovers for a portable lunch!

<sup>1</sup>Government of Canada. (2021).

[Greenhouse gas sources and sinks: executive summary 2021 - Canada.ca](https://www2012.gc.ca/greenhouse-gas-sources-and-sinks-executive-summary-2021)

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# Bulgur, Chickpea and Tomato Pilaf

**Preparation Time:** 20 mins

**Standing Time:** 30 mins

**Serves:** 4

**Recipe Provided By:** Catherine Labelle, Dt.P.

**Recipe Source:** [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca)

## Ingredients

Fine bulgur	<b>1 cup (250 mL)</b>
Boiling water	<b>2 cups (500 mL)</b>
Tomatoes, fresh, diced	<b>2 medium</b>
Chickpeas, canned, drained and rinsed*	<b>19 oz (540 mL)</b>
Green onions, minced	<b>1 cup (250 mL)</b>
Parsley, fresh, finely diced	<b>½ cup (125 mL)</b>
Lemon, zest	<b>1 ½ teaspoon (7 mL)</b>
Lemon, juice	<b>¼ cup (60 mL)</b>
Olive oil	<b>3 tablespoons (45 mL)</b>
Salt	<b>as desired</b>
Pepper	<b>as desired</b>
Hot sauce or chili flakes	<b>as desired</b>

\*You can replace chickpeas with canned lentils or white beans

## Directions

1. Combine bulgur and boiling water in a large bowl. Cover and let sit for 10 minutes.
2. In the meantime, prepare the tomatoes, chickpeas, green onions, parsley, lemon juice and zest and combine in a bowl with olive oil, salt, pepper and hot sauce if using. Add the bulgur to the other ingredients and mix well.
3. Cover and refrigerate. Enjoy chilled with whole wheat pita bread and plain yogurt.



### DIETITIAN TIP

**Catherine Labelle Dt.P.** is a dietitian-nutritionist with the Montreal Diet Dispensary in Quebec. She feels privileged to offer nutrition support to pregnant women during a transformative time in their lives.

This recipe can be served as a side or as a meal salad on hot summer days. You can substitute the chickpeas with lentils or white or red beans and use whatever vegetables you have on hand (like carrots, zucchini, and peppers). Bulgur is a whole grain made from wheat. It adds a big dose of fibre to this salad. Since bulgur still contains the wheat germ, it tends to go rancid more quickly, so you can store it in the freezer to ensure it stays fresh for longer. Use it in many recipes as a couscous or rice substitute.

**Interested** in adding more fibre to your diet? A [dietitian](#) can help!

# One Pot Indian-Inspired Paneer and Chickpeas

**Preparation Time:** 15 mins

**Cook Time:** 25 mins

**Serves:** 6

**Recipe Provided By:** Dairy Farmers of Canada

**Recipe Source:** [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca)

## Ingredients

Butter	<b>2 tablespoons (30 mL)</b>
Onion, chopped	<b>1</b>
Garlic, minced	<b>2 cloves</b>
Grated fresh ginger root	<b>1 tablespoon (15 mL)</b>
Garam masala or curry powder	<b>1 tablespoon (15 mL)</b>
Crushed tomatoes, canned	<b>28 oz (796 mL)</b>
Chickpeas, canned, drained and rinsed	<b>19 oz (540 mL)</b>
Frozen cauliflower, thawed and chopped into bite-size pieces if large	<b>1 bag (500 g)</b>
Water	<b>½ cup (125 mL)</b>
Salt	<b>1 teaspoon (5 mL)</b>
Whole wheat flour	<b>1 tablespoon (15 mL)</b>
Milk	<b>1 cup (250 mL)</b>
Paneer, cut into 1/2-inch (1 cm) cubes	<b>1 package (350 g)</b>
Packed baby spinach	<b>3 cups (750 mL)</b>
Plain yogurt or plain kefir	<b>1 cup (250 mL)</b>

## Directions

1. In a large pot, melt butter over medium heat. Add onion and sauté for 8 minutes, until softened. Add garlic, ginger and garam masala; sauté for 30 seconds.
2. Stir in tomatoes, chickpeas, cauliflower, water, and salt; bring to a simmer.
3. In a small bowl, whisk flour into milk; gradually pour into pot while whisking constantly. Simmer until sauce has thickened, about 3 minutes.
4. Add paneer and spinach; stir gently. Cook until paneer is heated through, and spinach is wilted.
5. In a small bowl, whisk yogurt until smooth (if using). Remove pot from heat and stir in yogurt or kefir. Return to stove and heat through.



### DIETITIAN TIP

**Isabelle Niederer, Dt.P.** is a dietitian with Dairy Farmers of Canada.

Including a mix of plant and animal foods, such as those in this recipe, is a great way to maximize the nutritional and health benefits of your meals. For example, milk provides 15 nutrients, six of which many Canadians don't get enough of daily. The good bacteria in probiotic-rich yogurt and kefir contribute to a healthy gut flora. And the vitamin C in the tomatoes increases the absorption of iron found in the chickpeas. When it comes to good nutrition, it's a team effort!

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# Ghanaian Bean Stew

**Preparation Time:** 9 hrs  
(to soak the dried beans overnight and cook them)  
**Cook Time:** 50 mins  
**Serves:** 4

**Recipe Provided By:** Tracey Frimpong, RD

**Recipe Source:** [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca)

## Ingredients

Black-eyed peas (also known as Pigeon peas), dried or canned, well rinsed	<b>2 cups (500 mL)</b>
Palm oil (if unavailable use canola or sunflower oil)	<b>1 tablespoon (15 mL)</b>
Canola or sunflower oil	<b>2 tablespoons (30 mL)</b>
White onions, sliced	<b>2 large</b>
Tomatoes, diced	<b>2 medium</b>
Green onion stalks, diced	<b>2 stalks</b>
Bell pepper, diced	<b>1</b>
Tomato paste	<b>1 tablespoon (15 mL)</b>
Scotch bonnet peppers (or habanero pepper if unavailable)	<b>1-2</b>
Paprika	<b>1 tablespoon (15 mL)</b>
Garlic powder	<b>1 tablespoon (15 mL)</b>
Ginger powder	<b>1 teaspoon (5 mL)</b>
Hwentia/selim seed pods (optional)	<b>2 pieces</b>
Bay leaves, dried	<b>3</b>
Vegetable stock*	<b>2 cups (500 mL)</b>
Baked mackerel, shredded (optional)	<b>1 whole</b>
Salt	<b>as desired</b>

\*can substitute for 2 cups of water (500 mL) and 1 vegetable or crayfish bouillon cube

**Tip:** Hwentia, also called grains of selim, are seeds from a tree commonly found in Africa. They are used to add flavour and spice, similar to black pepper, in dishes like soups and stews. Remember to remove the seed pods before serving (similar to bay leaf).

## Directions

1. Rinse and soak the black-eyed peas in a large pot by covering them entirely with water (about 8 cups) for 8 hours or overnight. This helps with speeding up the cooking process. Drain the beans, rinse and return to the pot. Cover the beans with 6 cups of water and cook the beans on medium to high heat with the lid on for 1 hour until soft. Then drain. Slightly mash the beans to the texture of your liking (whole and mashed pieces).
2. Heat a medium saucepan on medium to high heat. Place both of the oils in a large saucepan (palm and canola oil). Add the sliced onions and sauté for approximately 5-7 minutes until translucent. Stir to prevent burning. Add in the diced tomatoes and green onions, tomato paste, scotch bonnet pepper, hwentia, bay leaves, and spices (paprika, garlic and ginger). Set to low and sauté for 10-15 minutes until soft. Adjust seasoning as needed.
3. Add the vegetable stock, mashed beans and mackerel, if using. Allow it to simmer on low heat for approximately 30 minutes to an hour until the water is reduced.
4. Serve with gari powder, yam, ripe yellow plantain, or taro.  
*Gari powder is dried flour made from cassava used as garnish, to make cereal, or in other light meals. It is a common staple in West African households.*

**Did you know?** Palm oil is an important ingredient in Ghanaian cuisine? Palm oil comes from palm fruit, and is a good source of vitamin E and vitamin K.



### DIETITIAN TIP

**Tracey Frimpong, RD** is a clinical dietitian in Ontario who works at a hospital helping people recover from surgery and illnesses, and in her spare time writes a blog about food culture and other topics.

Don't have fresh fish and tomatoes on hand? Simply substitute these ingredients with a can of mackerel in tomato sauce. Here are 5 reasons why canned products are awesome! 1) They are picked and packed at their peak freshness, 2) Super convenient and available, don't want to travel to Jamaica for some ackee...there's some fresh canned ackee at the grocer, 3) Lower in cost, 4) Packed with the same amount of nutrition, and 5) Produces less food waste - you can open and use however much you want.

**For more tips** like these, [connect](#) with a dietitian in your area today!

# Baked Eggplant Sticks

**Preparation Time:** 20 mins

**Cook Time:** 20 mins

**Serves:** 4

**Recipe Provided By:** Anar Allidina, MPH, RD

**Recipe Source:** [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca)

## Ingredients

Eggplant, small-medium sized	1
Olive oil	1-2 teaspoons (5 to 10 mL)
Egg, beaten	1 or ½ cup egg whites (125 mL)
Salt and Pepper	as desired

### Breading mixture:

Almond flour*	½ cup (125 mL)
Ground flaxseed (also called flaxseed meal)*	¼ cup (60 mL)
Grated parmesan cheese or nutritional yeast	3 tablespoons (45 mL)
Parsley, dried	1 teaspoon (5 mL)
Garlic powder or seasoning of your choice	1 teaspoon (5 mL)

\*You can swap the almond flour and ground flaxseed for ¾ cup (185 mL) whole wheat breadcrumbs.

**Optional garnish:** fresh parsley

## Directions

1. Preheat oven or toaster oven to 400°F (200°C).
2. Cut the eggplant into rounds, 2 cm thick, and slice again lengthwise into spears. In a large bowl, toss the eggplant spears with olive oil, and salt and pepper to taste. Set aside.
3. To make the breading, combine almond flour, ground flaxseed, grated parmesan, dried parsley, and garlic salt.
4. In a separate bowl, whisk egg, or 1/2 cup (125mL) of egg whites and set aside. Dip the eggplant spears in the egg and coat by dipping them into the breading. Place the breaded eggplants on a baking tray or air fryer basket in a single layer.
5. Bake in the oven for 15-20 minutes, flipping the eggplant spears halfway through. If using the air fryer, cook until golden brown and crispy, about 15 minutes.
6. Arrange eggplant slices on a plate and garnish with fresh chopped parsley (optional). Serve with marinara sauce to dip and enjoy hot.



### DIETITIAN TIP

**Anar Allidina, MPH, RD** is a private practice dietitian in Ontario who specializes in diabetes management and is passionate about helping her community reduce food waste.

Eggplant is one of the most versatile vegetables around. Its mild taste and texture allow it to absorb the flavour of the herbs and spices cooked along with it. It makes a great meat replacement and can be grilled, baked, or sautéed. This recipe is a fun one to make with kids.

**Did you know** that most employee health benefit plans cover dietitian services? Check your coverage today and [connect](#) with a dietitian!

# Cozy Pumpkin Bread

**Preparation Time:** 15 mins

**Cook Time:** 40-50 mins

**Serves:** 10-12 (1 loaf)

**Recipe Provided By:** Nicole Pin, MAN, RD

**Recipe Source:** [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca)

## Ingredients

### Wet Ingredients:

Soft margarine	<b>¼ cup (60 mL)</b>
Brown sugar	<b>½ cup (125 mL)</b>
Canned pumpkin purée	<b>1 ¼ cup (310 mL)</b>
Ground flaxseed mixture* or large eggs	<b>2</b>
Vanilla extract	<b>1 teaspoon (5 mL)</b>

### Dry Ingredients:

All-purpose flour	<b>¾ cup (180 mL)</b>
Whole wheat flour	<b>¾ cup (180 mL)</b>
Pumpkin pie spice	<b>2 teaspoons (10 mL)</b>
Baking powder	<b>1 teaspoon (5 mL)</b>
Baking soda	<b>1 teaspoon (5 mL)</b>
Salt	<b>1 pinch</b>

Handful of walnuts or raisins (optional)

\*If using, make ground flaxseed mixture by mixing 2 tablespoons (30 mL) ground flaxseed with ⅓ cup (80 mL) water. Let sit for 5 minutes.

## Directions

1. Preheat oven to 350°F (180°C) and grease a 9 x 5" loaf pan with margarine or cooking spray.
2. Cream together margarine and brown sugar (can be done by hand or with an electric mixer). Add pumpkin puree, vanilla and eggs (or flax egg). Mix to combine.
3. In a separate bowl, whisk together dry ingredients (except walnuts or raisins, if using). Add wet ingredients to dry ingredients and mix just until combined. Fold in walnuts or raisins (if using) and pour batter into greased loaf pan.
4. Bake for 40-50 minutes or until toothpick inserted into centre of loaf comes out clean.

**Note:** Recipe can also be made into muffins, simply reduce baking time to 25-30 minutes. Freeze leftover muffins or loaf slices up to 3 months.



### DIETITIAN TIP

**Nicole Pin, MAN, RD** is a dietitian at a University in Ontario where she works on supporting nutritious and sustainable menu development for students and staff.

Making your own snacks (like muffins, granola bars or quick breads) is a great way to use up leftover fruits or vegetables. In this recipe, you can swap the pumpkin for cooked and puréed squash, carrots, or applesauce. Not only are these homemade snacks more nutritious than most store-bought ones, they'll also help save money and reduce packaging.

**Looking for advice** on label reading and more? [Connect](#) with a dietitian in-person or virtually.

# Dark Chocolate and Cherry Bread Pudding

**Preparation Time:** 10 mins

**Cook Time:** 55-65 mins

**Standing Time:** 10 mins

**Serves:** 10-12

**Recipe Provided By:** Dairy Farmers of Canada

**Recipe Source:** [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca)

## Ingredients

Eggs	<b>4</b>
Brown sugar	<b>½ cup (125 mL)</b>
Almond extract	<b>¼ teaspoon (1 mL)</b>
Milk	<b>3 cups (750 mL)</b>
Whole wheat, whole grain, or multigrain baguette dried, cubed into 1-inch (2.5 cm)*	<b>6 cups (1.5 L)</b>
Frozen dark sweet cherries, thawed and drained	<b>2 ½ cups (625 mL)</b>
Dark chocolate (70% cocoa), finely chopped	<b>⅓ cup (75 mL)</b>
Sliced almonds, toasted	<b>¼ cup (60 mL)</b>

\*Place bread cubes on a baking sheet. Bake in a 300°F (150°C) oven for 12 minutes or until bread is dry, stirring halfway through.

## Directions

1. Preheat oven to 350°F (180°C). Butter a 9-inch (23 cm) square baking pan.
2. In a large bowl, whisk together eggs, sugar and almond extract; whisk in milk. Mix in bread; let stand for 10 minutes or until bread is soaked through.
3. Pour mixture into baking pan and gently stir in cherries. Sprinkle with chocolate and almonds.
4. Bake for 55 to 65 minutes or until puffed and a knife inserted in centre comes out clean. Enjoy warm or chilled.



### DIETITIAN TIP

**Maria Kalergis, PhD, RD, CDE** is a dietitian with Dairy Farmers of Canada.

Avoiding food waste is one of the most important things you can do to reduce your diet's environmental impact. This recipe can make use of day-old bread and uses the cherry juice that might otherwise go down the drain. Stir in the leftover cherry juice from thawing into 2 cups (500 mL) plain Greek yogurt for a delicious, light-pink bread pudding topping!

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# Everyone's Favourite Oatmeal Chocolate Chip Cookie

**Preparation Time:** 20 mins

**Cook Time:** 10-12 mins

**Serves:** 18 (medium-sized cookies)

**Recipe Provided By:** Julie Stephenson, RD

**Recipe Source:** [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca)

## Ingredients

Non-hydrogenated margarine	<b>¼ cup (60 mL)</b>
Brown sugar	<b>1 cup (250 mL)</b>
Egg whites	<b>2 large</b>
Vanilla	<b>1 teaspoon (5 mL)</b>
Whole wheat flour	<b>1 cup (250 mL)</b>
All purpose flour	<b>½ cup (125 mL)</b>
Oats	<b>1 cup (250 mL)</b>
Baking soda	<b>1 teaspoon (5 mL)</b>
Salt	<b>¼ teaspoon (1 mL)</b>
Chocolate chips	<b>½ cup (125 mL)</b>

**Note:** the chocolate chips can be replaced with an equal quantity of raisins, dried cranberries, or nuts.

## Directions

1. Preheat oven to 350°F (220°C). Spray baking sheet with non-stick cooking oil or cover with a sheet of parchment paper.
2. With an electric mixer or a wooden spoon, cream together margarine and brown sugar in a large bowl until light and fluffy. Add egg whites and vanilla to the sugar mixture and combine until smooth.
3. In a medium bowl mix together all dry ingredients: flours, oats, baking soda and salt. Divide the dry flour mixture into 3 portions and stir each portion into the wet ingredient mixture until combined. Stir in chocolate chips.
4. Drop cookies onto baking sheet 2 inches apart, flatten cookies slightly with hand. Bake for 10-12 minutes, or until golden around the edges. Transfer to a cooling rack and enjoy.

**Note:** The chocolate chips can be replaced with an equal quantity of raisins, dried cranberries, or small candy pieces..



### DIETITIAN TIP

**Julie Stephenson, RD** is a dietitian in British Columbia who works with schools to offer healthy and tasty breakfast and lunch programs for students.

Each child has a unique comfort level when it's time to try new foods; some children take a long time to try something new - especially if it's a food that their family doesn't eat at home. They need time to look, smell, touch, and taste new foods before they are ready to actually eat that item when it's offered. As role models, adults and older students can help the learning process by sampling and commenting positively about a food when they can (note: neutral and negative comments, actions or gestures aren't helpful and should not be shared). Give children time to explore new foods, rather than repeatedly urging them over and over to "just try it".

**Have questions** about feeding your child? [Connect](#) with a dietitian!

# Peppermint Vanilla Tea Latte

**Preparation Time:** 1 min

**Cook Time:** 5 mins

**Serves:** 2

**Recipe Provided By:** Dairy Farmers of Canada

**Recipe Source:** [NutritionMonth2022.ca](https://www.nutritionmonth2022.ca)

## Ingredients

Milk	<b>2 cups (500 mL)</b>
Peppermint tea bag or loose leaf mint tea	<b>2 bags or 2 teaspoons (10 mL)</b>
Vanilla extract	<b>1 teaspoon (5 mL)</b>
Maple syrup (optional)	
Grated dark chocolate (optional)	

## Directions

1. In a small saucepan, over medium heat, bring milk and tea bags or loose leaf tea to a gentle boil. Stir and remove from heat. Steep tea for 5 to 10 minutes (depending on strength of mint flavour preferred).
2. Remove tea bags (or if using loose leaves strain through a fine mesh sieve and return to saucepan); add vanilla.
3. Over medium heat, whisk until frothy.
4. Pour tea into two mugs. Sweeten to taste with maple syrup (if using) and top with grated dark chocolate (if using).



### DIETITIAN TIP

**Roxanne Bennett, MSc., Dt.P.** is a dietitian with Dairy Farmers of Canada.

Peppermint tea is naturally caffeine-free, making it an ideal beverage to sip before bed to help calm your mind and unwind. This delicious peppermint tea latte, with a hint of vanilla, nourishes your body, too. Steeped in milk, this recipe provides nutrients such as protein, which helps build antibodies, and vitamin A and zinc, which help support the proper functioning of the immune system.

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