



Recipes & Nutrition information

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Moroccan Inspired Chickpea and Lentil Stew

Imperial		Metric		Ingredient
11.64	oz.	330	g.	Chickpea canned, rinsed, drained
4.23	oz.	120	g.	Lentils, brown canned, rinsed, drained
2	qtrs.	2	l.	Vegetable stock or Water
.04	oz.	1	g.	Saffron threads
1	pc.	1	pc.	Cinnamon stick
.14	oz.	4	g.	Cumin seed ground
1	tbsp.	15	ml.	Oil, olive
1	ea.	1	ea.	Onion sliced thinly
32	oz.	.90	kg.	Tomato, plum canned with juice
1.4	oz.	40	g.	Raisin sultana
1	tbsp.	11	g.	Parsley
15	oz.	.43	kg.	Spinach fresh, washed stemmed
5	oz.	.13	kg.	Carrots, peeled, diced small
4	oz.	.11	kg.	Pepper bell, red, diced small
5	oz.	.13	kg.	Pea green, frozen
1	ea.	1	ea.	Zest of lemon

Yield:

6 portions (356 grams each)

Method

1. Drain and rinse chickpeas under cold water. Set aside until needed.
2. Drain and rinse lentils under cold running water. Set aside until needed.
3. In a large sauté pan heat oil over moderate heat and add onions. Cook onions until golden. Add peppers and carrots; continue to sauté until vegetables are tender.
4. Add the spices to the onion mixture. Add the tomatoes.
5. Add the lentils, chickpeas, saffron, and vegetable stock. Add the cinnamon stick.
6. Over moderate heat cook the stew for 20 minutes, or until the vegetables are tender.
7. Remove the cinnamon stick and discard. Add the raisins, lemon zest, parsley, spinach, and frozen peas.
8. Bring stew back to a boil, reduce heat to a simmer and cook for 10 minutes.
9. Remove from stove and serve with pilaf or chill rapidly to 4°C and transfer to the chiller until needed.

Notes:

-You may add your favourite meat to this stew, such as chicken, beef, tofu, or pork. The zest of lemon can be used to enhance natural flavours without having to use salt. Remember the focus of healthy cuisine is to reduce sources of saturated fat and choose plant based protein, such as beans and other legumes more frequently. Beans and legumes are good sources of protein, fibre and other nutrients required for human health.



Moroccan Inspired Chickpea and Lentil Stew

Nutrition Note (per serving)

Calories: 233

Protein: 12 g *

Fat: 5 g* (46% monounsaturated fat, 26% polyunsaturated fat)

Carbohydrates: 40 g (simple carbohydrates 14 g)

Fibre: 9 g *

Percent (%) calories from fat: 18 %

Percent (%) calories from trans fat: 0 %

Sodium: 291 mg (19% of recommendation)

*Rich in protein and fibre from plant sources and low in fat

One serving provides a significant portion of the daily recommendation of adults (30-50 years) for many essential nutrients:

Nutrient	Women	Men
Protein	26%	21%
Fibre	36%	24%
Vitamin C	> 100%	>100%
Vitamin K	> 100%	>100%
Thiamin	27%	26%
Riboflavin	27%	25%
Niacin	35%	31%
Vitamin A	78%	60%
Vitamin B6	40%	40%
Vitamin E	24%	24%
Folate	37%	37%
Iron	37%	83%
Calcium	17%	17%
Zinc	25%	18%

Wheat Berry Pilaf

Imperial		Metric		Ingredient	
3	oz.	85	g.	Wheat berries whole (pre-soaked overnight)	
1	oz.	28	g.	Barley pot whole (pre-soaked overnight)	
1	tsp.	5	ml.	Oil, olive	
19	oz.	568	ml.	Chicken stock or water	
2.2	oz.	65	g.	Leeks, cleaned, diced small	
2	oz.	56	g.	Carrot, peeled, diced small	
1/3	ea.	56	g.	Onion, white cooking, diced small	
1	tsp.	4	g.	Thyme fresh minced	
5	oz.	140	g.	Spinach fresh, washed, and stemmed	tt.
tt.				Pepper, white, ground	
tt.				Salt fine white	

Yield:

3 servings (337 grams each)

Method

1. Pre-soak wheat berries overnight in the chiller with enough water to cover. Drain and discard water in the morning.
2. Simmer in enough stock to cover over medium heat for 15 to 20 minutes or until just tender. Drain and reserve cooking liquid. Set wheat berries aside until needed.
3. In a sautoir heat oil over medium heat. Add onions, leeks, carrot, and thyme herb. Sauté onions until lightly golden and vegetables are just tender.
4. Add the pre-soaked barley, wheat berries and cover with reserved stock. Add additional water if you need more water to just cover the barley and wheat berries.
5. Bring to the boil over medium heat; reduce heat to a simmer and cover. Simmer for approximately 20 to 30 minutes or until the grains are tender.
6. Add additional stock or water if required during the simmering process if needed to ensure grains cook tender.
7. Add the spinach and adjust seasoning with salt and pepper.
8. Serve with the chickpea and lentil stew.

Notes:

-Other grains may be used in place of wheat berries, such as kamut or buckwheat if preferred. Try to avoid using salt and try a salt substitute to season your pilaf. Instead of using salt or a salt substitute try adding your favourite fresh herbs to this recipe to enhance flavour.

Wheat Berry Pilaf

Nutrition Note (per serving)

Calories: 160

Protein: 6 g

Fat: 3 g*

Carbohydrates: 29 g (2.5g simple carbohydrates)

Fibre: 5 g*

Percent (%) calories from fat: 14 % (46% monounsaturated fats, 12% polyunsaturated fats)

Percent (%) calories from trans fat: 0 %

Sodium: 54 mg**

* low in fat and a good source of fibre

** low sodium only 3.6 % of the daily recommendation of sodium

One serving provides a significant portion of the daily recommendation of adults (30-50y) for many essential nutrients:

Nutrient	Women	Men
Fibre	25%	17%
Vitamin K	> 100%	>100%
Selenium	29%	29%

Whole-grain Bircher Muesli with Citrus Yogurt

Imperial		Metric		Ingredient
1	cup	125	g.	Oats rolled quick cooking
1/2	cup	75	g.	Kamut flakes or rye flakes
1.7	oz.	50	g.	Raisins sultana (plumped in water)
2	oz.	50	ml.	Fruit juice unsweetened
1	ea.	1	ea.	Apple Granny Smith grated coarsely
11	oz.	320	ml	Yogurt lemon flavoured low-fat, artificially sweetened
1	oz.	28	g.	Almonds skin on raw (soaked in water)
1	tsp.	5	ml.	Rice malt syrup
4	fl. oz.	118	ml.	Berries fresh or frozen unsweetened

Yield:

4 servings (208 grams each)

Method

1. Place the oats, kamut flakes, raisins, and fruit juice in a bowl. Let stand overnight to soften.
2. Grate apples into the grain mixture.
3. Add the yogurt and nuts to the oat mixture. Stir until incorporated.
4. Dress with rice malt and sprinkle berries over the mixture.
5. Serve immediately

Notes:

-You may add your favourite nuts and dried fruits to this recipe. Include your children to help prepare this recipe as it is child friendly and easy to prepare. Note if the mixture sits and becomes too thick thin with a little milk, unsweetened fruit juice or water. Leftovers make a great afternoon snack served with a dollop of yogurt or condensed low fat milk. You may add psyllium, wheat bran or bran flakes to this recipe to increase its fibre content, remembering to adjust the liquid volume slightly to prevent the mixture getting too thick.

Whole-grain Bircher Muesli with Citrus Yogurt

Nutrition Note (per serving)

Calories: 337

Protein: 12 g*

Fat: 6 g* (51% monounsaturated fat, 30% polyunsaturated fat)

Carbohydrates: 62 g (22g simple carbohydrates)

Fibre: 8 g*

Percent (%) calories from fat: 16 %

Percent (%) calories from trans fat: 0 %

Sodium: 96 mg**

*Rich in protein and fibre from plant sources and low in fat

**6.4% of sodium recommendations: low sodium food

One serving provides a significant portion of the daily recommendation of adults (30-50y) for many essential nutrients:

Nutrient	Women	Men
Protein	26%	23%
Fibre	32%	21%
Thiamin	25%	23%
Riboflavin	25%	22%
Niacin	19%	16%
Iron	12%	25%
Zinc	23%	16%
Selenium	>100%	>100%

Quinoa Almond and Grape Salad

Imperial		Metric		Ingredient
5	oz.	140	g.	Quinoa grain
2	oz.	50	g.	Almonds skin on chopped coarsely
4	oz.	113	g.	Grapes, green, seedless
1.4	oz.	40	g.	Celery peeled, diced small
1	bunch	1	bunch	Onion green minced finely
1	bunch	1	bunch	Mint, fresh, minced
1	bunch	1	bunch	Parsley flat leaf, minced
1	ea.	1	ea.	Lemon zest of
1	tbsp.	15	ml.	Oil, olive
	tt.		tt.	Pepper, ground white
	tt.		tt.	Salt fine white

Yield:

4 servings (101 grams each)

Method

1. In a deep saucepot add enough water which will cover the quinoa approximately 4 cups (1 litre). Bring the water to a boil and add a pinch of salt.
2. Add the Quinoa and bring back to the boil; reduce the heat to a simmer and cook for 12 minutes or until the grains are tender.
3. Remove from heat and drain the grains. Transfer the grains to a bowl to allow to cool.
4. Add the remaining ingredients to the grains.
5. Adjust the seasonings to taste and refrigerate prior to service.

Notes:

-You may add your favourite nuts and dried fruits to this recipe. Include your children to help prepare this recipe as it is child friendly and easy to prepare.



Quinoa Almond and Grape Salad

Nutrition Note (per serving)

Calories: 303

Protein: 11 g*

Fat: 12 g

Carbohydrate: 40 g

Fibre: 5 g*

Percent (%) calories from fat: 36 %

Percent (%) calories from trans fat: 0 %

Sodium: 71 mg**

*Rich in protein and fibre from plant sources

**4.7 % of sodium recommendation: low sodium food

One serving provides a significant portion of the daily recommendation of adults (30-50y) for many essential nutrients:

Nutrient	Women	Men
Protein	24%	20%
Fibre	22%	16%
Vitamin K	73%	55%
Riboflavin	37%	31%
Niacin	26%	23%
Vitamin E	25%	25%
Iron	24%	54%
Zinc	27%	20%
Selenium	54%	54%