

**Indigenous-inspired recipes:**

Trout with roasted vegetables and low bush cranberry relish <https://food-guide.canada.ca/en/recipes/trout-roasted-vegetables-low-bush-cranberry-relish/>

Smoked fish and corn soup <https://food-guide.canada.ca/en/recipes/smoked-fish-white-hominy-corn-soup/>

Moose stew <https://food-guide.canada.ca/en/recipes/moose-stew/>

Three sisters soup <https://food-guide.canada.ca/en/recipes/corn-bean-squash-soup-three-sister-s-soup/>

Fried wild rice <https://food-guide.canada.ca/en/recipes/fried-wild-rice/>

Blueberry Bannock: <https://www.diabetes.ca/managing-my-diabetes/recipes/blueberry-bannock>

Summer Succotash With Black Bean Purée: <https://health.clevelandclinic.org/recipe-summer-succotash-with-black-bean-puree/>

North-East Asian-inspired recipes

Mapo tofu with Chicken: <https://food-guide.canada.ca/en/recipes/mapo-tofu-chicken/>

Spiced tofu with leeks and cabbage:

<https://thewomensalzheimersmovement.org/spiced-tofu-with-leeks-and-cabbage-recipe-from-the-vegetarian-chinese-soul-food-cookbook/>

Ginger scallion pea shoots: <https://thewomensalzheimersmovement.org/ginger-scallion-pea-shoots-recipe-from-the-vegetarian-chinese-soul-food-cookbook/>

Hokkien noodles with mushrooms:

<https://www.heartfoundation.org.au/Recipes/Hokkien-noodles-with-mushroom-and-cashews>

5 spice pork: <https://www.mayoclinic.org/healthy-lifestyle/recipes/pork-medallions-with-fivespice-powder/rcp-20049868>

Soba noodles with tempeh: <https://food-guide.canada.ca/en/recipes/oodles-soba-noodles-tempeh/>

Salmon Rice Bowl: <https://www.eatingwell.com/recipe/7960938/salmon-rice-bowl/>

Miso soup: <https://thewomensalzheimersmovement.org/green-tea-miso-soup/>

Korean Power Bowl: <https://thewomensalzheimersmovement.org/power-bowl-from-the-korean-vegan-cookbook/>

Korean Silken Tofu: <https://thewomensalzheimersmovement.org/silken-tofu-stew-from-the-korean-vegan-cookbook/>

Korean vegetable pancakes: <https://recipes.heart.org/en/recipes/korean-vegetable-pancakes>

Southeast Asian-inspired recipes

Indonesian Tofu Stew <https://www.diabetes.ca/nutrition---fitness/recipes/indonesian-tofu-stew-with-spring-vegetables>

Chicken Biryani <https://www.diabetes.ca/managing-my-diabetes/recipes/chicken-biryani>

Chickpea and cauliflower curry: <https://www.diabetes.ca/managing-my-diabetes/recipes/chickpea-and-cauliflower-curry>

Aloo Gobi: <https://www.diabetes.ca/managing-my-diabetes/recipes/pakistani-potatoes-and-cauliflower>

Chana Masala: <https://www.diabetes.ca/managing-my-diabetes/recipes/chana-masala>

Butter Chicken: <https://health.clevelandclinic.org/recipe-indian-butter-chicken-without-the-butter/>

Tofu Rice salad: <https://www.heartfoundation.org.au/Recipes/Asian-tofu-rice-salad>

Oatmeal flax chappati: <https://www.cook.recipesandmore.org/recipes/oatmeal-flax-chappati/>

Tofu Banh Mi Rice bowl: <https://food-guide.canada.ca/en/recipes/tofu-banh-mi-rice-bowl/>

Fish cakes with vermicelli slaw:

<https://www.heartfoundation.org.au/Recipes/Vietnamese-fish-cakes-with-vermicelli-salad>

Sesame tofu rice paper rolls: <https://www.heartfoundation.org.au/Recipes/Sesame-tofu-rice-paper-rolls-with-peanut-sauce>

Sesame Chicken Salad: <https://health.clevelandclinic.org/recipe-sesame-chicken-salad-with-mandarin-ginger-vinaigrette/>

Slow cooker Thai peanut wraps: <https://www.diabetes.ca/nutrition---fitness/recipes/slow-cooker-thai-peanut-chicken-lettuce-wraps>

Sunflower spring bowl: <https://thewomensalzheimersmovement.org/nutty-sunflower-spring-roll-bowl/>

Lemongrass chicken: <https://thewomensalzheimersmovement.org/coconut-lemongrass-chicken-with-turmeric/>

Green curry fish: <https://www.heartfoundation.org.au/Recipes/Thai-green-fish-curry>

Peanut Spaghetti squash: <https://health.clevelandclinic.org/recipe-thai-peanut-spaghetti-squash/>

Middle Eastern-inspired recipes:

Za'atar chicken sheet pan dinner <https://food-guide.canada.ca/en/recipes/zaatar-chicken-sheet-pan-dinner/>

Turkish Cucumber Dip: <https://health.clevelandclinic.org/recipe-turkish-cucumber-yogurt-dip/>

Baba-ganoush: <https://health.clevelandclinic.org/recipe-baba-ghanoush/>

Chicken shwarma: <https://recipes.heart.org/en/recipes/chicken-shawarma>

Persian salad: <https://health.clevelandclinic.org/recipe-persian-chopped-salad/>

Hummus:

<https://www.healtheuniversity.ca/EN/CardiacCollege/Eating/Recipes/Pages/hummus-dip.aspx>

Spicy Moong Burriot: <https://the.ismaili/nutrition/recipe/spicy-moong-burrito>

Sabzi Polo ba Mahi: <https://the.ismaili/nutrition/recipe/herby-ricesabzi-polo>

Spinach and Pomegranate Salad with Toasted Walnuts:

<https://the.ismaili/nutrition/recipe/spinach-and-pomegranate-salad-toasted-walnuts>

Ash resteh: <https://the.ismaili/nutrition/recipe/ash-reshteh>

Italian-inspired recipes:

Lighter Pork Scaloppini: <https://health.clevelandclinic.org/recipe-lighter-pork-scaloppini-with-lemon-and-dill/>

Lemon Ricotta Rotini: <https://health.clevelandclinic.org/recipe-lemon-ricotta-rotini-with-artichoke-hearts/>

Lentil Bolognese: <https://health.clevelandclinic.org/recipe-lentil-bolognese/>

Hispanic-inspired recipes:

Burrito Bowls: <https://food-guide.canada.ca/en/recipes/slow-cooker-burrito-bowls/>

Beef fajitas <https://food-guide.canada.ca/en/recipes/beef-fajitas-lime-sour-cream/>

3 sisters tacos: <https://food-guide.canada.ca/en/recipes/three-sisters-tacos/>

Corn bean and squash soup: <https://food-guide.canada.ca/en/recipes/corn-bean-squash-soup-three-sister-s-soup/>

Tilapia Tacos: <https://thewomensalzheimersmovement.org/tilapia-tacos-creamy-cabbage-slaw/>

Pork tenderloin tacos: <https://health.clevelandclinic.org/pork-tenderloin-tacos-tomatillo-salsa/>

Roasted Peruvian potatoes: <https://health.clevelandclinic.org/recipe-roasted-rosemary-peruvian-potatoes/>

Black bean salad & pico de gallo: <https://health.clevelandclinic.org/recipe-black-bean-salad-with-pico-de-gallo-vinaigrette/>

Chicken Tamales: <https://www.mayoclinic.org/healthy-lifestyle/recipes/chicken-tamales/rcp-20152943>

Pupusas Revueltas: <https://www.nutrition.gov/recipes/pupusas-revueltas-salvadoran-style-stuffed-masa-cakes>

Burrito bowl: <https://www.nutrition.gov/recipes/burrito-bowls>

Green Cozole: <https://health.clevelandclinic.org/recipe-green-pozole-with-chicken-and-avocado/>

Asparagus dip: <https://health.clevelandclinic.org/recipe-low-cal-mexican-asparagus-dip/>

Chile verde chicken: <https://health.clevelandclinic.org/recipe-chile-verde-chicken/>

Cuban flank steak with citrus mojo: <https://health.clevelandclinic.org/recipe-cuban-flank-steak-with-citrus-mojito/>

African-inspired recipes:

Moroccan Lentil Stew: <https://recipes.heart.org/en/recipes/moroccan-lentil-stew-with-butternut-squash>

Moroccan sweet potato and pea stew: <https://food-guide.canada.ca/en/recipes/moroccan-stew-harira/>

Eggplant and tomato: <https://www.diabetes.ca/managing-my-diabetes/recipes/moroccan-eggplant---tomato>

Bean Salad: <https://thewomensalzheimersmovement.org/moroccan-adzuki-bean-salad-elissa-goodman/>

Stew with beef and potatoes: <https://www.heartfoundation.co.za/recipesdtls/?id=1517>

Baked fish with tomatoes: <https://www.heartfoundation.co.za/recipesdtls/?id=1513>

Spicy Samp and Beans: <https://www.heartfoundation.co.za/recipesdtls/?id=1501>

Peanutty Stew: <https://www.nutrition.gov/recipes/peanutty-stew>

Cookbook:

<https://www.nhlbi.nih.gov/health/educational/healthdisp/pdf/recipes/Recipes-African-American.pdf>

Caribbean-inspired recipes

Whole wheat biscuits: https://diabetes.ca/managing-my-diabetes/recipes/whole-wheat-biscuits#_ga=2.154372218.35273543.1655815947-367087670.1655815947

Root vegetable mash: https://diabetes.ca/managing-my-diabetes/recipes/root-vegetable-mash-with-coriander#_ga=2.154372218.35273543.1655815947-367087670.1655815947

Pork and okra: https://diabetes.ca/managing-my-diabetes/recipes/pork---okra-creole#_ga=2.154372218.35273543.1655815947-367087670.1655815947

Red lentil soup: https://diabetes.ca/managing-my-diabetes/recipes/red-lentil-soup#_ga=2.150184820.35273543.1655815947-367087670.1655815947

Caribbean casserole: <https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/caribbean-casserole>

Jambalaya: <https://www.myplate.gov/recipes/myplate-cnpp/barley-jambalaya>

Jerk Chicken: <https://health.clevelandclinic.org/recipe-jamaican-jerk-chicken-breast/>