# **Dinner Recipes**

### Legume entres

Canada





## SPAGHETTI SQYASH MARINARA

6 Servings

j 🐻

Prep time: 10 minutes Cook time: 45 minutes

Kids will love this fun and healthy substitute for pasta that's served with a simple tomato sauce flavoured with garlic and basil.

#### Ingredients

- 1 spaghetti squash
- 2 tbsp olive oil
- ¼ tsp salt
- ¼ tsp pepper
- Tomato Sauce
- 2 tbsp olive oil
- 1/3 cup onion, finely chopped
- 2 cloves garlic, minced
- 2 tbsp tomato paste
- 2½ cups tomato sauce
- ¼ tsp each salt and pepper
- 6 basil leaves, torn
- ¼ cup parmesan cheese, grated
- 2 tbsp fresh parsley, chopped



#### Instructions

- Preheat oven to 400°F (200°C). Line baking sheet with parchment. Halve squash lengthwise and scrape out seeds. Drizzle cut sides with olive oil and season with salt and pepper. Place cut side down on prepared baking sheet and bake for 45 minutes or until tender.
- Using a fork, scrape out strands of spaghetti squash; squeeze gently to remove excess liquid. Transfer to serving platter.

#### Tomato Sauce:

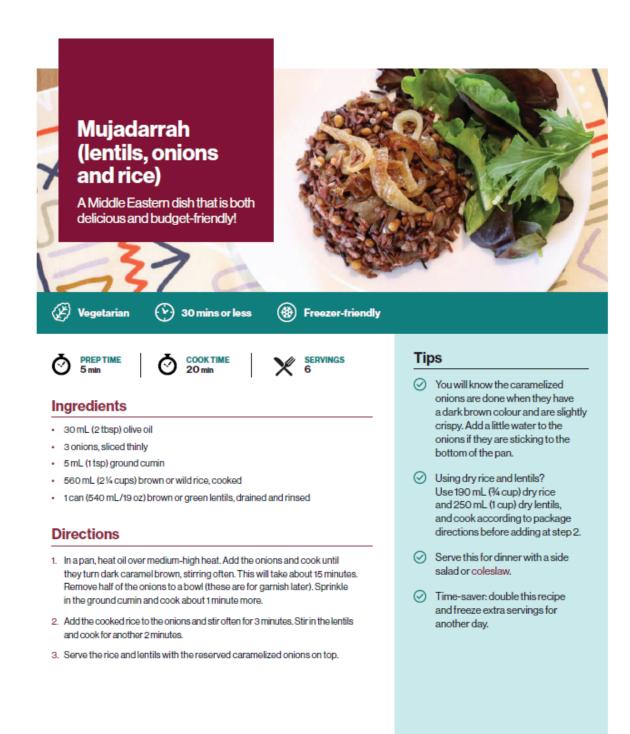
- Meanwhile, in skillet, heat oil over medium heat; cook onion and garlic for 5 minutes or until tender. Stir in tomato paste; cook for 1 minute. Stir in tomato sauce, salt and pepper; bring to simmer. Simmer for 20 minutes or until slightly thickened. Stir in basil.
- Spoon tomato sauce over spaghetti squash. Top with parmesan and parsley.

#### TIPS FOR QUICK PREP



In a pinch for time? Try cooking the squash in a glass dish in the microwave for about 20 minutes. This

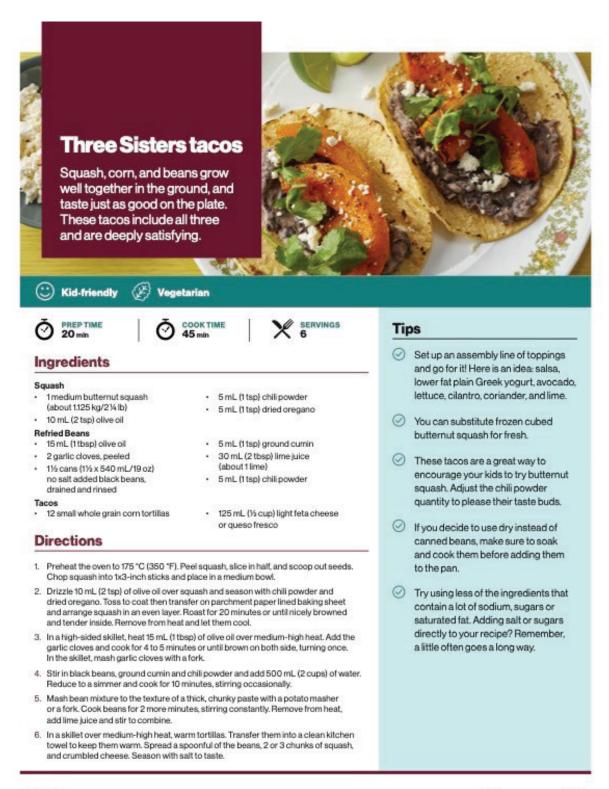
method is faster than the oven and tastes just as great!





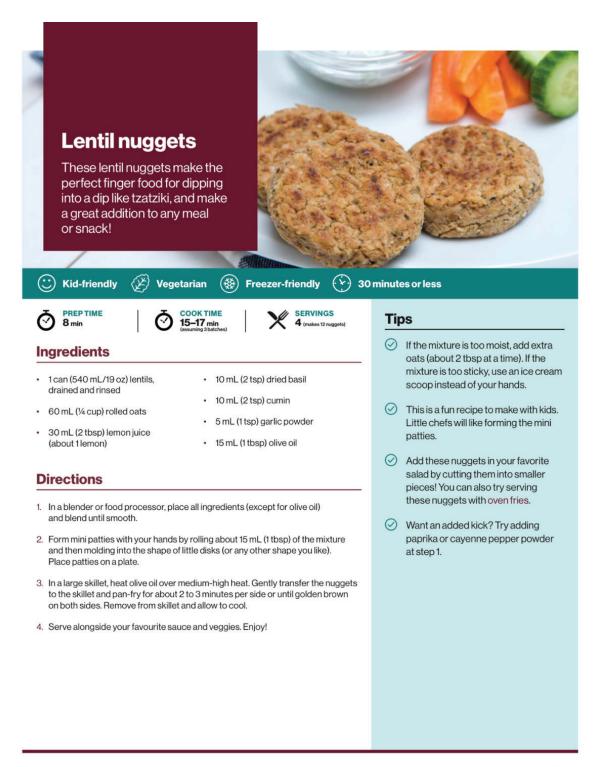
h Santé da Canada







Health Santé Canada Canada



Health Canada

Santé a Canada



Recipe developed by the Food Innovation and Research Studio at George Brown College for the Guelph Family Health Study's cookbook and Health Canada.



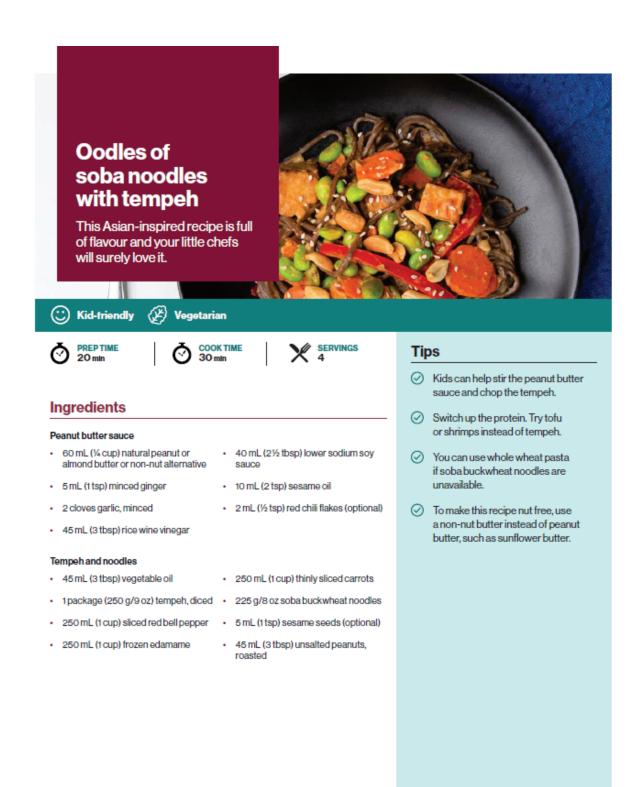
h Santé da Canada

## Soy Entres

| Baked Tofu Prep Time: 5 minu                                     | tes   Cook time: 20 minutes   Servings: 4   |
|--|---|
| Ingredients:   | Directions:   |
| 1 package of firm or extra firm tofu (350g)                      | 1. Preheat oven to 425°F or 220°C.  |
| 1 tablespoon of olive oil  | 2. Cut tofu into small cubes. Pat dry with  |
| 2 tablespoons of low-salt soy sauce                              | paper towel to remove any excess liquid before cutting.   |
| <b>Optional:</b> add ½ teaspoon of hot sauce for a spicy version | <ol> <li>In a bowl, mix together all ingredients.<br/>Allow tofu to marinate tofu for 15<br/>minutes, or overnight.</li> <li>Bake tofu for 10 minutes. Flip and bake<br/>for another 10 minutes.</li> </ol> |

| Tofu Masala Curry  | Prep Time: 10 minutes   Cook time: 10 minutes   Servings: 6   |
|--|---|
| Ingredients:   | Directions:   |
| <ul> <li>1 tablespoon of olive oil</li> <li>1 onion, chopped</li> <li>8 cloves of garlic, minced</li> <li>2 tablespoons of minced ginger</li> <li>2 teaspoons of cumin</li> <li>2 teaspoons of paprika</li> <li>2 teaspoons of chili powder</li> <li>1 teaspoons of turmeric</li> <li>2 teaspoons of Garam masala</li> <li>2 teaspoons of coriander</li> <li>1 can (28oz, 796mL) diced tomatoes</li> <li>1 cup water</li> <li>1/3 cup coconut milk</li> <li>1 package (14 oz, 400g) extra firm to</li> </ul> | <ol> <li>In a large pot, heat olive oil and add<br/>onion. Cook for 2 minutes, until<br/>translucent.</li> <li>Stir in minced garlic and ginger, chili<br/>powder, garam masala, coriander,<br/>turmeric.</li> <li>Pour in tomatoes, water, and coconut<br/>milk. Bring to simmer and cook for 20<br/>minutes to thicken.</li> <li>Blend sauce until smooth. Add tofu<br/>and stir so it is coated. Simmer for<br/>another 5 minutes.</li> <li>Serve with whole grain rice or pasta<br/>and vegetables</li> </ol> |





Health Santé Canada Canada



## **Chicken Entres**

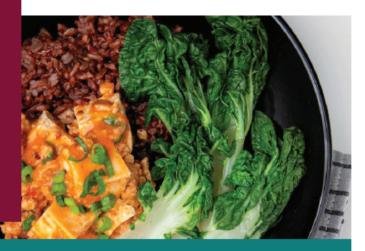
| In an all and an  |   |
|---|---|
| <ul> <li>1 whole chicken</li> <li>1 large yellow onion, diced</li> <li>3 large carrots, peeled and diced</li> <li>3 celery stalks, diced</li> <li>6 tablespoons of olive oil</li> <li>2 teaspoons of sea salt</li> <li>2 teaspoons of pepper</li> <li>1 bunch of thyme</li> <li>1 bunch of rosemary</li> <li>1 lemon, cut in half</li> <li>4 cloves of garlic</li> </ul> Optional: 2 teaspoons of paprika | <ol> <li>Directions:</li> <li>Preheat oven to 425°F or 220°C.</li> <li>Place onion, celery and carrots into large roasting pan.</li> <li>Add 3 tablespoons of olive oil, ½ teaspoon of sea salt,<br/>½ teaspoon of pepper, and half a bunch of thyme and<br/>rosemary to vegetables. Mix to coat all vegetables.</li> <li>Use ½ teaspoon of salt and ½ teaspoon of pepper inside the<br/>chicken.</li> <li>Place the lemon and garlic cloves, and remaining thyme and<br/>rosemary inside the chicken.</li> <li>Use 3 tablespoons of olive oil to coat the chicken. Spread<br/>evenly as possible. Sprinkle 1 teaspoon of salt and 1<br/>teaspoon of pepper outside to coat the chicken.</li> <li>Place the chicken inside the oven. Roast for 90 minutes<br/>total. Check at 75 minutes. The chicken is fully cooked when<br/>the juices run clear. If you have a cooking thermometer, the<br/>temperature of the chicken should be 180°F.</li> <li>Remove roasting pan from the oven, cover with aluminum<br/>foil, and let chicken rest for 20 minutes before serving</li> </ol> |

| Flax Baked Chicken   | Prep Time: 10 minutes   Cook time: 15 minutes   Servings: 2  |
|--|--|
| Ingredients:   | Directions:  |
| <ul> <li>2 tablespoons of brown rice flour</li> <li>1 tablespoon of ground flaxseed</li> <li>1 teaspoon of garlic powder</li> <li>½ teaspoon of sea salt</li> <li>2 boneless, skinless chicken</li> <li>breasts</li> <li>3 tablespoons of olive oil</li> </ul> | <ol> <li>Preheat oven to 450°F or 230°C</li> <li>In a small bowl, combine brown rice flour, flaxseed, garlic powder and sea salt.</li> <li>Slice the chicken into strips. Dip each strip into a bowl with olive oil to coat on all sides.</li> <li>Dip the pieces into the flour mixture to coat evenly.</li> <li>Place the chicken on a baking sheet and bake for 12 to 15 minutes (depending on thickness).</li> </ol> |
| <b>Optional:</b> you can add other<br>spices like turmeric, rosemary,<br>basil, parsley, paprika, pepper   |  |
|  |  |

| Bruschetta Chicken         Prep Time: 10 minutes   Cook time: 30 minutes   Servings: 1   |   |
|--|---|
| Ingredients:<br>1 chicken breast<br>1 tomato, diced<br>2 tablespoons of red onion, finely<br>diced<br>1 garlic clove, minced<br>1 tablespoon of basil leaves, finely<br>chopped<br>1 tablespoon of olive oil<br>1 tablespoon of balsamic vinegar | <ul> <li>Directions:</li> <li>1. Add salt and pepper to chicken. Bake chicken in the oven at 375°F for approximately 30 minutes. You can use a meat thermometer to check if it is fully cooked.</li> <li>2. In a small bowl, combine all other ingredients.</li> <li>3. Pour the mixture over the cooked chicken.</li> <li>Option: top with feta cheese or shredded mozzarella before serving.</li> </ul> |
| Salt and pepper  |   |

## Mapo tofu with chicken

This meal offers a tasty mix of ground chicken and tofu with Chinese-inspired flavours. It is a great option to introduce tofu to your kids' palettes.



🙂 Kid-friendly



#### Ingredients

- 45 mL (3 tbsp) sesame oil
- 5 mL (1 tsp) chili flakes
- 454 g (1 lb) ground chicken
- 15 mL (1 tbsp) chopped ginger
- 15 mL (1 tbsp) chopped garlic
- 15 mL (1 tbsp) tomato paste
- 45 mL (3 tbsp) lower sodium soy sauce

 500 mL (2 cups) lower sodium vegetable broth

SERVINGS

6

- 15 mL (1 tbsp) cornstarch
- 60 mL (¼ cup) water
- 1 package (400 g/14 oz) medium-firm tofu, cubed
- 60 mL (¼ cup) sliced green onion

#### Tips

- Serve over brown or wild rice, in whole wheat tortillas, or in lettuce wraps.
- Littles chefs can help plan recipes by checking the fridge and cupboards for ingredients.
- Steam bok choy or other vegetables while the sauce is simmering to make it a complete meal.
- Switch up the protein. Ask your kids to help you choose between chicken, beef or pork.

#### Directions

 In a large pan, heat sesame oil over medium heat. Add red chili flakes and toast for a few seconds.

COOK TIME

20 min

- Add ground chicken to the pan and cook until browned. Stir in ginger and garlic and cook for an additional 2 to 3 minutes.
- 3. Mix in tomato paste, soy sauce, and vegetable broth. Let simmer to reduce by half.
- In a small bowl, mix together cornstarch and water. Stir into the sauce and simmer on low heat for 2 minutes. The sauce will slightly thicken.
- Gently stir in tofu and green onions. Cook for 5 minutes until the tofu has just warmed through.

Recipe developed by the Food Innovation and Research Studio at George Brown College for the Guelph Family Health Study's cookbook and Health Canada.

Health Canada

Santé la Canada



### **Fish Entres**

### Zero-Waste Recipes

# MAPLE MUSTARD BAKED FISH SHEET PAN DINNER

4 Servings



Prep Time: 10 minutes Cook Time: 15 minutes

Busy night? This one pan dinner only requires 10 minutes of prep, but you won't believe it when you taste the final product!

#### Ingredients

| 4 tbsp. | (60 mL)  | Olive oil   |
|---------|----------|---|
| 4 tbsp. | (60 mL)  | Dijon mustard                                     |
| 6 tbsp. | (90 mL)  | Maple syrup                                       |
| 2       |          | Lemons, zested and juiced                         |
| 2 tsp.  | (10 mL)  | Garlic powder                                     |
| ⅓ tsp.  | (2 mL)   | Salt  |
| ⅓ tsp.  | (1 mL)   | Black pepper                                      |
| 4       | (560 g)  | Salmon, trout, or cod fillets                     |
| 3 cups  | (750 mL) | Asparagus (1 bunch) or snap peas,<br>ends trimmed |
| 1 cup   | (250 mL) | Brown rice  |

| Nutrition Facts<br>Valeur nutritive<br>Per 1/4 Recipe (278 g)<br>pour 1/4 Recette (278 g)                                   |                                 |
|---|---------------------------------|
| Calories 550  | %Dely Velue*<br>eur guobdienne* |
| Fat / Lipides 24 g  | 32.96                           |
| Saturated / saturés 4 g<br>+ Trans / trans 0 g  | 20 %                            |
| Carbohydrate / Gluoides 64  | 9                               |
| Fibre / Fibres 4 g  | 14.96                           |
| Sugars / Sucres 22 g  | 22 %                            |
| Protein / Protéines 21 g  |                                 |
| Cholecterol / Cholecterol 45  | mg                              |
| 8odium 470 mg   | 20 %                            |
| Potassium 650 mg  | 14.96                           |
| Calcium 75 mg   | 6 %                             |
| Iron / Fer 1.75 mg  | 10.96                           |
| <sup>4</sup> 5% or less is a little, 15% or more is a lot<br><sup>4</sup> 5% ou moins cleat peu, 15% ou plus cleat beaucoup |                                 |

#### Instructions

- Preheat oven to 400°F and line a large baking tray with parchment paper. In a large bowl, combine the oil, mustard, maple syrup, lemon juice, lemon zest, garlic powder, salt and pepper. Whisk until well combined.
- Toss in the green vegetable and fish fillets into the bowl. Carefully coat with the vinaigrette. Arrange the vegetables and salmon onto the baking tray. Bake for 15 minutes, or until the vegetables are tender and the salmon flakes easily using a fork.
- Meanwhile, prepare the rice per package instructions. Once cooked, serve alongside the roasted fish and green vegetables.

#### CHEF'S TIP

Recipe can be easily doubled — just use two baking sheets.

#### KIDS IN THE KITCHEN

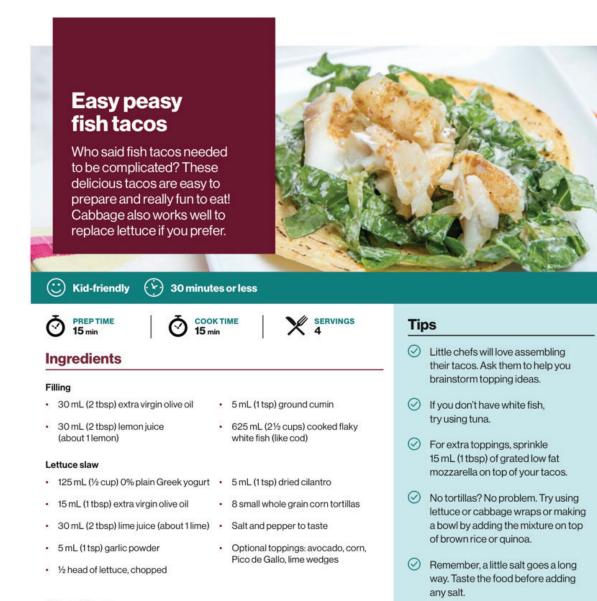


This recipe was a favourite among even our littlest taste testers! The green

vegetables are hard to resist coated in the maple-mustard sauce.



| One Pan Mediterranean Pesto<br>Trout  | Prep Time: 10 minutes   Cook time: 15 minutes   Servings: 4   |
|---|---|
| Ingredients:<br>2 Rainbow trout fillets<br>¼ cup of pesto (see the recipe in<br>snacks section)<br>1 bell paper sliced into strips<br>2 tomatoes quartered<br>¾ cup artichoke hearts<br>¼ cup pitted olives<br>2 tablespoons of olive oil | <ul> <li>Directions:</li> <li>1. Preheat oven to 450°F/230°C.</li> <li>2. Place trout on pan and top with a thick layer or pesto</li> <li>3. Toss vegetables with oil and add to the pan. Add olives.</li> <li>4. Bake for 15 minutes or until fish is cooked.</li> </ul> |



#### Directions

Health

Canada

Santé

- 1. In a medium bowl, whisk together 30 mL (2 tbsp) olive oil, lemon juice, and cumin.
- 2. Add cooked fish, flaking it apart and coating it in the dressing.
- Meanwhile, in a large bowl, whisk Greek yogurt, 15 mL (1 tbsp) olive oil, lime juice, garlic powder. Stir in lettuce and cilantro. Season with salt and pepper to taste.
- 4. Assemble tacos: Serve fish over tortillas with lettuce slaw and toppings of choice!

