

RECIPES

Minestrone Soup

(Adapted from: Heart & Stroke)

Serves 6-8

Any fresh seasonal vegetables can be used in this recipe. This soup freezes well and makes for a great leftover. Serve with a whole grain bun.

Ingredients

1 tbsp (15 mL) olive or canola oil
1 cup (250 mL) onion, diced ~ 1 large
1 cup (250 mL) carrot, diced ~ 2 large
1 cup (250 mL) celery, diced
2 cloves of garlic, chopped or 1 tsp garlic powder
2 medium potatoes, peeled and diced or ½ cup macaroni or small pasta
1 cup (250 mL) zucchini, diced ~ 1 medium or 1 cup green beans, chopped
1 cup (250 mL) cabbage, shredded
2 cups (500 mL) plum tomatoes, fresh or canned, diced
4 cups (1 L) sodium reduced chicken or vegetable stock
2 cups (500 mL) water
1 can 19oz (540 mL) navy or kidney beans, drained and rinsed
½ cup (125 mL) fresh parsley, chopped or 2 Tbsp dried parsley
1 bay leaf
1 tsp (5 mL) dried basil
1 tsp (5 mL) dried oregano
½ tsp (2 mL) dried thyme
pepper to taste
Garnish: Grated parmesan cheese (optional)

Directions

1. Heat oil in a large pot over medium heat. Add onion, carrot and celery and sauté without browning for about 10 minutes.
2. Add the rest of the ingredients, except the cheese, and simmer on medium heat for 20-30 minutes.

3. Pour into bowls and top with parmesan cheese (if using).



Red Lentil Tomato Sauce

Serves 6-8

Ingredients

2 tablespoons (30 mL) olive oil
2 bell peppers, diced
1 onion, minced
2 cloves garlic, minced
6-8 Mushrooms (optional)
1 tablespoons (15 mL) fresh basil, chopped
1 teaspoon (5 mL) oregano
2 – 28 oz cans Tomatoes
1 cup (250 mL) red lentils
¼ cup (50 mL) water



Directions

1. Rinse red lentils in a fine mesh colander under cold running water. Set aside.
2. Heat olive oil on medium heat.
3. Add the diced peppers, minced onions, garlic, and mushrooms and cook until they begin to soften, approximately 6-8 minutes.
4. Add the 2 cans of tomatoes, basil, oregano, water and bring to a boil.
5. Once the sauce is boiling, turn down to a simmer and add the rinsed lentils.
6. Simmer for 35 minutes or until the lentils are tender. Serve over your favourite pasta.

Tofu Stir-Fry

Serves 4

30 minutes or fewer

Serve over brown rice and be creative depending on the vegetables you have in your fridge.

Ingredients

1 tbsp. sesame or canola oil
454g block firm tofu, cubed
2 Tbs. hoisin sauce
1 Tbs. low-sodium soy sauce
¼ cup water
1 medium onion, chopped
2 cloves garlic, minced
1 cup thinly sliced purple or green cabbage
10 white mushrooms, halved
1 small red bell pepper, sliced (1 cup)
2 cups broccoli, chopped
Black pepper to taste
Chile sauce to taste, optional
2-4 Tbsp sesame seeds or cashews, optional

Directions

1. Heat oil in wok or large skillet over medium heat and add tofu, cook for 3-4 minutes until browned on one side and then flip. Cook another 3-4 minutes until browned.
2. While tofu is cooking whisk together hoisin sauce, soy sauce and water in small bowl.
3. Once tofu is browned on two sides, add onion and sauté for 3-4 minutes until softened.
4. Add garlic, cabbage, bell pepper, mushrooms and broccoli. Cover and cook for 2-3 minutes and then add hoisin sauce mixture.
5. Continue cooking for another 5-8 minutes, stirring occasionally until vegetables have reached desired tenderness. Add optional ingredients if desired before serving and adjust seasonings.



Peanut Sauce Version:

Omit hoisin sauce and water. Mix 2 tbsp soy sauce, 1 tbsp rice vinegar, 1 tbsp sugar, 3-4 tbsp of peanut butter and ½ cup coconut milk in a cup until smooth. Add to vegetable mixture in step 4 instead of hoisin sauce mixture.

Barley Risotto

Makes 4 cups. (1 L) or 8 ½-cup servings

Ingredients

2 tsp (10 mL) canola or olive oil
2 medium onions, diced
2 large portobello mushrooms, coarsely chopped
3 cloves garlic, minced
¾ cup (175 mL) pot barley
2 ½ cups (625 mL) lower sodium chicken or vegetable broth
¼ cup (50 mL) Parmesan cheese

Directions

1. Heat a medium saucepan that has a tight-fitting lid over medium heat. Add the oil & onions. Sauté for 1 minute.
2. Add the mushrooms & garlic. Sauté for 1 minute.
3. Add the pot barley & broth and stir. Bring to a boil. Reduce the heat, cover & simmer for 50 minutes or until the barley is cooked.
4. Remove from heat. Gently stir in the Parmesan & serve.



Note: substitute for portobello mushrooms: 6 – 8 chopped small white or cremini mushrooms or 1 small can of mushrooms, drained

Recipe adapted from Ultimate Foods for Ultimate Health by Liz Pearson & Mairlyn Smith

Creamy Microwave Oatmeal

Makes 1 serving

Ingredients

- 1 cup (250 mL) low-fat milk (or ½ cup water + ½ cup milk)
- 1/2 cup oatmeal
- 1/4 teaspoon cinnamon

Directions

1. In a large microwave safe bowl, mix together all ingredients. (Make sure you use a container big enough so it doesn't boil over)
2. Microwave on medium-high for 1 minute.
3. Stir mixture. Continue to microwave 1-2 minutes or until thick.
4. Remove oatmeal from microwave. Cover and let stand for 1 minute.
5. Serve warm with additional milk if desired.

Options:

- Add chopped apple, 1-2 Tbsp raisins or other dried fruit before cooking
- Top with fruit such as berries, banana, peaches
- Sweeten with sugar, maple syrup or sugar substitute.

For extra fibre, stir into cooked oatmeal:

- 1 – 2 Tbsp ground flax seed
- 1 – 2 Tbsp wheat bran



Colour Your Own Overnight Oatmeal

Makes 1 serving

Prep time: 2 mins

No cooking but overnight refrigeration required

Ingredients

- 125ml-175ml (½-¾ cup) no sugar added or plain yogurt or milk
- 60ml (¼ cup) large flake oatmeal
- 60ml (¼ cup) fruit (berries, banana, kiwi, peaches, apples)
- 2 TBSP nuts
- Cinnamon

Directions

1. In container with tight fitting lid mix yogurt and uncooked oats. Stir in desired fruit.
2. Cover, refrigerate 6-8 hours but no longer than 3 days.

Source: Betty Crocker website

Recipe Websites To Check Out

Three Sisters Soup from Barrie Metis Council
<https://www.barriemetiscouncil.com/recipes>

Heart UK Healthy Dinner Recipes
<https://www.heartuk.org.uk/tasty-recipes/healthy-dinner-recipes>

U.S. National Institutes of Health African American and Latino recipes
<https://www.nhlbi.nih.gov/health/healthdisp/recipes.htm>

Recipe booklets from Caribbean, China, South Asia and Latin America
<https://www.unlockfood.ca/en/Articles/Diabetes/Diabetes-Recipe-Booklets.aspx>