

Chapter 11

FAST AND EASY RECIPES

breakfast

- Sunny Orange Shake
- Pumpkin Raisin Muffins
- Fruit Lax

Lunch or dinner

- Herbed Lentil and Barley Soup
- Spinach Salad with Orange Sesame Dressing
- Broccoli Salad
- Tuna Garden
- Quesadilla
- Tofu Stir Fry
- Quick Steamed Fish Fillets with Potatoes and Asparagus
- Skillet Pork Chops with Sweet Potatoes and Couscous

- Meatloaf at its Very Best
- Indian Curry Sauté
- Spinach Frittata
- Sweet and Sour Chicken and Vegetable Casserole
- Beef, Vegetable and Pasta Casserole

Desserts

- Quick Fruit Compote
- Berry Cobbler
- Fresh Fruit and Nut Desserts

Extras

- Universal Seasoning
- Salt-Free Vinaigrette Salad Dressing





CHAPTER 11 FAST AND EASY RECIPES

We have included a few recipes here to illustrate how fast, easy and tasty healthy eating can be.

These recipes feature lots of vegetables and fruit, as well as whole grains for fibre. They are also low in fat, salt and sugar – which means they are good for anyone, but especially those with high blood pressure, high cholesterol, and diabetes. Some recipes are also high in milk and milk alternatives for a calcium boost.

Most of these recipes include suggestions for preparing a complete healthy meal, covering all four food groups in Canada's Food Guide (Appendix B).

Most are also intended to serve one or two, rather than a big family or group, but you can double them easily. For recipes that keep well in the refrigerator or freezer, we have made the quantities a bit larger (to serve three or four), so you will be able to enjoy the meal again another day.

We have calculated the nutrients in each recipe using Health Canada's Nutrient Value of Some Common Foods. All ingredients are easy to find at your local grocery store. The cooking methods are simple, but if you are not sure how to do something, such as use a steamer, you can call Dial-A-Dietitian (see back cover for contact information). Or check the cookbooks you have around your home: many include a section on basic cooking techniques.

Some of these tasty dishes have come from the B.C. seniors who helped us plan this handbook. Others we have adapted for smaller quantities or simpler cooking from cookbooks written by dietitians.

We hope you will enjoy these recipes and that they will encourage you to choose other healthy recipes. And don't forget! You do not have to throw out all your favourite recipes. You can modify just about any recipe to be healthier – see Chapter 8 for ideas.

BREAKFAST AND SNACKS



RECIPES SUNNY ORANGE SHAKE

PER SERVING:

CALORIES: 278

PROTEIN: 11 G

FAT: 2 G

CARBOHYDRATE: 51 G

FIBRE: 0.4 G

SODIUM: 151 MGS

CALCIUM: 355 MGS

MAKES: 1¼ CUPS (300 mL)

SERVES: 1

PREPARATION AND COOKING TIME: 10 MINUTES

THIS IS A SMOOTH, calcium-rich shake that tastes wonderfully fresh. Enjoy it by itself or with a whole grain bagel or a Pumpkin Raisin Muffin (see recipe next page) for breakfast. It also makes a good snack or you could have it instead of fruit and milk to complete a meal.

INGREDIENTS:

¾ cup (175 mL) low-fat vanilla yogurt

2 tbsp (25 mL) skim milk powder

½ cup (125 mL) orange juice

INSTRUCTIONS:

Combine ingredients together in a blender and blend until smooth. Serve right away.

Thanks to Dietitians of Canada, Cook Great Food, 2001, published by Robert Rose.

VARIATIONS

Use milk instead of orange juice and add ½ cup (125 mL) frozen blueberries. Or try with blended juices, such as orange/pineapple or orange/apricot.

RECIPES PUMPKIN RAISIN MUFFINS

PER MUFFIN:

CALORIES: 195

PROTEIN: 4 G

FAT: 6 G

CARBOHYDRATE: 33 G

FIBRE: 2.3 G

SODIUM: 132 MGS

CALCIUM: 65 MGS

MAKES: 12 MUFFINS

PREPARATION TIME: 25 MINUTES

BAKING TIME: 20 MINUTES

Have one of these delicious muffins with fruit and a cooked egg for a tasty, healthy breakfast. The muffins freeze well, so you may want to double the recipe and freeze extras in an airtight freezer bag. You can then take them out one at a time as you need them.

INGREDIENTS:

1 cup (250 mL) whole wheat flour

$\frac{3}{4}$ cup (175 mL) all-purpose flour

$\frac{1}{2}$ cup (125 mL) sugar

2 tsp (10 mL) baking powder

$\frac{1}{2}$ tsp (2 mL) baking soda

$1\frac{1}{2}$ tsp (7 mL) cinnamon

$\frac{1}{2}$ tsp (2 mL) nutmeg

$\frac{1}{2}$ tsp (2 mL) powdered ginger

$\frac{3}{4}$ cup (175 mL) raisins

$\frac{1}{2}$ 14 oz (200 mL) can pumpkin puree (not pie filling)

$\frac{1}{4}$ cup (60 mL) vegetable oil

1 cup (250 mL) buttermilk or sour milk

2 eggs



INSTRUCTIONS:

1. Preheat oven to 375°F (190°C).
2. In a large bowl, combine flours, sugar, spices, baking powder, baking soda and raisins.
3. In a smaller bowl, beat eggs, then add pumpkin, oil and buttermilk.
4. Make a large well in the centre of the dry ingredients, and pour the pumpkin mixture into this well.
5. Gently fold wet and dry ingredients together until just combined. Do not beat.
6. Spoon batter into paper-lined or lightly greased muffin tins.
7. Bake in preheated oven for 18 to 20 minutes or until firm to touch.

Adapted, with permission, from Dietitians of Canada, *Cook Great Food*, 2001, published by Robert Rose.

SOUR MILK

To make sour milk, add 2 tsp (10 mL) vinegar to 1 cup (250 mL) milk and let sit for five minutes.

RECIPES FRUIT LAX

PER SERVING:

CALORIES: 75

PROTEIN: 0.6 G

FAT: 0

CARBOHYDRATE: 20 G

FIBRE: 1.7 G

SODIUM: 2 MGS

CALCIUM: 12 MGS

MAKES: 2½ CUPS (625 ML)

SERVES: 25 PORTIONS OF 2 TBSP (25 ML) EACH

PREPARATION TIME 10 MINUTES

THIS IS A HIGH FIBRE RECIPE that's great for regularity. Use Fruit Lax as a spread on toast or mix it into hot cereal or plain low-fat, unsweetened yogurt. Fruit Lax keeps two weeks in the fridge or you can freeze it.

INGREDIENTS:

1 cup (250 mL) dried, pitted prunes

1 cup (250 mL) raisins

1 cup (250 mL) pitted dates

½ cup (125 mL) orange juice

2/3 cup (150 mL) prune juice

INSTRUCTIONS:

1. Combine all ingredients in a bowl and soak overnight in the refrigerator.
2. Blend in a blender until smooth and serve.

Thanks to Dial-A-Dietitian.

VARIATION

For even more fibre, add

1 cup of natural wheat bran to the fruit mixture.