

Chicken Tinola with rice



Ingredients

- 2 pounds chicken (cut into serving pieces)
- 3 tablespoons ginger root cut into strips
- 2 tablespoons (30 ml) canola oil
- 3 garlic cloves, minced
- 1 medium onions, sliced
- 2 small to medium-sized sayote/chayote or green papaya (cut into wedges)
- 4 bunches of bok choy
- 3 pieces green chili pepper
- 2 tablespoon fish sauce
- Salt



Directions

(Makes 10 servings)

(Time: 1-1/2 hour)

Soup:

1. In a saucepan, saute garlic, onion, and ginger in cooking oil.
2. Add chicken and fish sauce. Saute for 5 minutes or until the chicken's color changed a bit.
3. Pour-in water and bring to a boil. Add green chili peppers. Turn down heat and simmer until chicken is done or about 45 minutes.
4. Add sayote/chayote or green papaya. Continue simmering until 10 minutes or until sayote/chayote is tender.
5. Add salt to taste. Remove from heat.
6. Serve hot with rice.

Snobby Chilli Cheese Fries



Ingredients

- 2 cups uncooked red lentils
- 3 cups water
- 2 tablespoons Canola oil
- 1 medium yellow onion
- 2 green bell pepper, diced
- 4 cloves garlic, minced
- 6 tablespoons Chili Powder
- 4 teaspoons dried oregano
- 2 teaspoons salt
- 1 16 oz can tomato sauce
- 1/2 can tomato paste
- 4 tablespoons maple syrup
- 2 tablespoons prepared yellow mustard



Directions

(Makes 8-10 servings)

- Rinse the lentils, then pour the lentils and water into a small saucepan. Cover and bring to a boil. Once the mixture is boiling, lower the heat and simmer for about 20 minutes until the lentils are soft. Drain and set aside.
- Meanwhile, preheat a medium saucepan over medium heat. Sauté the onion and pepper in the oil for about 7 minutes until softened. Add the garlic and sauté for another minute.
- Stir in the cooked lentils, chili powder, oregano, and salt. Add the tomato sauce and tomato paste. Cook for about 10 minutes. Add the maple syrup to taste and the mustard and heat through.
- Turn off the heat and let the pot sit for about 10 minutes. Serve on top of your French fries, add some cheese sauce if you like!

Snobby Chilli Cheese Fries



French Fries Ingredients:

- 8 medium-large potatoes
- 2 Tbsp Olive oil
- ½ teaspoon salt



Directions

(Makes 8 servings)

- Preheat oven to 425F
- Wash potatoes
- “French Cut” the potatoes (julienne)
- Place in large bowl and coat with olive oil
- Place in single layer on a pan
- Sprinkle with salt
- Place in oven for 15 minutes
- Flip fries, and bake another 15-20 minutes

Snobby Chilli Cheese Fries



Cheese Sauce Ingredients:

- ¼ cup butter
- ¼ cup flour
- 2 cup 2% milk, divided
- 3 cups shredded cheddar cheese
- ¼ tsp salt
- ¼ tsp freshly ground black pepper



Directions

(Makes 8 servings)

- Melt butter in a saucepan over medium heat; whisk flour into butter until smooth.
- Pour milk into butter mixture and stir with a wooden spoon to combine. Cook and stir until mixture thickens, about 3 minutes.
- Add Cheddar cheese and stir until cheese is melted, about 3 minutes more.
- Season with salt and pepper.

Avocado Egg Salad Sandwiches



Ingredients

- 8 eggs
- ½ avocado
- 1 tbsp low-fat mayonnaise
- ½ cup chopped green onions
- 1 tsp mustard powder
- ½ tsp paprika
- ¼ tsp salt
- ⅛ tsp black pepper
- 10 slices whole grain bread
- 5 large leaves lettuce



Directions

(Makes 5 servings)

(Time: 30 min)

7. Fill a medium pot half full with water
8. Place whole eggs in water
9. Place on high heat, and boil for 10 minutes
10. Remove from heat, drain water, and rinse with cold water
11. Let cool in cold water
12. Peel with small spoon
13. In a bowl, mash avocado, mayonnaise, mustard powder, paprika, salt and pepper together
14. Mash in eggs
15. Add green onions and stir until combined
16. Serve on whole grain bread with lettuce

Avocado Spinach Salad with Poppyseed Dressing



Ingredients

Dressing:

- 1/2 cup olive oil (or any oil)
- 4 Tablespoons apple cider vinegar
- 2 Tbsp. honey
- 1 Tbsp. poppy seeds
- pinch of ground dry mustard (optional)
- salt and pepper

Salad:

- 12 cups fresh baby spinach
- 1 pint strawberries, hulled and sliced
- 2 avocados, diced
- 1 pint grape tomatoes, sliced in half
- 4 ounces crumbled blue cheese (or feta)
- 1/2 cup sliced almonds, toasted
- 1 small red onion, thinly sliced



Directions

(Makes 10 servings)

Time: 15 minutes

Dressing:

Whisk all ingredients together until combined.

Salad:

Toss all ingredients together with your desired amount of dressing until combined. Serve immediately.

Bean and Rice Burritos

Ingredients

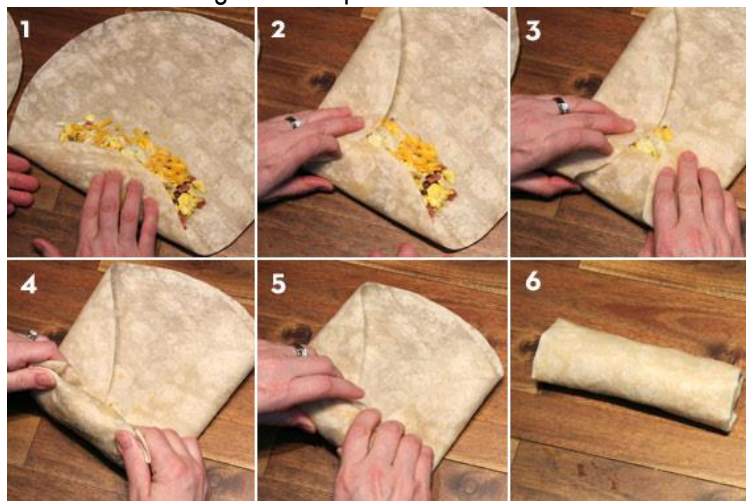
- 3 cups cooked rice
- 1 green or red pepper, diced
- ½ cup onion, diced
- 1 tbsp olive or canola oil
- 2 tsp garlic powder
- 1 tbsp chili powder
- 1 tsp ground cumin
- 1/8 tsp crushed red chili flakes
- 1 can (15 oz) black beans, rinsed and drained
- 8 whole wheat tortillas
- 1 cup salsa
- ½ cup cheddar cheese (optional)



Directions

(Makes 8 servings)

- Prepare rice according to package directions.
- Meanwhile, place large skillet on medium heat.
- Add oil and cook green (or red) pepper and onion for 3-4 minutes or until tender.
- Add garlic powder, chili powder, cumin and red pepper flakes and stir.
- Add beans and cooked rice to mixture. Cook while stirring for 4-6 minutes or until heated through.
- Heat tortillas in microwave for 30 seconds
- **To fill the burritos:**
 - Place tortilla flat on counter
 - Spoon about ½ cup of cooked filling off-center on top of tortilla
 - Add 2 tbsp salsa and sprinkle of cheese
 - Fold two sides inwards over filling and roll up



Chicken Fingers

Ingredients

- Canola or olive oil
- 2 lbs chicken breast
- 1.5 cups all purpose flour
- 1.5 cups panko crumbs (or bread crumbs)
- 1 tbsp garlic powder
- ½ tsp salt
- ½ tsp pepper
- 1 tbsp lemon-pepper
- ½ tsp cayenne pepper
- other spices (optional)
- 3 eggs
- 1 tbsp prepared mustard
- Honey Dill Sauce:
 - ½ cup honey
 - ½ cup mayonaise
 - 1 tbsp dill weed



Directions

- Mix honey, mayonnaise and dill weed in a small bowl and refrigerate
- Cut chicken into long, thin strips, set aside
- Mix flour, panko crumbs and spices together in a large bowl
- In another bowl, beat eggs and mix in the mustard
- Place a large frying pan on the stove and cover the bottom with oil
- Turn on heat to medium
- Coat chicken strips in egg and then in flour mixture and place on a plate
- Fry chicken in pan until golden brown on each side
- Serve with honey dill sauce

Note: For a healthier option you can baked in the oven at 425F on a greased baking sheet for 15-20 mins, flipping once.

Chickpea and Couscous Salad



Ingredients

- 2 cans chickpeas
- 1 cup couscous
- 2 large tomatoes
- 2 large cucumbers
- ½ bunch mint

Dressing:

- ¼ cup lemon juice (or apple cider vinegar)
- ¼ cup olive oil
- ½ cup canola oil
- 1 clove crushed garlic
- 1 tablespoon honey
- Salt and pepper to taste



Directions

- Cook couscous according to directions on package.
- Drain and rinse chickpeas.
- Dice tomatoes and cucumbers.
- Finely chop mint.
- Uncover couscous and fluff with a fork.
- Add all ingredients to one bowl, stir and combine.

Dressing Preparation:

Add all dressing ingredients together in a blender and mix well until combined.
Pour over salad ingredients and mix well.

Chocolate Zucchini Muffins

Ingredients

- 1 cup all-purpose flour
- 1 cup whole wheat flour
- 1/3 cup cocoa powder
- 1 tsp baking powder
- 1 tsp baking soda
- ½ cup milk (or soy milk)
- 2 eggs
- ¼ cup canola oil
- ¾ cup brown sugar
- 2 tsp vanilla
- 2 cups shredded zucchini (about 1 large zucchini)



Directions

- Preheat oven to 375F.
- Put 16 paper muffin liners in muffin tins.
- Wash the zucchini and shred it with a grater. Measure out 2 cups of shredded zucchini.
- In a large mixing bowl, mix together all-purpose and whole wheat flours, cocoa, baking powder, and baking soda.
- In a separate bowl, whisk together milk, eggs, oil, sugar and vanilla.
- Add zucchini to the bowl with wet ingredients and stir.
- Add the wet ingredients to the bowl of dry ingredients and stir until combined.
- Spoon the mixture evenly into the muffin tins.
- Bake for 18-20 minutes.
- Test if it is done by sticking a toothpick or knife into the centre of a muffin. It will come out clean if it is ready.
- Place muffins on a cooling rack.

Crunch'n Coleslaw with Sweet Apples



Ingredients

Dressing:

- 2/3 cup plain Greek yogurt
- 1/3 cup mayonnaise
- 4 tsp white vinegar
- 4 tsp fresh lemon juice
- 1/2 tsp fresh garlic, minced

Salad:

- 5 cups cabbage, shredded
- 1 cup carrots, cut into thin matchsticks
- 1/3 cup sliced green onion
- 2 apples, cut into thin matchsticks



Directions

(Makes 8 servings)

Time 20 minutes

Dressing:

Mix all dressing ingredients together until combined.

Salad:

Add all chopped salad ingredients in a large bowl.
Combine dressing with vegetables and mix together.

French Fries

Ingredients

- Canola or olive oil
- 8 white potatoes
- Salt
- Pepper



Directions

(Makes 8 servings)

Time 45 min

- Preheat oven to 425F
- Wash potatoes and cut into long thin strips
- Place in large bowl and toss in oil until covered
- Season with salt and pepper
- Place in single layer on cookie sheet
- Bake for 20 mins, flip and bake until brown and crispy. About another 20 minutes.

Fruit Smoothies



Ingredients

- 1% milk
- Plain yogurt
- Frozen fruit (berries or any fruit you like!)
- Fresh fruit (bananas, berries, etc.)

Optional:

- Cocoa powder
- Ground flax
- Spinach
- Peanut butter



Directions

- Add frozen fruit to blender
- Blend
- Add milk, yogurt and other fruit
- Blend until smooth
- Enjoy!

Lentil Potato Spinach Soup with Croutons



Ingredients

Soup:

- 1 cup dry red split lentils
- 2 tablespoons (30 ml) canola oil
- 2 garlic cloves, minced
- 2 medium onions, chopped
- 6 cups reduced sodium vegetable broth
- ½ cup chopped freshly parsley
- 4 cups chopped fresh spinach
- 2 medium potatoes, cubed
- Pinch salt and pepper
- 1 tablespoon lemon juice



Croutons (optional):

- 4 slices thick stale French bread, cubed in 1-inch pieces
- 1 teaspoon olive oil
- Pinch dried rosemary
- Pinch salt

Directions

(Makes 8-9 servings)

(Time: 1 ¼ hour)

Soup:

- Rinse lentils in fine colander until water runs clear.
- Sauté garlic and onions with oil in a large saucepan until soft and translucent. Add vegetable (or chicken) broth, lentils, and remaining ingredients except lemon juice.
- Cook soup for about 30 minutes until lentils and potatoes are tender. Add lemon juice. Top with croutons (optional). Serve.

Croutons (optional):

1. Preheat oven to 375F.
2. Place bread cubes on cookie sheet.
3. Drizzle with olive oil. Sprinkle with rosemary and salt. Mix to evenly spread over bread cubes.
4. Place in oven for 8-10 minutes until golden brown (check to ensure they do not burn).
5. Remove from oven and set aside until ready to serve soup.

Salmon Burgers

Ingredients

- 3 tablespoons oil
- 3 cans salmon (small cans)
- 3 eggs
- 2 cups bread crumbs
- 1 cup sliced green onion
- 3 tablespoons minced garlic
- Salt and pepper to taste
- 12 whole wheat buns
- Optional toppings (lettuce, tomato, mayo)



Directions

(Makes 12 servings)

Time 25 minutes

- Drain water from salmon by pushing lid into the can
- Put salmon in mixing bowl
- Flake with a fork
- Mix egg, breadcrumbs, onion, garlic, and salt/pepper with salmon
- Form mixture into patties and let rest for 10 minutes
- Heat oil in pan on medium heat
- Fry patties in oil
- Serve on buns or by themselves



Tuna Melt



Ingredients

- 2 cans tuna
- 2 Tbsp mayonnaise
- 4 Tbsp green or red onion, chopped
- 8 leaves spinach, romaine, or other lettuce
- 8 slices cucumber
- 8 slices tomato
- ½ cup shredded cheese
- 8 pieces whole grain bread, bun, or bagel



Directions

(Makes 4 servings)

(Time: 15 minutes)

- Open and drain cans of tuna.
- Place tuna in a bowl.
- Add mayonnaise and chopped onions. Mix with a fork.
- Lay out bread on baking sheet. Top with lettuce, cucumber, tomato and tuna mixture.
- Sprinkle cheese on top of each so you have 8 open-faced sandwiches.
- Heat oven to broil.
- Cook for about 3 minutes, checking regularly to make sure the cheese does not burn.
- Eat up and enjoy!

Pita Pizzas

Ingredients

12 Whole wheat pita breads

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- 1 can tomato sauce
- 1 small can tomato paste
- 2 tablespoon Italian seasoning
- 2 cloves minced garlic
- 1 cup shredded mozzarella cheese

- Vegetables and meat of your choice
 - Suggestions: mushrooms, peppers, tomatoes, olives, spinach
- Optional: pineapple



Directions

- Preheat oven to 350 degrees
- Chop all pizza toppings into small, thin pieces
- Set aside toppings
- Mix pizza sauce ingredients together in a small bowl
- Spread sauce over crust
- Add toppings over sauce
- Bake on pizza pans or cookie sheets for 10-15 minutes, until cheese is melted and toppings are cooked

Black Beans Burger



Ingredients

- 1 540 ml can black beans
- 1 egg
- 1 tsp ginger powder
- 1 tsp garlic powder
- 1 tsp onion powder
- ¼ cup parsley
- ¾ - 1 cup of breadcrumbs
- 2 tbsp oil (if fried)



Directions

(Makes 4-6 patties)

- Preheat oven to 375 F
- Drain and rinse beans and pour them, along with all other ingredients (except breadcrumbs) into food processor/blender and mix until a slightly chunky puree is achieved
- Move the mixture into a bowl and hand stir the breadcrumbs in until the puree becomes slightly dry and can easily be formed into patties. Add it slowly, as you can always add more, but taking too much out is difficult!
- Use your hands to make burger sized patties

Fried: Put 2 tbsp oil in frying pan, over medium heat, and add patties when oil is hot. Cook for 3-4 minutes on each side, until medium to dark brown

Baked: place patties on parchment lined baking sheet. Bake on each side for 10 minutes.

- Prepare veggies/toppings
- Add whatever toppings and condiments you want and enjoy!!

Creamy Chicken & Rice Skillet



Ingredients

- 1 Tbsp butter
- 1 pound boneless, skinless chicken breasts, diced
- ½ cup brown rice, uncooked
- ½ cup white rice, uncooked
- 2 cups mushrooms, thinly sliced
- 2 cups fresh or frozen green beans, chopped
- 1 onion, diced
- 2 cloves garlic, minced
- 1 cup vegetable broth
- 1 Tbsp cornstarch mixed with a little water
- ½ cup milk
- ½ cup grated Parmesan cheese
- ½ teaspoon black pepper
- 1 teaspoon paprika
- ½ cup plain yogurt (no gelatin)



Directions

- Cook rice according to package directions.
- Meanwhile, melt butter in a large skillet. Sauté garlic, onion, chicken, mushrooms and green beans for 10 minutes over medium high heat.
- Add broth and cook until chicken is cooked through.
- Add black pepper, paprika, and cornstarch/water mixture and bring mixture to a boil.
- Reduce heat to simmer and add milk, yogurt, and parmesan.
- Stir until well combined.
- Add cooked rice and cook until heated through.

Avocado Milkshake



Ingredients

- 4 medium sized avocados
- 1 can (14 ounces) low fat evaporated milk
- ¼ cup sugar
- 3 cups ice cubes



Directions

Makes 2-3 servings

Time: 10 minutes

- With a knife, halve avocados and remove pit. Using a spoon, scoop flesh and cut into cubes.
- In a blender, combine avocados, milk, sugar and ice cubes.
- Process until smooth and blended.
- Serve.