



# Avocado and Grapefruit Winter Salad

**Recipe Provided By:** Avocados from Mexico

**Recipe Source:** Cookspiration.com

## Recipe Info

**Servings:** 2

## Ingredients

- 1 tbsp lime juice
- 1 tbsp sugar
- 1 tbsp water
- 2 tbsp rice vinegar
- 1 tbsp fish sauce or soy sauce
- 1 Thai chili pepper, cut into fine rings (or ½ tsp crushed hot pepper flakes)
- ½ nappa cabbage or Chinese cabbage (approx. 500 g/1.1 lb), thinly sliced
- ¼ cup fresh chopped cilantro
- 1 pink grapefruit
- 1 avocado from Mexico, cut into strips
- 1 oven-roasted chicken breast (approx. 400 g/0.9 lb)
- Fresh cilantro leaves to serve

## Instructions

### Step 1

Prepare the dressing by mixing the lime juice with the sugar, water, vinegar and fish sauce or soy sauce. Add the Thai chili pepper or hot pepper flakes.

### Step 2

Mix half of the dressing with the napa cabbage and chopped cilantro and set aside to marinate at room temperature. Save the rest of the dressing for the last step of the recipe.

### Step 3

Slice off both ends of the grapefruit and peel it down to the pulp (no white film), following the natural curve of the fruit. Slice the grapefruit into fairly narrow rings (approx. ¼ in/½ cm thickness), and cut each ring into quarters.

### Step 4

Divide the cabbage onto two large serving plates, and arrange the grapefruit and avocado pieces on each plate. Shred the chicken breast coarsely and distribute the pieces on the plates. Garnish with a few fresh cilantro leaves, drizzle the rest of the dressing, and serve.

### Step 5

**Chef's Tip:** To roast the chicken breast, place it on a lightly oiled baking dish. Cover with a sheet of parchment paper. Roast at 400°F for approximately 30 minutes (check doneness after 20 minutes).

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# Avocado, Roasted Squash and Black Bean Tacos

**Recipe Provided By:** Avocados from Mexico

**Recipe Source:** Cookspiration.com

## Recipe Info

**Servings:** 4

## Ingredients

- 1 butternut squash, approx. 1.3 kg/2.9 lb
- 2 tbsp olive oil
- ¼ tsp salt
- Fresh ground pepper
- 2 tsp sumac (or paprika)
- ½ tbsp olive oil
- 1 garlic clove, finely minced
- 1 can (540 ml) black beans, rinsed and drained
- 1 tsp ground cumin
- ½ tsp chili powder
- Salt
- 8 to 10 corn tortillas
- 1 avocado from Mexico, diced
- ½ cup feta cheese, crumbled
- Fresh cilantro, hot sauce and lime quarters, to serve

## Instructions

### Step 1

Preheat the oven to 425°F. Peel the squash and cut it in two. Remove the seeds and stringy fibres, and dice the squash.

### Step 2

Arrange the squash pieces on a baking sheet lined with parchment paper. Drizzle with olive oil, add salt and pepper, and sprinkle with sumac or paprika. Roast for 25 minutes.

### Step 3

In a small saucepan, sauté ½ tbsp olive oil and the minced garlic over low to medium heat. Add the black beans, ground cumin, chili powder, salt and ¼ cup of water. Bring to a boil. Cover and reduce heat to low. Simmer for approximately 5 minutes or until the beans are well heated and soft (but not dry).

### Step 4

In a hot pan, heat the tortillas for a few minutes, or microwave them for 20 seconds. Cover with a clean cloth to prevent them from drying out.

### Step 5

Top the tortillas with roasted squash, black beans, avocado and feta. Serve with fresh cilantro, hot sauce and lime quarters.

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# Bean-Stuffed Cabbage Rolls

**Recipe Provided By:** Canadian Diabetes Association

**Recipe Source:** Cookspiration.com

## Recipe Info

**Makes:** 16 cabbage rolls

**Serving Size:** 4 cabbage rolls

## Ingredients

- 1 small head cabbage
- 2 cups (500 mL) cooked black-eyed peas, mashed
- 1 cup (250 mL) cooked barley
- 1 cup (250 mL) finely chopped celery
- ½ cup (125 mL) finely chopped onion
- ½ tsp (2 mL) salt
- ½ tsp (2 mL) dried basil
- Pinch dried oregano
- Pinch dried thyme
- 2 drops hot pepper sauce
- 2 cups (500 mL) reduced-sodium tomato juice

## Instructions

### Step 1

Place cabbage in freezer overnight to wilt leaves.

### Step 2

Preheat oven to 350°F (180°C).

### Step 3

Carefully remove 16 cabbage leaves from frozen head, one at a time, cutting each from the core with a sharp knife. Trim the center rib on individual leaves to make the leaf the same thickness throughout, but do not remove the rib.

### Step 4

In a bowl, mash black-eyed peas and barley together. Stir in celery, onion, salt, basil, oregano, thyme and hot pepper sauce until well blended.

### Step 5

Place about ¼ cup (60 mL) pea mixture on the rib end of each cabbage leaf. Roll up and tuck in sides. Pack cabbage rolls tightly into casserole dish. Pour tomato juice over rolls.

### Step 6

Cover and bake in preheated oven for 1 hour or until sauce is bubbling and cabbage rolls are hot in the center.

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# Broccoli & Lentil Salad with Turmeric Yogurt Dressing

**Recipe Provided By:** Canadian Lentils

**Recipe Source:** Cookspiration.com

## Recipe Info

**Prep Time:** 10 Minutes

**Total Time:** 20 Minutes

**Servings:** 4-6

## Ingredients

¼ cup (60 mL) Greek yogurt,  
2% MF

¼ cup (60 mL) mayonnaise

2 tsp (10 mL) whole grain  
mustard

2 tsp (10 mL) honey

1 tsp (5 mL) white wine vinegar

¼ tsp (1 mL) ground turmeric

to taste, salt and pepper

## Salad

3 cups (750 mL) broccoli florets  
(approx. 1 head of broccoli)

1 cup (250 mL) halved cherry  
tomatoes

1 cup (250 mL) cooked green  
lentils

½ cup (125 mL) finely chopped  
red onion

½ cup (125 mL) sliced, toasted  
almonds (reserve some for  
garnish)

## Instructions

### Step 1

Whisk dressing ingredients together in a small bowl. Season with salt and pepper and reserve.

### Step 2

Combine salad ingredients together. Toss dressing with the salad, season with salt and pepper, and garnish with toasted almonds.

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# Egg, Tomato and Cheese Breakfast Pizzas

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

**Recipe Source:** Cookspiration.com

## Recipe Info

**Prep Time:** 8 minutes

**Cooking Time:** 5 minutes

**Servings:** 4

## Ingredients

4 whole wheat pita breads, about 7 inches (18 cm) diameter

1 cup (250 mL) shredded Mozzarella cheese

2 small tomatoes, thinly sliced

Pepper

4 large eggs

1/8 tsp (0.5 mL) dried basil

1/8 tsp (0.5 mL) salt

2 tsp (10 mL) butter

1 tbsp (15 mL) chopped fresh chives or green onions

## Instructions

### Step 1

Preheat oven to 400 °F (200 °C).

### Step 2

Place pita breads on a large baking sheet, overlapping slightly at edges, if necessary. Sprinkle evenly with half of the Mozzarella and top with sliced tomatoes. Sprinkle with pepper to taste. Bake for 3 minutes or until cheese is melted and tomatoes are hot.

### Step 3

Meanwhile, in a bowl, whisk together eggs, basil, salt and a pinch of pepper until frothy.

### Step 4

In a nonstick skillet, melt butter over medium heat. Reduce heat to medium-low and add egg mixture; cook, scrambling gently for about 1 minute or until just set.

### Step 5

Remove pitas from oven. Spoon egg mixture on top, dividing equally. Sprinkle with remaining Mozzarella and chives or green onions. Bake for about 2 minutes or until pitas are crisp around the edges and cheese is melted.

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# Hearty Beef Minestrone

**Recipe Provided By:** Canadian Diabetes Association

**Recipe Source:** Cookspiration.com

## Recipe Info

**Makes:** About 14 cups (3.5 L)

**Serving Size:** 1 cup (250 mL)

## Ingredients

1 lb (500 g) lean ground beef  
1 can (28 oz/796 mL) no-salt-added diced tomatoes  
1 cup (250 mL) chopped onion  
1 cup (250 mL) chopped celery  
1 cup (250 mL) chopped green bell pepper or zucchini  
1 cup (250 mL) shredded cabbage  
1 cup (250 mL) diced potatoes  
1 cup (250 mL) sliced carrots  
2 bay leaves  
1 tsp (5 mL) salt  
¼ tsp (1 mL) freshly ground black pepper  
1 tsp (5 mL) Worcestershire sauce  
1 can (14 oz/398 mL) red kidney beans, drained and rinsed  
½ cup (125 mL) elbow macaroni  
Freshly grated Parmesan cheese (optional)

## Instructions

### Step 1

In a deep, heavy pot, over medium-high heat, cook beef, breaking it up with the back of a spoon, for about 8 minutes or until no longer pink. Drain off fat.

### Step 2

Stir in tomatoes, onion, celery, green pepper, cabbage, potatoes, carrots, bay leaves, salt, pepper, 6 cups (1.5 L) water and Worcestershire sauce; bring to a boil. Reduce heat to low, cover and simmer for 1 hour. Stir in beans and macaroni; cover and simmer for 30 minutes or until vegetables are soft and pasta is tender.

### Step 3

Ladle into warmed bowls and sprinkle with Parmesan, if desired.

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# Indian Spiced Lentils

**Recipe Provided By:** Canadian Lentils

**Recipe Source:** Cookspiration.com

## Recipe Info

**Prep Time:** 10 Minutes

**Total Time:** 30 Minutes

**Servings:** 4

## Ingredients

- 2 Tbsp (30 mL) canola oil
- 1 tsp (5 mL) ground cumin
- 1 tsp (5 mL) ground coriander
- 1 tsp (5 mL) turmeric
- ½ tsp (2 mL) red chili flakes
- 1 cup (250 mL) finely chopped onion
- 1 celery stalk, finely chopped
- 2 garlic cloves, minced
- 1 Tbsp (15 mL) minced fresh ginger
- 1 cup (250 mL) green lentils
- 3 cups (750 mL) water, chicken, or vegetable stock
- 1 Tbsp (15 mL) fresh lemon juice
- to taste, salt and ground black pepper

## Instructions

### Step 1

Heat oil in a saucepan over medium-high heat. Add cumin, coriander, and turmeric and cook stirring constantly for about 15 seconds. Be careful not to burn spices.

### Step 2

Stir in chili flakes, onion, celery, garlic, and ginger. Cook over medium heat for about 4 minutes, until vegetables are soft.

### Step 3

Stir in lentils and cook for 30 seconds, coating them in the oil and spices. Pour in water or stock, cover, increase heat to high and bring to a boil. Reduce heat and simmer for about 20 minutes until lentils are tender. Stir in lemon juice and season with salt and pepper to taste.

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# Lemon Almond Sautéed Greens

**Recipe Provided By:** Canadian Diabetes Association

**Recipe Source:** Cookspiration.com

## Recipe Info

**Makes:** 4 servings

## Ingredients

1 tbsp (15 mL) vegetable oil

1 clove garlic, minced

6 cups (1.5 L) lightly packed chopped Swiss chard (or 8 cups/2 L trimmed spinach)

1 cup (250 mL) shredded cabbage

1 tsp (5 mL) grated lemon zest

¼ tsp (1 mL) salt

¼ tsp (1 mL) freshly ground black pepper

1½ tsp (7 mL) freshly squeezed lemon juice

2 tbsp (30 mL) sliced almonds, toasted

## Instructions

### Step 1

In a large, deep skillet or wok, heat oil over medium-high heat. Sauté garlic for 30 seconds or until fragrant. Add Swiss chard, cabbage, lemon zest, salt and pepper; sauté for about 2 minutes or until chard is slightly wilted.

### Step 2

Stir in 1 tbsp (15 mL) water, cover and boil, stirring occasionally, for about 2 minutes or until vegetables are just tender.

### Step 3

Stir in lemon juice and sauté, uncovered, for 1 to 2 minutes or until vegetables are tender and most of the water has evaporated. Serve sprinkled with almonds.

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# No-Bake Coconut & Banana Lentil Energy Bites

**Recipe Provided By:** Canadian Lentils

**Recipe Source:** [Cookspiration.com](http://Cookspiration.com)

## Recipe Info

**Prep Time:** 5 Minutes

**Total Time:** 25 Minutes

**Servings:** 25-30 bites

## Ingredients

1 cup (250 mL) coconut flakes, unsweetened

¼ cup (60 mL) sunflower seeds, unroasted, unsalted

½ tsp (2 mL) ground cinnamon

½ cup (125 mL) mashed ripe banana, approx. 1 whole

½ cup (125 mL) cooked green lentils

3 Tbsp (45 mL) honey

¼ cup (60 mL) mini chocolate chips, or chopped chocolate

1 Tbsp (15 mL) coconut oil, melted (not hot)

½ cup (125 mL) coconut flour

## Instructions

### Step 1

Place coconut flakes, sunflower seeds, cinnamon, banana, lentils, and honey into a food processor. Pulse until smooth, scrape down the sides and pulse again. Transfer to a bowl using a spatula.

### Step 2

Stir in chocolate chips and oil until fully incorporated. Stir in the coconut flour until fully combined.

### Step 3

Roll into bite-size balls, about 1 Tbsp (15 mL) in size. Cover and refrigerate or freeze for 5-10 minutes. The bites will become more solid and ready to eat. Store in an air tight container in the fridge to snack on during the week, or freeze until you are ready to nibble.

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# Pork, Apple and Cabbage Barley Casserole

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

**Recipe Source:** [Cookspiration.com](http://Cookspiration.com)

## Recipe Info

**Prep Time:** 15 to 20 minutes

**Cooking Time:** 50 minutes

**Servings:** 4

## Ingredients

2 cups (500 mL) reduced-sodium chicken broth

½ cup (125 mL) water, divided

1 cup (250 mL) pot or pearl barley

1 lb (500 g) pork tenderloin, trimmed

½ tsp (2 mL) salt, divided

½ tsp (2 mL) pepper, divided

1 tbsp (15 mL) butter, divided

4 cups (1 L) thinly sliced green cabbage

1 tsp (5 mL) dried dill weed

½ tsp (2 mL) caraway seeds (optional)

1 onion, thinly sliced

2 cooking apples, cut lengthwise into thin wedges

2 tbsp (30 mL) whole wheat flour

1 tbsp (15 mL) Dijon mustard

2 cups (500 mL) milk

## Instructions

1. Preheat oven to 375 °F (190 °C). Butter a 13 x 9-inch (33 x 23 cm) glass baking dish.
2. In a glass measuring cup in the microwave, or in a small saucepan, bring broth and ¼ cup (60 mL) water to a boil on high.
3. In prepared baking dish, combine barley and boiling broth mixture. Cover dish tightly with foil. Bake for 25 minutes, until barley is slightly softened.
4. Meanwhile, sprinkle pork all over with about ½ tsp (0.5 mL) each of the salt and pepper.
5. In a large skillet, melt half of the butter over medium-high heat. Add pork and cook, turning to brown all sides, for about 5 minutes total. Transfer to a plate and set aside.
6. Add sliced cabbage, dill, caraway seeds (if using) and half of the remaining salt and pepper to the skillet; sauté for about 5 minutes or until cabbage is wilted. Pour in remaining ¼ cup (60 mL) water. Remove from heat.
7. Remove baking dish from oven. Stir cabbage mixture into barley and spread out in dish; nestle pork in the centre of the dish. Cover again with foil and bake for 15 minutes.
8. While pork bakes, return skillet to medium heat; add remaining butter and swirl to coat pan. Add onion, apples and remaining salt and pepper; sauté for about 5 minutes or until onion is softened. Whisk flour and mustard into milk; gradually pour into skillet, stirring. Bring to a gentle boil, stirring often. Boil, stirring, for about 2 minutes or until sauce is thickened.
9. Uncover baking dish and pour sauce evenly over top. Bake, uncovered, for about 10 minutes or until a thermometer inserted in the thickest part of pork reads 160 °F (71 °C). Let rest for 5 to 10 minutes then slice pork across the grain and serve with barley and sauce.

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# Spiced Yogurt Chicken Tikka

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

**Recipe Source:** [Cookspiration.com](http://Cookspiration.com)

## Recipe Info

**Prep Time:** 20 minutes

**Cooking Time:** 25 minutes

**Servings:** 4

## Ingredients

- 1-½ cups (375 mL) plain yogurt, divided
- 3 tbsp (45 mL) tikka, tandoori or other mild curry paste
- 1 tsp (5 mL) grated lime zest
- 1 lb (500 g) boneless skinless chicken breast, cut into thin strips
- 1 tbsp (15 mL) butter
- 1 onion, thinly sliced
- 3 cloves garlic, minced
- ¼ tsp (1 mL) salt
- 1 sweet red pepper, chopped
- 2 cups (500 mL) no-salt-added canned diced tomatoes
- 2 tbsp (30 mL) cornstarch
- 1 cup (250 mL) frozen green peas, thawed, or chopped green beans
- ½ tsp (2 mL) ground cumin
- 2 tsp (10 mL) freshly squeezed lime juice
- 2 tbsp (30 mL) chopped fresh cilantro
- 2 cups (500 mL) hot cooked brown rice

## Instructions

### Step 1

In a bowl, combine ¾ cup (175 mL) of the yogurt, the tikka paste and lime zest; add chicken and stir to coat well. Let marinate at room temperature for 10 minutes or cover and refrigerate for up to 4 hours.

### Step 2

In a large skillet, melt butter over medium heat; sauté onion, garlic and salt for 3 minutes or until starting to soften. Add sweet red pepper and sauté for 3 minutes or until softened.

### Step 3

Stir in tomatoes and bring to a boil, stirring occasionally. Reduce heat and boil gently, stirring often, for about 3 minutes or until slightly thickened.

### Step 4

Sprinkle cornstarch over chicken mixture and stir to combine. Add to skillet with peas, stirring well. Simmer, stirring often, for about 10 minutes or until chicken is no longer pink inside and sauce is thickened.

### Step 5

Meanwhile, in a small bowl, whisk ground cumin, lime juice and cilantro into remaining ¾ cup (175 mL) yogurt. Serve chicken in sauce on rice, topped with yogurt.

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# Spicy Avocado Hummus

**Recipe Provided By:** Avocados from Mexico

**Recipe Source:** Cookspiration.com

## Recipe Info

**Servings:** 6-8

## Ingredients

- 1, 16 oz. can chickpeas (no added salt) – drained and rinsed
- 2 ripe avocados from Mexico – peeled, pitted and cut into eighths
- Juice of 2 limes
- ¼ cup tahini
- ¼ cup extra virgin olive oil
- 3 cloves garlic - peeled (more or less depending on taste)
- 1 jalapeño – stem and seeds removed
- ¼ medium red onion
- 5 - 10 dashes hot sauce (i.e. Tabasco or Frank's Red Hot Sauce)
- 1 ½ teaspoons red pepper flakes
- 1 ½ teaspoons cumin
- Pinch cayenne pepper
- Pinch salt and fresh pepper

## Instructions

### Step 1

Blend all ingredients but avocado and red onion in a food processor until well combined but still chunky. Add avocado and red onion and pulse until it becomes a chunky puree (you may have to scrap the sides a few times).

### Step 2

Transfer hummus to a bowl and cover with plastic wrap. Refrigerate for 1 hour before serving.

### Step 3

Serve with grilled 100% whole grain pitas (cut into 1/8ths) or tortilla chips.

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