



COVID-19 RECIPE & TIP BOOK

In This Booklet:

What Foods to Purchase

How to Freeze Fresh Foods

What to Eat if You Get Sick

Recipes to Use Pantry Staples

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N U T R I T I O N C O N S U L T I N G

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Shopping List

It can be hard to know what staples you should have available, especially if you're not as comfortable in the kitchen. Despite the fact that we now have limited access to stores and restaurants, we still have access to freezers and refrigerators, so you can stock up on healthy perishable foods as well as canned, jarred or frozen. Instead of thinking of this as a stressful and lonely time, try to think of it as a time to experiment and have fun in the kitchen!

Fruits & Vegetables

Choose items that won't spoil as quickly. Some fruits and vegetables (like berries, lettuce, bananas, etc.) can go bad very quickly. Freeze fresh foods before they go bad. Check out page 8 for details on how to do this.

- Apples
- Oranges
- Tomatoes
- Carrots
- Onions
- Garlic
- Celery
- Cabbage
- Spinach, kale, bokchoi, chard
- Potatoes (*can get sweet and regular to have a variety*)
- Squash, zucchini
- Other root vegetables: parsnips, turnip, rutabaga, beets, celery root, kohlrabi, daikon



Fresh foods that freeze well:

Bananas (*smoothies, baking*),

Blueberries, Grapes (*can eat frozen!*)

Spinach and other hardy greens

Fresh Meat & Protein

Meats are great options to freeze and pull out as needed. Ground meats are especially good for this. Other protein sources, like eggs, can last for a long time in the fridge. The following are less expensive options:

- Chicken legs and thighs
- Ground meat (*beef, turkey, chicken, pork*)
- Stewing beef
- Sausages
- Cold cuts
- Eggs, liquid eggs

Or make friends with a fisher or hunter!

Milk & Alternatives

All of the following can be frozen! Tips: Cut cheese into smaller pieces before freezing. Milk and cream will expand when frozen - leave enough airspace in container before freezing..

- Cheese (*harder cheeses will last longer*)
- Milk, cream
- Yogurt
- Non-dairy milk (*soy, almond, oat - can stay fresh unopened in fridge for months!*)



Shopping List Continued

Frozen Foods

Pre-frozen foods can be helpful since they're easy to take out and heat quickly without much prep work.

- Frozen fruit (i.e., berries, mango, etc.)
- Frozen vegetables (i.e., peas, corn, broccoli, spinach)
- Frozen potato wedges, fries
- Frozen single-serve meals (look for options that are lower in sodium and sugar)
- Frozen treats (i.e., ice cream popsicles, etc. - if you are stuck at home, it can be nice to have a treat now and then!)



Shopping Tip

Try to minimize your trips to the grocery store during this time. It is possible to be sick and not have symptoms, so you could still be passing the virus along even if you feel fine!

Pantry Items

These items will stay good for a long time. You can keep them on hand for quite a while and use them as needed.

(1) For grains like breads, crackers, rice,, pasta, choose whole grain/brown when possible.

- Canned or dried beans and lentils (navy, cannellini, black or kidney beans, green, brown or red lentils, chickpeas)
- Peanut butter
- Nuts, seeds or trail mix (keep in freezer or fridge to keep fresh)
- Oats (rolled, steel cut or quick)
- Flour
- Canned fruit (in own juice)
- Canned vegetables
- Crackers
- Canned fish (i.e., tuna, salmon, etc.)
- Broth, bouillon (make soups and stews)
- Grains (i.e., rice, quinoa, barley)
- Pasta
- Bread (can be frozen)
- Evaporated, powdered milk
- Dried spices and herbs



Cooking Tips for Limited Ingredients

We're being asked to limit our trips to the grocery store as much as possible to keep our community safe. It's the safest option right now, but it can make cooking a little more tricky and may require you to get creative. Here are some tips to help you throw together some quick and easy meals from some of the things you might already have at home!

Using up Produce

Fresh produce can go bad quickly. Think of ways to use fresh produce raw and cooked in recipes. Here are some tips:

- Pre-cut vegetables into sticks for snacking and diced veggies for cooking. This will help you use them up before they go bad.
- Pop a couple paper towels into bags or containers of greens or fruit to keep them dry (won't spoil as quickly).
- Use wilted spinach, kale or chard to make an omelette or add to a casserole, sauce, soup or stew.
- Make soup stock with veggies that are on their last legs. Add to a pot or slow cooker with some water, spices, and salt (you can also do this with bones from meat). Strain and discard all solids.
- Make banana bread, muffins, pancakes or cookies with brown bananas.
- Add bruised or soft fruit to oatmeal, pancake or muffin batter.

- Blend wilted spinach, brown bananas, or older berries into a smoothie.

NEVER use slimy or moldy foods.

Going Meatless

Sometimes cooking with staples means going meat-free (especially if you haven't been shopping for a while). Here are some easy meat-free meal ideas:

- Add black beans and salsa to a tortilla with scrambled eggs and cheese for a breakfast burrito.
- Add chickpeas to your pasta (check out page 14 for a recipe).
- Add some lentils or beans to your favourite soup, stew or chili recipe.
- Blend soy, almond or oat milk into a smoothie with frozen or canned fruit.
- Make your oatmeal with soymilk for a protein boost
- Make a PB&J sandwich with peanut butter and mashed frozen raspberries instead of jam.
- Add nuts and seeds to salads, baking, and for snacking.

Cooking with Canned, Frozen and Dried Foods

Canned, frozen and dried foods are helpful to have on hand, but you may not be aware of how best to use them. Here are some considerations for safety and tips for good health:

Canned Goods:

- Canned vegetables: If you need to reduce your sodium intake, choose canned vegetables without added salt, or rinse vegetables before use. Canned vegetables are often softer than fresh, but contain plenty of good nutrition. They're best used in mixed dishes like casseroles, stews, soups and chilis.
- Canned beans and lentils: Drain and rinse them well.
- Canned fruits: Choose a version that's canned in water or juice rather than syrup.
- Clean cans and jars before opening, and do not use if dented or bloated, not sealed properly or past its expiry date.

Frozen Foods:

- Frozen fruit: They become soft once defrosted, but are wonderful on top of oatmeal, pancakes, waffles or yogurt. When thawed or cooked, they release their natural juices and can be used as a sauce.

Add frozen berries (still frozen) into muffin, pancake, or waffle batter. Once baked you won't be able to tell the difference. If thawed, drain liquid before adding to batter.

Add frozen fruit to smoothies. This makes them extra cold and adds thickness as well.

- Frozen vegetables: Steam, stirfry or microwave them until just hot, or add to recipes like omelettes, casseroles, soups, stews and chilis. Add frozen greens to your smoothies.

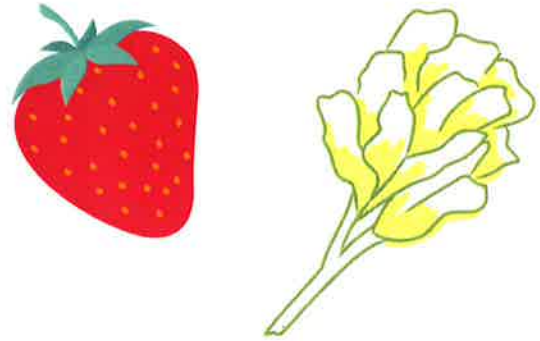
Dried Goods:

- Grains: Prepare rice, quinoa, barley, couscous and pasta according to package instructions. Add broth instead of water for extra flavour. Once cooled, leftovers can be easily frozen, or used as leftovers in salads.
- Dried beans, peas and lentils: Follow package directions. Soaking them will help them cook faster. Rinse them with fresh water and discard 'floaters'. If you're a "beginner" bean and lentil eater, try navy or cannellini beans and red lentils. They're a little easier on the digestive tract.

How to Freeze Foods

If you've been to the grocery store lately, you may have noticed that a lot of the frozen fruits and vegetables are unavailable or are a little more scarce. It's easy, however, to freeze fresh produce if that is all you have access to! Since we're all trying to limit the amount of grocery trips, it might be easiest to stock up on these products and then freeze them yourself. Here's a quick guide on some fruits and vegetables that freeze well and how to freeze them! [2]

- Berries: Wash, pat dry, and slice (if needed).
- Bananas: Peel and slice, or freeze whole with or without peel. If leaving peel on, you'll have to thaw and peel them.
- Broccoli, Cauliflower, Carrots, Celery, Zucchini, Cabbage: Peel/trim as needed. Wash and cut into sizes you would use to cook (e.g. sliced carrot/celery/zucchini, cut into florets, shredded cabbage) Blanch them in boiling water for 2-3 minutes, then immediately transfer to ice water to stop the cooking process. Drain off water and pat dry.
- Spinach, Kale, Collard Greens, Chard: Pull large leaves off stems, wash and pat dry. Cut or chop as desired. You may also consider making a puree and freezing in ice cube trays.



- Green beans, Peppers, Asparagus: Wash, trim, cut as desired, and blanch for 1 minute in boiling water. Transfer immediately to ice water, drain and pat dry.
- Onion, garlic and herbs: Peel, trim and mince onion and garlic. Wash herbs, remove stems and pat dry. You may also consider making a puree and freezing in ice cube trays or small baggies.
- Squash (butternut, acorn, etc.): Cut in half and bake at 350°F for 1 hour. Peel and cube.

Options for freezing:

1. Freeze fruit or vegetables flat on a cookie sheet then transfer to a separate container for storage.
2. Lay fruit or vegetables flat in a freezer bag and freeze as is.

Nutrition & Health FAQs About COVID-19

What foods will boost my immunity?

Unfortunately, there are no foods that can boost your immune system.

According to medical experts, there is not much evidence that any food or supplement that can lead to better immune function.

There are things you can do to keep your immune system working well. These include eating a balanced diet, getting enough sleep, reducing stress, and exercising.[3]

Does drinking water flush the virus from your system?

No. Staying hydrated can be important when you are sick, so drinking water is still important, but it will not flush the virus from your system.[4]

Are we going to run out of supplies like toilet paper or food items?

No. The supply chain in Canada has demonstrated no evidence of a future shortage of such items. The store shelves are currently emptier than usual due to everyone purchasing the same items at once, but once things start to calm down the shelves should start to look more normal again. In the meantime, try to only buy what you need so that others can have a chance to purchase necessary supplies as well.[5]



How much food should I have on hand?

It's recommended that you have 14 days of supplies. The reason behind this is that, if you were to get sick, you would be required to remain in your home for 14 days with no trips out - even to the grocery store.

If you find yourself in a situation where you are sick and out of groceries, reach out to your contacts and ask someone to drop some things off at your door.

What are the best foods to eat during this time?

There aren't necessarily any "best" foods to eat. Keeping a normal routine and continuing to follow a regular meal pattern is best.

Following a healthy diet is important in keeping your body healthy and happy. Even though it's easy to treat yourself with chips and ice cream right now, maintaining a balanced diet that includes fruits, vegetables, and whole grains can help keep your body and digestive system happy.

What to Eat if You Do Get Sick

Unfortunately, some of us may get sick during this time. Follow instructions provided to you by your healthcare provider and staying home. Ideally, you should isolate yourself from others in your household, but this may not be possible for everyone.

You may wonder what you should eat and drink if you get sick.

First, it's important not to cook or prepare foods for others while you're sick. If you're preparing food for others in your household, you could end up spreading the virus to them through contact. If you prepare food for yourself, wash your hands well before touching anything, and be sure to sanitize kitchen surfaces once you're done. Be mindful of your dirty dishes once you're through. You may want to use different dishes, cups and cutlery, wash them yourself, and keep them separate.

It's important to stay hydrated when you're ill, especially if you have a fever or your nose is running. Ensure that you're drinking adequate amounts of water, even if you don't feel like it. Any beverage is good for hydration, but you shouldn't drink too much caffeinated coffee or tea. It's also



important to replace some of the salt and electrolytes that you're losing through sweat and nasal discharge. Adding a little extra salt to foods, drinking broth, vegetable juice, or even a hydration beverage like pedialyte or gatorade may help. [Note: if you have diabetes, kidney disease or other medical condition, please defer to your doctors' recommendations.]

Continue to eat foods that you would typically feel like eating when you are sick. Things like soups and stews with crackers are always good options. Make sure that you're still eating fruits and vegetables, as well as protein (i.e. meat, fish, egg, dairy, beans, nuts/seeds). Even though you may not feel like eating much, your body will recover more quickly with proper fuel!

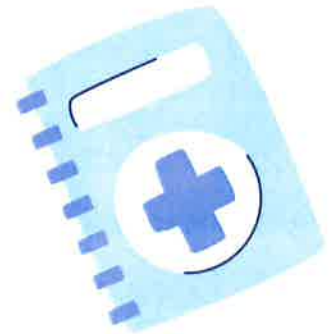
Most importantly, stay isolated. Don't go to restaurants/drive-throughs, and don't go to the grocery store. Ask someone to drop food off at your door if you're out.

If you have severe symptoms or trouble breathing, please contact call 911.

What to do if You're at Higher Risk for Severe Illness

You are at High Risk if you:

- Are an older adult
- Have a weakened immune system from a medical condition or treatment such as chemotherapy
- Have any of the following medical conditions:
 - Heart disease
 - High blood pressure
 - Lung disease
 - Diabetes
 - Cancer



The Public Health Agency of Canada recommends the following:

- Stay home if possible and limit the number of visitors in your home.
- Clean your hands often with soap and water for at least 20 seconds, or if unable, use an alcohol-based hand sanitizer.
- Carry alcohol-based hand sanitizer outside the home.
- Clean and disinfect surfaces often (e.g. counters, door knobs, light switches, hand rails, phones) with household cleaners or alcohol wipes.
- Avoid touching your mouth, nose, eyes, and food with your hands.

Be Prepared:

- Talk with your doctor and pharmacist about getting enough prescription medication and medical supplies.
- Stay connected with people by phone or email.
- Identify who you can rely on for support at home if needed.
- Identify which services are available for food or medication delivery to your home.
- Monitor yourself for symptoms.



EASY RECIPES USING STAPLE INGREDIENTS

Now that you know a little more about foods to have on hand, here are some easy recipes that can be made with items listed on the grocery list (page 4-5) or with items you may already have on hand!



Serves
6-8

SAVORY BREAD PUDDING WITH SAUSAGE, SPINACH & CHEESE

RECIPE ADAPTED FROM: COOKINCANUCK.COM



Ingredients

- 2 teaspoons olive oil
- 450g mild Italian sausage (or preferred flavour)
- 5 cups bread, cut into 1" cubes
- 1 cup cheddar cheese, grated
- ½ cup dry grated or crumbled cheese (e.g. parmesan, romano, gouda, blue)
- 1 tablespoon fresh sage, chopped (1 teaspoon dried)
- 3 cups fresh spinach (or other hardy green)
- 3 tablespoon water
- 10 eggs
- 3 & ½ cups milk (may substitute some for cream)
- 1 teaspoon dry mustard (or 1 tablespoon yellow or Dijon mustard)
- 1/2 teaspoon each of salt and pepper

Directions

1. Heat oil in large skillet over medium-high heat. Remove meat from sausage casings and cook until brown, breaking up the sausage. Drain in a bowl lined with paper towel and set aside.
2. Spray or grease a 9x13" baking dish and add bread and spinach. Sprinkle with cheeses, sausage and sage.
3. In a large bowl, whisk together eggs, milk, dry mustard and salt and pepper. Pour the egg mixture evenly over the top.
4. Cover the baking dish with plastic wrap and place in fridge for at least an hour. The casserole can be covered overnight.
5. Preheat the oven to 325°F. Remove plastic wrap and bake until egg is set in the middle and top is starting to brown (about 1 hour). If the top is browning too much while baking, tent the pan with foil.
6. Let the casserole cool for about 5 minutes and serve.

TIP!

This recipe is a great way to use up older bread!
Instead of spinach, try substituting 1 & ½ cup diced celery and onion.

Serves 4

20 MINUTE SPICY GARLIC SPINACH PASTA WITH CHICKPEAS ^[8]

RECIPE ADAPTED FROM: HOWSWEETEATS.COM

Ingredients

- 3-4 cups dried pasta (can use penne, rotini, shells, macaroni, etc.)
- 3 tablespoons olive oil
- 1 tablespoon butter
- 4 garlic cloves, minced (or $\frac{2}{3}$ teaspoon garlic powder)
- $\frac{1}{2}$ teaspoon crushed red pepper flakes (plus extra for sprinkling)
- Large bag or container of fresh baby spinach or chopped kale
- salt and pepper to taste
- 14oz can chickpeas, drained and rinsed
- $\frac{1}{3}$ cup grated romano, parmesan, or other cheese of choice), plus extra for topping

TIP!

Have frozen spinach or greens?

1 large bag or container of fresh is roughly equivalent to 300g frozen, or about 1.5 cups.

Thaw greens and squeeze out water before adding to recipe.



[8]

Directions

1. Bring a pot of salted water to a boil to prepare the pasta. Cook to al dente (just tender) or according to package directions.
2. While waiting on the pasta, heat a large skillet or sauté pan over medium-low heat. Add olive oil and butter. Stir in garlic and red pepper flakes. Cook for until the garlic is fragrant.
3. Add in spinach with a pinch of salt and pepper and stir, cooking until it wilts. Stir in the chickpeas.
4. Drain pasta and combine. Toss in cheese. Serve immediately with extra red pepper flakes and grated cheese if desired.

Serves 8

SWEET POTATO TURKEY CHILI [9]

RECIPE ADAPTED FROM: THEHEALTHYMAVEN.COM



[9]

Ingredients

- 2 tablespoons olive or canola oil
- 450g ground turkey (or other ground meat)
- 1 medium onion, chopped
- 2 bell peppers, chopped
- 1 jalapeño, chopped (optional)
- 2 cloves garlic, minced ($\frac{1}{3}$ teaspoon garlic powder)
- 2 & $\frac{1}{2}$ tablespoon chili powder
- 1 teaspoon ground cumin
- 1 teaspoon dried oregano
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon ground black pepper
- 795mL (large can) diced tomatoes, drained
- 1 cup tomato sauce
- 14oz can black beans, drained and rinsed
- 14oz can kidney beans, drained and rinsed
- 1 large sweet potato, cubed

Directions

1. In a large pot, heat olive oil over medium-high heat. Add ground turkey and cook until browned.
2. Add onion and cook until they soften slightly.
3. Add peppers, jalapeño and garlic and cook for another 2 minutes.
4. Add spices, diced tomatoes, tomato sauce, beans and sweet potato. Cover pot and bring to a boil.
5. Once boiling lower heat to a simmer and cook uncovered for about 30-40 minutes, or until desired consistency is reached.
6. Optional: serve garnished with shredded cheddar cheese.

TIPS!

You could easily make this vegetarian or vegan by substituting ground meat for walnuts, pecans, extra firm tofu, ground seitan or more beans!

Substitute dried spices for taco, burrito or fajita seasoning.

Leftovers are great as a filling for burritos!

Serves 8

SLOW & EASY BEEF STEW [10]

RECIPE ADAPTED FROM: CANADABEEF.CA

Ingredients

- 3 cups potato cubed (1") or baby potatoes, halved
- 2 cups carrots, diced
- 2 cups celery, diced
- 1 small onion, diced
- 2 bay leaves
- 1 & ½ lb (680g) stewing beef or simmering steak (blade or cross rib), cut into 1" cubes
- ¼ cup all-purpose flour
- ½ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 tablespoon canola or olive oil
- 2 cups beef broth
- 1 & ½ teaspoon Worcestershire sauce
- 1 tablespoon fresh thyme (¾ tablespoon dried thyme)
- 2 cloves garlic, minced (⅓ teaspoon garlic powder)

TIP!

This makes a large batch. Portion out leftovers into individual containers and freeze. It's much more convenient than trying to thaw a big batch, and you're more likely use it.



[10]

Directions

1. In large slow cooker (4 quart), add vegetables and bay leaves.
2. In a large bowl, combine flour, salt and pepper. Toss beef cubes in flour mixture to coat lightly, shaking off any excess flour.
3. In a large skillet or sauté pan, heat oil on medium-high heat. In batches, brown beef cubes well on all sides. Place beef on top of vegetables in slow cooker.
4. In same skillet, add broth and stir up any browned bits from bottom of pan. Stir in Worcestershire sauce, thyme and garlic. Pour over beef and vegetables in slow cooker.
5. Cook covered, on low for 8 hours or until the beef is fork-tender. Discard bay leaves before serving.

Serves
8-10

SLOW COOKER CHICKEN & WILD RICE SOUP^[11]

RECIPE ADAPTED FROM: LITTLESPICEJAR.COM



[11]

Ingredients

- 1 cup uncooked wild rice blend (not parboiled)
- 450g boneless, skinless chicken breast
- 1 cup onions, chopped
- $\frac{3}{4}$ cup celery, chopped
- $\frac{3}{4}$ cup carrots, chopped
- 3 cloves garlic, minced ($\frac{1}{2}$ teaspoon garlic powder)
- 2 bay leaves (optional)
- 6 cups chicken broth
- 2 cups water (or additional chicken broth)
- 1-2 tablespoons salt-free seasoning blend (like Mrs. Dash's Original Blend, or a variety of your favourite dry seasonings)
- 3 tablespoons butter
- 2 tablespoons olive or canola oil
- $\frac{1}{2}$ cup all purpose flour
- 2 cups milk
- salt and pepper to taste

Directions

1. Rinse rice under running water. Place the uncooked rice, chicken breast, onions, celery, carrots, garlic, bay leaves, chicken broth, water, and the seasoning blend in a slow cooker. Cover and cook on the high for 3-4 hours or low for 7-8. In the last $\frac{1}{2}$ hour of cooking, remove the chicken from the slow cooker. Allow to cool slightly before shredding using two forks. Remove bay leaves.
2. When the rice is cooked through, add the shredded chicken back into the slow cooker. Melt butter and oil in a saucepan. Add flour and let the mixture cook for 1 minute. Whisk the mixture while slowly adding in milk. Continue to whisk until all lumps have dissolved. Allow mixture to thicken on the stove, become creamy.
3. Add mixture to the slow cooker. Stir to combine. Add additional water or milk to your preference if consistency is too thick. Season with salt and pepper to taste.

TIP!

Any type of rice will do in this recipe.
Try adding in corn and peas for something different.

Serves 10

ITALIAN MEATBALL SOUP 12

RECIPE ADAPTED FROM: DINNERTHEDESSERT.COM

Ingredients

- 4 cups beef or chicken broth
- 450g (1/2 box) frozen cooked meatballs
- 3 cloves garlic , minced (½ teaspoon garlic powder)
- 795mL (large can) diced tomatoes, undrained
- 19oz can cannellini beans, drained and rinsed (any other bean will do if you can't find them)
- ½ teaspoon salt (or to taste)
- ¼ teaspoon ground black pepper
- 1 teaspoon Italian Seasoning
- ¾ cup Parmesan cheese, shredded



[12]

Directions

1. Add broth to a large dutch oven or soup pot, and heat on medium high heat , bringing to a boil.
2. Add in the meatballs, garlic, diced tomatoes, cannellini beans, salt, pepper and Italian seasonings.
3. Cook on medium heat, covered, for 30 minutes.
4. Add Parmesan cheese right before serving.

TIPS!

This soups is great frozen and reheated.

You don't have to use frozen meat balls, any ground meat will do. Just cook the meat first!

Try adding extra veggies like diced carrot, celery, onion, corn or green beans.

Serves 8

BEAN, RICE & CORN SALAD [13]

RECIPE ADAPTED FROM: ONTARIOBEANS.ON.CA



[13]

TIPS!

Use leftovers within 4-5 days.

Brown rice works well in this recipe because it doesn't get soggy like other types of rice. Wild rice or pasta would also work here.

Don't have navy beans? Use cannellini, kidney, black beans or chick peas.

Have leftover cooked brown rice or beans? Freeze them!

Ingredients

Salad

- 3 cups drained and rinsed navy beans (about 2 14oz cans or 1 ½ 19oz cans)
- 1 cup cooked brown rice
- 1 cup corn (canned or frozen)
- 1 red bell pepper, diced
- 1 stalk celery, diced
- ½ red onion, diced

Vinaigrette Dressing

- Juice of 2 limes or 1 lemon (or 4 tablespoons of bottled juice)
- ¼ cup canola oil
- 1 tablespoon chili powder (or to taste)
- 1 teaspoon cumin
- Optional: pinch of sugar or honey

Directions

1. In a large bowl, combine all salad ingredients. Set aside.
2. To make the vinaigrette, combine all dressing ingredients into a small jar with a tight-fitting lid. Shake well.
3. Toss salad with dressing. Season with salt and pepper to taste.
4. Garnish with cilantro and cherry tomatoes if desired.

Serves 2

EASY TUNA PASTA ^[14]

RECIPE ADAPTED FROM: SALTANDLAVENDER.COM



Ingredients

- 2 tablespoons olive or canola oil
- 2 cloves garlic, minced ($\frac{1}{3}$ teaspoon garlic powder)
- 1 (5 ounce) can tuna, drained
- 1 teaspoon lemon juice
- 1 tablespoon fresh parsley chopped
- Salt & pepper to taste
- 115g or $\frac{1}{4}$ box uncooked spaghetti
- Optional: grated parmesan cheese

TIPS!

- Substitute canned tuna with canned salmon, or any precooked fish or seafood.
- Parsley brightens the taste of pasta. You can use dried parsley ($\frac{1}{3}$ tablespoon) if you don't have fresh, or use another herb like dill, oregano or basil.
- The starch in pasta water helps thicken the sauce!

Directions

1. Boil a salted pot of water and add pasta. Cook until al dente (just tender) or according to package directions. Prep your other ingredients while it cooks.
2. When the pasta is close to being ready, heat a sauté pan over medium heat and add oil. Once the oil is hot, add the garlic and cook for 30 seconds.
3. Stir in the tuna, lemon juice, and parsley. Let it heat through.
4. Note: Do not drain water from pasta yet!
5. Once the pasta is done, reserve a $\frac{1}{4}$ cup of pasta water, then drain pasta. Add a couple tablespoons of the reserved water to the sauce. Add the drained pasta into the sauté pan and toss with the sauce. Add a little more water if needed.
6. Season with salt & pepper as needed. Optional: serve pasta with freshly grated parmesan cheese. Serve with a side of vegetables!

Serves 4

EGG ROLL IN A BOWL™

RECIPE ADAPTED FROM: PINCHOFYUM.COM

Ingredients

- 1 tablespoon olive oil
- 3 cloves garlic, minced
- 1 knob of ginger (about 1"), grated
- 1 teaspoon Chinese five-spice
- 2 tablespoons soy sauce
- chili paste to taste
- 1 pound (450g) ground meat (e.g. pork, beef, chicken, etc.)
- 5-6 cups shredded cabbage or coleslaw mix
- 3 large carrots, diagonally sliced



[15]

Directions

1. Heat the oil in a large skillet over medium heat. Add garlic and ginger and saute until fragrant.
2. Add the five-spice, soy sauce, chili paste, and pork. Break apart until the meat is browned and cooked through.
3. Add the coleslaw mix and carrots. Toss until the vegetables are tender-crisp.
4. Serve over rice, with green onions and hot sauce if desired.

What if I Don't Have These Spices?

- 3 cloves garlic = about ½ teaspoon garlic powder
- 1" ginger knob = about ½ teaspoon ground ginger
- If you don't have chili paste, you can use hot sauce, chili flakes, cayenne powder, or even tomato paste.
- Chinese five-spice is not a necessity, but if desired, you can use any of the following: pepper, cinnamon, clove, fennel and anise.

TIP!

Leftovers freeze well.

Try making your own egg rolls by rolling filling into small tortillas. Place them on a pan, brush them with a little oil, and bake at 350°F until crispy.

Serves 6

CRUSTLESS BROCCOLI QUICHE

RECIPE ADAPTED FROM: SKINNYTASTE.COM



[16]

TIP!

Leftovers freeze well. Use them to make breakfast sandwiches or burritos!

Directions

1. Preheat your oven to 350°F. Lightly spray or grease a pie dish.
2. Steam the chopped broccoli florets in the microwave with 1 tablespoon water until tender crisp and green but not mushy, about 2 ½ to 3 minutes.
3. Evenly spread the broccoli in the dish and top with grated cheddar cheese.
4. Make the custard mixture by whisking together the milk, half and half, eggs, salt, and black pepper.
5. Pour the custard into the dish and bake 35 to 40 minutes, until the center is set.
6. Cut the quiche into 6 pieces and serve with a salad and bread.

Ingredients

- 3 cups chopped broccoli florets (can use frozen)
- 1 cup grated cheddar cheese
- ⅔ cup milk
- ¼ cup half & half cream
- 5 large eggs
- ¾ teaspoon salt
- ⅛ teaspoon ground black pepper

What is Half & Half?

In Canada, half and half is 10% cream. You can also buy 5-6% light cream, 15-18% table cream, and 33-35% whipping cream.

What Can You Substitute for Cream in This Recipe?

- | | |
|-----------------------|-------------------|
| • Cream cheese | • Evaporated milk |
| • Milk and oil/butter | • Greek yogurt |
| • Cottage cheese | • Silken tofu |

Serves 6

BLUEBERRY BAKED OATMEAL

RECIPE ADAPTED FROM: SAVORYNOTHINGS.COM



Directions

1. Add oats, milk, applesauce, nuts, eggs, maple syrup, vanilla, cinnamon, baking powder and salt to a large bowl. Mix well.
2. Lightly spray or grease a 7x11 inch baking dish. Spread half the oat mixture in the bottom of the dish. Sprinkle with about 3/4 of the blueberries. Top with the remaining oat mixture, carefully smoothing the top. Sprinkle on the remaining blueberries. You can also sprinkle on some extra nuts if you like!
3. Cover the casserole dish and chill in the refrigerator overnight (or see #4 for instructions to bake right away).
4. The next morning, remove the dish from the fridge. Preheat the oven to 350°F. Bake until set and golden on top, about 30-35 minutes. Rest for 5 minutes on a rack on the counter, then slice and serve warm.

Ingredients

- 2 cups old fashioned (rolled) oats
- ¾ cup milk (whatever you have on hand - cow's milk, almond milk, soy milk, etc.)
- 1 cup unsweetened applesauce
- ¼ cup chopped nuts (e.g. walnuts, pecans, almonds)
- 2 large eggs
- ¼ cup maple syrup OR brown sugar
- 2 teaspoons vanilla extract
- 1 & ½ teaspoons cinnamon
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 2 cups frozen blueberries

TIP!

Old fashioned or rolled oats have more fibre than quick or instant oats. You can substitute one-for-one but the oatmeal may be soggy. Reducing the milk to ½ cup and applesauce to ¾ cup may help.

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