

Dinner Recipes


Legume entres



Lentil bolognese

This hearty sauce is full of vegetables and protein. Serve over whole wheat pasta, roasted spaghetti squash, or spiralized vegetable noodles.

 Kid-friendly  Vegetarian  Freezer-friendly

 **PREP TIME**
15 min

 **COOK TIME**
30 min

 **SERVINGS**
8

Ingredients

- 15 mL (1 tbsp) vegetable oil
- 1 onion, chopped
- 125 mL (½ cup) small diced celery
- 125 mL (½ cup) shredded carrots
- 3 cloves garlic, minced
- 15 mL (1 tbsp) tomato paste
- 750 mL (3 cups) lower sodium vegetable broth
- 1 can (796 mL/28 oz) crushed tomatoes
- 5 mL (1 tsp) dried basil
- 5 mL (1 tsp) dried oregano
- 375 mL (1½ cups) kale or spinach, chopped
- 1 can (540 mL/19 oz) lentils, drained and rinsed
- 2 mL (½ tsp) salt
- 1 mL (¼ tsp) black pepper

Directions

1. In a large pot, heat oil over medium heat. Sauté onions and celery for 2 to 3 minutes, until softened.
2. Stir in carrot and garlic and cook for 2 to 3 minutes.
3. Mix in tomato paste and cook for 1 minute.
4. Mix in broth, crushed tomatoes, basil, oregano, kale, and lentils. Stir in salt and pepper.
5. Simmer on low heat for about 20 minutes, until the sauce thickens.

Tips

- ✓ Involve kids by having them help grate carrots, chop spinach, and rinse lentils.
- ✓ Bolognese sauce can be prepared with a combination of lentils and animal-based protein, such as ground turkey or lean ground beef. Adjust the ratio of plant- and animal-based protein to your family's liking.
- ✓ Freeze leftovers for a quick and easy lunch or dinner.

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



SPAGHETTI SQUASH MARINARA

6 Servings



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
⅓ 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

1. 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.
2. Using a fork, scrape out strands of spaghetti squash; squeeze gently to remove excess liquid. Transfer to serving platter.

Tomato Sauce:

3. 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.
4. 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!



Mujadarrah (lentils, onions and rice)

A Middle Eastern dish that is both
delicious and budget-friendly!



Vegetarian



30 mins or less



Freezer-friendly



PREP TIME
5 min



COOK TIME
20 min



SERVINGS
6

Ingredients

- 30 mL (2 tbsp) olive oil
- 3 onions, sliced thinly
- 5 mL (1 tsp) ground cumin
- 560 mL (2 ¼ cups) brown or wild rice, cooked
- 1 can (540 mL/19 oz) brown or green lentils, drained and rinsed

Directions

1. In a pan, heat oil over medium-high heat. Add the onions and cook until they turn dark caramel brown, stirring often. This will take about 15 minutes. Remove half of the onions to a bowl (these are for garnish later). Sprinkle in the ground cumin and cook about 1 minute more.
2. Add the cooked rice to the onions and stir often for 3 minutes. Stir in the lentils and cook for another 2 minutes.
3. Serve the rice and lentils with the reserved caramelized onions on top.

Tips

- ✓ You will know the caramelized onions are done when they have a dark brown colour and are slightly crispy. Add a little water to the onions if they are sticking to the bottom of the pan.
- ✓ Using dry rice and lentils? Use 190 mL (¾ cup) dry rice and 250 mL (1 cup) dry lentils, and cook according to package directions before adding at step 2.
- ✓ Serve this for dinner with a side salad or coleslaw.
- ✓ Time-saver: double this recipe and freeze extra servings for another day.



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Three Sisters tacos

Squash, corn, and beans grow well together in the ground, and taste just as good on the plate. These tacos include all three and are deeply satisfying.



Kid-friendly



Vegetarian



PREP TIME
20 min



COOK TIME
45 min



SERVINGS
6

Ingredients

Squash

- 1 medium butternut squash (about 1.125 kg/2 1/4 lb)
- 10 mL (2 tsp) olive oil
- 5 mL (1 tsp) chili powder
- 5 mL (1 tsp) dried oregano

Refried Beans

- 15 mL (1 tbsp) olive oil
- 2 garlic cloves, peeled
- 1 1/2 cans (1 1/2 x 540 mL/19 oz) no salt added black beans, drained and rinsed
- 5 mL (1 tsp) ground cumin
- 30 mL (2 tbsp) lime juice (about 1 lime)
- 5 mL (1 tsp) chili powder

Tacos

- 12 small whole grain corn tortillas
- 125 mL (1/2 cup) light feta cheese or queso fresco

Directions

1. Preheat the oven to 175 °C (350 °F). Peel squash, slice in half, and scoop out seeds. Chop squash into 1x3-inch sticks and place in a medium bowl.
2. Drizzle 10 mL (2 tsp) of olive oil over squash and season with chili powder and dried oregano. Toss to coat then transfer on parchment paper lined baking sheet and arrange squash in an even layer. Roast for 20 minutes or until nicely browned and tender inside. Remove from heat and let them cool.
3. In a high-sided skillet, heat 15 mL (1 tbsp) of olive oil over medium-high heat. Add the garlic cloves and cook for 4 to 5 minutes or until brown on both side, turning once. In the skillet, mash garlic cloves with a fork.
4. Stir in black beans, ground cumin and chili powder and add 500 mL (2 cups) of water. Reduce to a simmer and cook for 10 minutes, stirring occasionally.
5. Mash bean mixture to the texture of a thick, chunky paste with a potato masher or a fork. Cook beans for 2 more minutes, stirring constantly. Remove from heat, add lime juice and stir to combine.
6. In a skillet over medium-high heat, warm tortillas. Transfer them into a clean kitchen towel to keep them warm. Spread a spoonful of the beans, 2 or 3 chunks of squash, and crumbled cheese. Season with salt to taste.

Tips

- ✓ Set up an assembly line of toppings and go for it! Here is an idea: salsa, lower fat plain Greek yogurt, avocado, lettuce, cilantro, coriander, and lime.
- ✓ You can substitute frozen cubed butternut squash for fresh.
- ✓ These tacos are a great way to encourage your kids to try butternut squash. Adjust the chili powder quantity to please their taste buds.
- ✓ If you decide to use dry instead of canned beans, make sure to soak and cook them before adding them to the pan.
- ✓ Try using less of the ingredients that contain a lot of sodium, sugars or saturated fat. Adding salt or sugars directly to your recipe? Remember, a little often goes a long way.



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Lentil nuggets

These lentil nuggets make the perfect finger food for dipping into a dip like tzatziki, and make a great addition to any meal or snack!



Kid-friendly



Vegetarian



Freezer-friendly



30 minutes or less



PREP TIME
8 min



COOK TIME
15–17 min
(assuming 3 batches)



SERVINGS
4 (makes 12 nuggets)

Ingredients

- 1 can (540 mL/19 oz) lentils, drained and rinsed
- 60 mL (¼ cup) rolled oats
- 30 mL (2 tbsp) lemon juice (about 1 lemon)
- 10 mL (2 tsp) dried basil
- 10 mL (2 tsp) cumin
- 5 mL (1 tsp) garlic powder
- 15 mL (1 tbsp) olive oil

Directions

1. In a blender or food processor, place all ingredients (except for olive oil) and blend until smooth.
2. Form mini patties with your hands by rolling about 15 mL (1 tbsp) of the mixture and then molding into the shape of little disks (or any other shape you like). Place patties on a plate.
3. In a large skillet, heat olive oil over medium-high heat. Gently transfer the nuggets to the skillet and pan-fry for about 2 to 3 minutes per side or until golden brown on both sides. Remove from skillet and allow to cool.
4. Serve alongside your favourite sauce and veggies. Enjoy!

Tips

- ✓ If the mixture is too moist, add extra oats (about 2 tbsp at a time). If the mixture is too sticky, use an ice cream scoop instead of your hands.
- ✓ This is a fun recipe to make with kids. Little chefs will like forming the mini patties.
- ✓ Add these nuggets in your favorite salad by cutting them into smaller pieces! You can also try serving these nuggets with *oven fries*.
- ✓ Want an added kick? Try adding paprika or cayenne pepper powder at step 1.



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Beef and bean burger

This burger uses beans and beef to give you the best of both worlds! Serve with a salad to add crunch and colour.



Kid-friendly



Freezer-friendly



PREP TIME
20 min



COOK TIME
15 min



SERVINGS
8

Ingredients

- 1 can (540 mL/19 oz) low sodium black beans, drained and rinsed
- 125 mL (½ cup) finely chopped onion
- 3 cloves garlic, minced
- 30 mL (2 tbsp) Dijon mustard
- 5 mL (1 tsp) ground cumin
- 7 mL (½ tbsp) paprika
- 2 mL (½ tsp) salt
- 1 mL (¼ tsp) black pepper
- 1 egg
- 454 g (1 lb) extra lean ground beef

Directions

1. Preheat the oven to 200 °C (400 °F) and line a baking sheet with aluminum foil.
2. In a large bowl, mash black beans with a fork or a potato masher.
3. To the same bowl, mix in onion, garlic, mustard, cumin, paprika, salt, pepper, and egg.
4. Add ground beef and mix thoroughly. Firmly form into 8 burger patties and place onto the baking sheet.
5. Bake for 15 to 17 minutes. Use a digital food thermometer to check that the burgers have reached an internal temperature of 74 °C (165 °F).

Tips

- ✓ Create a "make your own burger" bar and have your kids add their own toppings.
- ✓ The burger patties will keep their form better because the beans are mashed.
- ✓ Half the size of the burger to make mini sliders and serve as an appetizer.
- ✓ Tightly wrap and freeze leftover burger patties for up to 4 months.

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



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Soy Entres

Baked Tofu		Prep Time: 5 minutes Cook time: 20 minutes Servings: 4
Ingredients: 1 package of firm or extra firm tofu (350g) 1 tablespoon of olive oil 2 tablespoons of low-salt soy sauce Optional: add ½ teaspoon of hot sauce for a spicy version	Directions: 1. Preheat oven to 425°F or 220°C. 2. Cut tofu into small cubes. Pat dry with paper towel to remove any excess liquid before cutting. 3. In a bowl, mix together all ingredients. Allow tofu to marinate for 15 minutes, or overnight. 4. Bake tofu for 10 minutes. Flip and bake for another 10 minutes.	

Tofu Masala Curry		Prep Time: 10 minutes Cook time: 10 minutes Servings: 6
Ingredients: 1 tablespoon of olive oil 1 onion, chopped 8 cloves of garlic, minced 2 tablespoons of minced ginger 2 teaspoons of cumin 2 teaspoons of paprika 2 teaspoons of chili powder 1 teaspoons of turmeric 2 teaspoons of Garam masala 2 teaspoons of coriander 1 can (28oz, 796mL) diced tomatoes 1 cup water 1/3 cup coconut milk 1 package (14 oz, 400g) extra firm tofu, diced	Directions: 1. In a large pot, heat olive oil and add onion. Cook for 2 minutes, until translucent. 2. Stir in minced garlic and ginger, chili powder, garam masala, coriander, turmeric. 3. Pour in tomatoes, water, and coconut milk. Bring to simmer and cook for 20 minutes to thicken. 4. Blend sauce until smooth. Add tofu and stir so it is coated. Simmer for another 5 minutes. 5. Serve with whole grain rice or pasta and vegetables	



Ooodles of soba noodles with tempeh

This Asian-inspired recipe is full of flavour and your little chefs will surely love it.



Kid-friendly



Vegetarian



PREP TIME
20 min



COOK TIME
30 min



SERVINGS
4

Ingredients

Peanut butter sauce

- 60 mL (¼ cup) natural peanut or almond butter or non-nut alternative
- 40 mL (2½ tbsp) lower sodium soy sauce
- 5 mL (1 tsp) minced ginger
- 10 mL (2 tsp) sesame oil
- 2 cloves garlic, minced
- 2 mL (½ tsp) red chili flakes (optional)
- 45 mL (3 tbsp) rice wine vinegar

Tempeh and noodles

- 45 mL (3 tbsp) vegetable oil
- 250 mL (1 cup) thinly sliced carrots
- 1 package (250 g/9 oz) tempeh, diced
- 225 g/8 oz soba buckwheat noodles
- 250 mL (1 cup) sliced red bell pepper
- 5 mL (1 tsp) sesame seeds (optional)
- 250 mL (1 cup) frozen edamame
- 45 mL (3 tbsp) unsalted peanuts, roasted

Tips

- ✓ Kids can help stir the peanut butter sauce and chop the tempeh.
- ✓ Switch up the protein. Try tofu or shrimps instead of tempeh.
- ✓ You can use whole wheat pasta if soba buckwheat noodles are unavailable.
- ✓ To make this recipe nut free, use a non-nut butter instead of peanut butter, such as sunflower butter.



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Chicken Entres

Simple Roast Chicken		Prep Time: 30 minutes Cook time: 90 minutes Servings: 4
<p>Ingredients:</p> <ul style="list-style-type: none">1 whole chicken1 large yellow onion, diced3 large carrots, peeled and diced3 celery stalks, diced6 tablespoons of olive oil2 teaspoons of sea salt2 teaspoons of pepper1 bunch of thyme1 bunch of rosemary1 lemon, cut in half4 cloves of garlic <p>Optional: 2 teaspoons of paprika</p>	<p>Directions:</p> <ol style="list-style-type: none">1. Preheat oven to 425°F or 220°C.2. Place onion, celery and carrots into large roasting pan.3. Add 3 tablespoons of olive oil, ½ teaspoon of sea salt, ½ teaspoon of pepper, and half a bunch of thyme and rosemary to vegetables. Mix to coat all vegetables.4. Use ½ teaspoon of salt and ½ teaspoon of pepper inside the chicken.5. Place the lemon and garlic cloves, and remaining thyme and rosemary inside the chicken.6. Use 3 tablespoons of olive oil to coat the chicken. Spread evenly as possible. Sprinkle 1 teaspoon of salt and 1 teaspoon of pepper outside to coat the chicken.7. Place the chicken inside the oven. Roast for 90 minutes total. Check at 75 minutes. The chicken is fully cooked when the juices run clear. If you have a cooking thermometer, the temperature of the chicken should be 180°F.8. Remove roasting pan from the oven, cover with aluminum foil, and let chicken rest for 20 minutes before serving	

Flax Baked Chicken		Prep Time: 10 minutes Cook time: 15 minutes Servings: 2
<p>Ingredients:</p> <ul style="list-style-type: none">2 tablespoons of brown rice flour1 tablespoon of ground flaxseed1 teaspoon of garlic powder½ teaspoon of sea salt2 boneless, skinless chicken breasts3 tablespoons of olive oil <p>Optional: you can add other spices like turmeric, rosemary, basil, parsley, paprika, pepper</p>	<p>Directions:</p> <ol style="list-style-type: none">1. Preheat oven to 450°F or 230°C2. In a small bowl, combine brown rice flour, flaxseed, garlic powder and sea salt.3. Slice the chicken into strips. Dip each strip into a bowl with olive oil to coat on all sides.4. Dip the pieces into the flour mixture to coat evenly.5. Place the chicken on a baking sheet and bake for 12 to 15 minutes (depending on thickness).	

Bruschetta Chicken

Prep Time: 10 minutes | Cook time: 30 minutes | Servings: 1

Ingredients:

1 chicken breast
1 tomato, diced
2 tablespoons of red onion, finely diced
1 garlic clove, minced
1 tablespoon of basil leaves, finely chopped
1 tablespoon of olive oil
1 tablespoon of balsamic vinegar
Salt and pepper

Directions:


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.
2. In a small bowl, combine all other ingredients.
3. Pour the mixture over the cooked chicken.


Option: top with feta cheese or shredded mozzarella before serving.

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

 **PREP TIME**
15 min

 **COOK TIME**
20 min

 **SERVINGS**
6

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
- 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

Directions

1. In a large pan, heat sesame oil over medium heat. Add red chili flakes and toast for a few seconds.
2. 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.
4. 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.
5. 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.

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.



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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
½ tsp. (2 mL)	Salt
¼ tsp. (1 mL)	Black pepper
4 (-560 g)	Salmon, trout, or cod fillets
3 cups (750 mL)	Asparagus (1 bunch) or snap peas, ends trimmed
1 cup (250 mL)	Brown rice

Instructions

1. 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.
2. 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.
3. Meanwhile, prepare the rice per package instructions. Once cooked, serve alongside the roasted fish and green vegetables.

Nutrition Facts	
Valeur nutritive	
Per 1/4 Recipe (278 g)	
pour 1/4 Recette (278 g)	
Calories 550	%Daily Value*
Fat / Lipides 24 g	32 %
Saturated / saturés 4 g	20 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 64 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 21 g	
Cholesterol / Cholestérol 45 mg	
Sodium 470 mg	20 %
Potassium 650 mg	14 %
Calcium 75 mg	6 %
Iron / Fer 1.75 mg	10 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	



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.



Research & Innovation

Food Innovation & Research Studio

One Pan Mediterranean Pesto Trout **Prep Time: 10 minutes | Cook time: 15 minutes | Servings: 4**

Ingredients:

2 Rainbow trout fillets
¼ cup of pesto (see the recipe in snacks section)
1 bell pepper sliced into strips
2 tomatoes quartered
¾ cup artichoke hearts
¼ cup pitted olives
2 tablespoons of olive oil

Directions:

1. Preheat oven to 450°F/230°C.
2. Place trout on pan and top with a thick layer of pesto
3. Toss vegetables with oil and add to the pan. Add olives.
4. Bake for 15 minutes or until fish is cooked.

Easy peasy fish tacos

Who said fish tacos needed to be complicated? These delicious tacos are easy to prepare and really fun to eat! Cabbage also works well to replace lettuce if you prefer.



Kid-friendly



30 minutes or less



PREP TIME
15 min



COOK TIME
15 min



SERVINGS
4

Ingredients

Filling

- 30 mL (2 tbsp) extra virgin olive oil
- 5 mL (1 tsp) ground cumin
- 30 mL (2 tbsp) lemon juice (about 1 lemon)
- 625 mL (2½ cups) cooked flaky white fish (like cod)

Lettuce slaw

- 125 mL (½ cup) 0% plain Greek yogurt
- 5 mL (1 tsp) dried cilantro
- 15 mL (1 tbsp) extra virgin olive oil
- 8 small whole grain corn tortillas
- 30 mL (2 tbsp) lime juice (about 1 lime)
- Salt and pepper to taste
- 5 mL (1 tsp) garlic powder
- Optional toppings: avocado, corn, Pico de Gallo, lime wedges
- ½ head of lettuce, chopped

Directions

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.
3. 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!

Tips

- ✓ Little chefs will love assembling their tacos. Ask them to help you brainstorm topping ideas.
- ✓ If you don't have white fish, try using tuna.
- ✓ For extra toppings, sprinkle 15 mL (1 tbsp) of grated low fat mozzarella on top of your tacos.
- ✓ No tortillas? No problem. Try using lettuce or cabbage wraps or making a bowl by adding the mixture on top of brown rice or quinoa.
- ✓ Remember, a little salt goes a long way. Taste the food before adding any salt.



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