

Cook It Up Healthy



with Brandon RHA Staff



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Introduction/Backgrounder

March is nutrition month. The goal of the 2007 Nutrition Month® Campaign is to encourage people to eat home cooked healthy dinners during the week. More and more Canadians are trying to balance work and family life, however, time spent in the kitchen is declining and there is more reliance on convenience foods and eating out. Agriculture and Agri-Food Canada (1) have estimated that 10% of food spending is devoted to convenience foods (including frozen foods, pre-cooked foods, soups, and baby foods) compared to 6% in 1986. Over a hundred years ago, the average time spent preparing meals for a day was six hours (2). In 2000, the average time spent preparing meals was 45 minutes a day (2). It is now estimated that Canadians spend only about 20 minutes a day to prepare dinner (2). As a result, cooking skills are declining.

The purpose of this book is to help you to reach the 2007 Nutrition Month® Campaign objective! Enjoy these healthy eating tips and recipes that have been submitted by individuals from the Brandon Regional Health Authority. The submitted tips are highlighted in green throughout the book.

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References:

1. Agriculture and Agri-Food Canada. "Canadian Food Trends to 2020, a Long Range Consumer Look", 2005.
2. Dietitians of Canada. "National Nutrition Month® 2007 Campaign: Backgrounder for dietitians and community leaders", 2007. Retrieved from www.dietitians.ca.

Lunch Ideas

Taste of Home Hearty Soup

(Sharon Wittmeier)

| | |
|-------------|--|
| 6 cups | water |
| 3 | beef bouillon cubes |
| 1 ½ lbs | ground beef (browned and drained) |
| 1 cup | finely chopped onions |
| 1 ½ | cups chopped celery |
| 2 cups | carrots, cubed |
| ½ cup | green pepper, chopped |
| 1-28 oz can | whole tomatoes |
| 1-8 oz can | tomato sauce |
| 2 | bay leaves |
| | salt, pepper, basil, parsley and garlic powder to taste (approx ½ tsp each) |
| 1/3 cup | barley (or whole wheat pasta) |

Add all ingredients together. Cover and simmer for 1 to 2 hours in slow cooker or in a large pot on the stove. If using pasta, add at the end and cook about 15 minutes before serving

You can have a slice of whole wheat bread with it and a glass of milk for a healthy meal. Keep in the fridge up to 3 days or freeze in containers.

After your quick and easy meal, you still have extra time to go for a walk or run on the treadmill for 10 minutes.

Dietitian's Tip: Barley is a good source of soluble fibre, which is a great addition to many soups.

Quesadillas

(Gay Courtice and Richard Hardinge)
combined recipes

- 1-2 soft tortillas (per person)
- 2-3oz cooked meat, chopped (roast beef, chicken, hamburger, canned salmon or tuna.)
- ½ -1 cup your favorite vegetables, chopped (celery, green pepper, green onion, tomato, cucumber, mushrooms, cilantro, fresh chilies are great)
- 3-4 Tbsp shredded cheddar cheese

Mix and match the ingredients to suit your taste. (E.g. ground beef, green onions, fresh mushrooms and grated cheddar makes a tasty quesadilla).

Lay one soft tortilla down. Add layer of ½ of the shredded cheese. Add meat & vegetables. Cover with remaining shredded cheese. Top layer: another tortilla shell

The secret is to use a dry frying pan – no grease! Cook it on medium heat and flip it over when the cheese has firmly sealed the bottom layer on. Flipping tip: Cover the quesadilla with a glass plate and quickly flip over, so quesadilla is on plate. Then slide quesadilla back onto the pan to finish cooking.

Slide off pan and cut like a pizza. Suggested accompaniments: salsa, sour cream, and guacamole.

Dietitian's Tip: Choose the whole wheat tortillas to boost the fibre content. You can also lower the fat content of your quesadilla by increasing the amount of veggies, decreasing meat and choosing lower fat cheese and sour cream (light or fat-free).

Pita Pockets

(Sue Dunn)

This recipe is quick and easy. It works really well to pack in kids lunches.

| | |
|-------|--|
| 1 can | tuna, packed in water |
| 2 tsp | low fat mayo. |
| 1 cup | broccoli chopped (can be raw or leftover cooked) |
| ½ cup | cheddar cheese, shredded |
| 2-4 | pita pockets |

Mix all the above and some of the cheese. Pack into half a pita pocket. Sprinkle on shredded cheddar, heat in microwave on medium until cheese is melted.

Dietitian's Tip: This recipe could also be eaten cold. Alternative veggies could include: chopped celery, cucumbers, peppers, spinach, radishes, etc. Also try a lower fat cheese (Light marble is a tasty choice!).



Macaroni and Cheese

(Marie Andrew)

This recipe is from 'Looney Spoons' cookbook and is a good alternative to higher fat mac & cheese.

| | |
|----------|--|
| 2 ½ cups | 1% milk |
| ¼ cup | flour |
| ½ tsp | each, dry mustard and salt |
| ¼ tsp | each, paprika and black pepper |
| 1 ½ cups | shredded reduced fat sharp cheddar cheese (6 oz) |
| 2 oz | light cream cheese |
| ¼ cup | minced onions |
| 3 Tbsp | parmesan cheese |
| 6 cups | cooked elbow macaroni (about 3 cups dry) |

In medium saucepan, combine the milk and flour together, until smooth. Cook over med-high heat until mixture is bubbly and thickened, about 7-8 min. Stir in dry mustard, salt, paprika, pepper, all cheeses, and onions. Continue to cook until cheeses are completely melted. Combine cheese sauce with cooked macaroni. Transfer to large casserole dish that has been sprayed with non-stick spray.

Topping: Mix ¼ cup bread crumbs and parmesan cheese, Sprinkle over macaroni. Bake @ 350°F, uncovered for 30 min.

I like to use whole wheat pasta. Since not all of my family members are fans of it, I sometimes mix ½ whole wheat and ½ white pasta as a compromise.

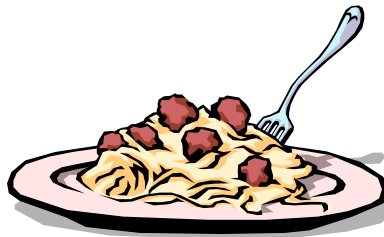
Pasta Fagioli
(with a healthy twist)

(Kara Amundson)

| | |
|-----------|---|
| 1.5 Litre | low sodium chicken broth |
| 1.5 Litre | Clamato juice |
| 3 cups | chopped green cabbage |
| 2 cups | chopped carrots |
| ½ cup | chopped onion |
| 1 cup | chopped celery |
| 4 cloves | minced garlic |
| 2 cans | mixed beans, not drained (substitute kidney or romano beans if you prefer). |
| 1 ½ Tbsp | Worcestershire sauce |
| 2 cups | uncooked pasta |

Cook garlic and onion over medium heat for 5 min. Add chicken broth, clamato, Worcestershire sauce, vegetables and beans to the pot. Bring mixture to a boil over medium-high heat. Cover and simmer over medium-low heat for at least an hour (cabbage will get even more tender if simmered for longer than an hour). Cook pasta according to directions on package. Add fully cooked pasta to soup before serving. Add salt, pepper and hot sauce to taste.

(You can substitute 2.5 lbs - ground turkey instead of the second can of beans: cook it first, then add garlic and onion, or spicy clamato juiced for soup with a kick).



More Lunch Tips...

Likewise for suppers, many Brandon RHA employees plan ahead for lunches. This includes making a menu, and basing your grocery list on it. Some of their tips include:

- Make a point of packing lunches the night before and right after supper, thereby avoiding the morning rush. Pack lots of fresh fruit and veggies, including cucumber slices, carrot sticks, celery, and grapes.
- Try a V-8 juice if you're having trouble getting veggies into your kids. It's also helpful for me to leave my money at home, so I'm not tempted to buy those extras!
- Make homemade soups ahead of time and freeze in re-usable containers to bring for lunch. I sometimes pack a homemade muffin and salad for lunch too.

Entrees

Gibson Stew

(Carmel Olson)

Here is a recipe that is healthy from two perspectives, i.e. food content and chef can attend to other activities while the dish is cooking.

- 2 pounds lean stewing beef
- 1 onion, sliced
- 6 celery sticks, cut in one inch slices
- 6 carrots, cut in one inch slices
- 4 potatoes, cut in chunks
- salt to taste (can omit if low salt diet)
- ¼ tsp. pepper
- 1 Tbsp sugar (optional)
- 3 Tbsp minute tapioca
- 1 ½ cups tomato juice



Combine first five ingredients in casserole dish or roaster. Stir spices with tomato juice and pour over meat and vegetable ingredients. Cover. Bake in 300°F oven for 4 hours until tender. Serves 6 - 8 people. This is very tasty!

Dietitian's Tip: To make this a balanced meal, simply add a whole wheat biscuit and glass of milk. For more ideas on balancing meals, or to analyze your recipes check out www.dietitians.ca.



Polk A Dotted Tuna Nuna

(Karolyn Knee)

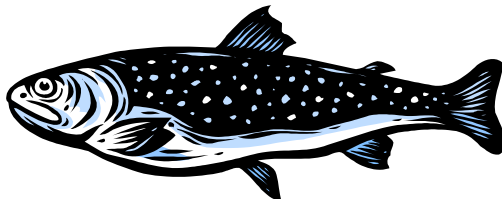
This is a quick, easy and healthy recipe which our whole family enjoys, especially the kids! It's also cost effective!

2 boxes Kraft Dinner
1 can reduced fat cream of mushroom soup
2 cans tuna
1 can low fat milk
2 cups cooked mixed vegetables

Make the Kraft dinner as directed and add the remaining ingredients. Enjoy!

Dietitian's Tip: Fish is a lean source of protein and also a source of heart healthy omega three fatty acids. Try to get fish in your diet at least 2-3 times a week.

Get the whole family involved in meal planning and preparation. Children can help plan a meal, prepare a shopping list and prepare some or all of the meal for the family.



Easy Beef Pasta

(Darlene Ehlert)

Here is an easy family favourite.

In a large pot on the stove add:

- 1 lb lean ground beef, cooked
- 1 pkg. onion soup mix
- 1 tsp garlic powder
- 1-20oz can stewed or chopped tomatoes
- 2 cups water
- 2 cups uncooked pasta (shells, penne, elbow)



Combine all the ingredients and bring to a boil. Cover, reduce heat and stir occasionally until all the fluid is absorbed. If you like you can then sprinkle a cup of shredded light cheddar or light mozzarella cheese over your casserole and broil it in the over until the cheese is golden brown. Total Preparation time 25 minutes.

Cook up large amounts of hamburger. Store in smaller amounts to quickly add to pasta and soups.

Kids love stir-frys. Keep it simple and buy prepackaged veggies, use leftover meat, add a can of broth soup (beef or chicken), warm thoroughly and serve with rice.

Smoked Salmon Omelette

(Richard Hardinge)

| | |
|--------|---------------|
| 2-3 oz | smoked salmon |
| ¼ cups | green onions |
| 4 | eggs |
| dash | dill weed |
| dash | salt |
| dash | pepper |
| 1 tsp | olive oil |

Cut the smoked salmon into pieces. Whisk the eggs until they are a light yellow colour. Add green onions, salmon, dill weed, salt and pepper. Heat olive oil in frying pan. Pour it in; flip it when ready and voila! Quick, easy, and healthy. You could grate cheese over top as well. We enjoy this for breakfast with toasted bagels or for supper with a crisp lettuce salad.

Reduce your portion size at meal times. For example, have one pork chop instead of two.

When making a meat loaf, shape it into a loaf and cook on a broiler pan, rather than in a loaf pan, so that the fat will drain away.



Pull Apart Roast

(Sherry Sawatzky-Dyck)

1 beef roast (outside round)
1 cup ketchup
1 cup barbeque sauce
4 cups celery
1 cup chopped onion
2 cups water
2 Tbsp vinegar
1 Tbsp brown sugar
2 Tbsp Worcestershire sauce
1 tsp chilli powder
1 tsp garlic powder
Salt, to taste

Combine all ingredients. Pour over meat in a large dutch oven. Cover. Bake at 300°F for 5 hours, turning occasionally.

Shred with a fork and serve with buns.

This recipe also works well in a slow cooker.

Cook a roast on the weekend and use leftover meat for lunches during the week instead of deli meat.

Dietitian's Tip: Many Canadians consume excessive amounts of sodium/salt. Be sure to taste food before adding salt to a recipe. Try not to add salt in both cooking and at the table. Use other flavourings like lemon or spices to enhance your recipes.

Chicken

Cinnamon Chicken

(Deb Thiessen)

3-4 boneless, skinless chicken breasts

$\frac{3}{4}$ cup buttermilk

Coating:

$\frac{1}{2}$ cup oatmeal

$\frac{1}{2}$ cup oat bran

2 Tbsp brown sugar

2 tsp cinnamon

Grind oatmeal, oat bran, brown sugar and cinnamon in a blender. Dip chicken breast into buttermilk. Coat chicken in oatmeal mixture & place on lightly sprayed pan (i.e. Pam). Bake at 350°F for 35-45 minutes.

Serve with mashed potatoes, wholegrain pasta or on a salad along with a whole grain roll.

Precooking chicken breast and freezing in small packaging can make preparing supper a breeze.

Dietitian's Fact: Soluble fibre found in the oat bran and oatmeal, may lower our LDL (bad) cholesterol and improve blood sugar control.

Chicken Penne

(Bev More)

2 chicken breasts
2 tsp olive oil
1 cup penne or spiral noodles
1 bag California frozen vegetables
2 Tbsp light Italian or herb & garlic dressing

Cut chicken into stir-fry sized pieces; sauté in olive oil in a non-stick pan. Cook noodles in boiling water. In the microwave, cook one package of California frozen vegetables. Mix all ingredients together.

This simple and nutritious recipe is as tasty cold as it is hot. It can also be made with shrimp, crab or any meat.

Remember that chicken wings are loaded in fat and should be enjoyed in moderation.

Dietitian's Tip: To boost the fibre in this recipe substitute with whole grain penne or spiral noodles.

World's Simplest Baked Chicken

(Roz Evason and Lynne Johnson)

- 4 boneless, skinless chicken breast
- 1 medium jar of your favorite salsa

Place thawed or frozen chicken breasts in ovenproof casserole dish. Cover with salsa. Cook at 350-375°F for 30-60 min (30-45 for thawed and 45-60 for frozen).

Serve with a salad and rice; the cooked salsa makes a great topping for the rice.

This recipe can easily be scaled down for one! Top with a low-fat cheese slice for variety.

Remove all chicken skin prior to cooking and remove all visible fat from meat portions. We also broil, grill, or BBQ our chicken/meat rather than frying to reduce the fat content.

I usually cook a roast chicken on Sunday so I have some fresh meat rather than deli meat for sandwiches during the first part of the week.

Dietitian's Fact: Did you know the less processed the olive oil, the more potential heart benefits it may have? "Virgin" and "extra virgin" olive oil are the least processed and are richer in phenolic compounds, which have antioxidant, anti-inflammatory, and anti-clotting effects.

Crispy Chicken Fingers

(Lynell Wazura)

4 boneless, skinless chicken breasts
1 ½ cups Rice Krispies, coarsely crushed
2 Tbsp flour
½ tsp salt
¼ tsp thyme
¼ tsp poultry seasoning
¼ cup margarine, melted

Place margarine in one bowl. Combine cereal, flour, salt and thyme in another bowl (I use a Ziploc bag). Cut chicken into thin strips, dredge in margarine, and then coat with cereal mixture. Place on a greased cookie sheet and bake at 400° F for 20 minutes. Serve with a dipping sauce.

I cut up the chicken breasts and make the cereal mixture the night before so that when I get home from work the next day, I just need to coat the chicken and throw it into the oven.

**I always try to have chicken breasts in the freezer and broccoli, carrots and cauliflower in the fridge.
The quickest meal to do is a stir-fry.**

Dietitian's Fact: Research has shown that people who eat fast food several times a week are prone to weight gain and insulin resistance. People who ate fast food more than twice a week gained an extra 10 pounds and were twice as likely to develop insulin resistance (a condition that increases the risk of diabetes and heart disease), compared to those who eat fast food less than once a week.

Glazed Chicken with Cashews

(Sharon Young)

$\frac{3}{4}$ cup cashews
1-3 Tbsp peanut oil
4 garlic cloves, finely chopped
1 red bell pepper, sliced in strips
2 cups broccoli, cut into florets
1 lb. skinless, boneless chicken breasts, cut in strips
2 Tbsp Chinese rice wine or medium-dry sherry (or substitute with chicken broth)
3 Tbsp hoisin sauce
2 tsp sesame oil
5-6 green onions, green parts only, sliced
Soya sauce, to taste

Heat wok (or large Teflon fry pan) until hot, add the cashews and stir-fry over low to medium heat until golden brown. Remove and set aside. Heat the wok again until hot, add the oil and swirl it around. Add the garlic and let it sizzle for a few seconds. Add the red pepper and chicken strips, and fry over medium-high heat for 2 minutes. Do not let the garlic scorch, or it will taste bitter.

Pour the rice wine, sherry or chicken broth and the hoisin sauce over the chicken mixture and stir well. Continue to stir-fry until the chicken is tender and evenly glazed. Stir in the sesame oil, and then sprinkle the cashews and green onions over the stir-fry. Toss quickly to mix. Serve with brown rice.

Meatless Dishes

Vegetarian Chili

(Richard Hardinge)

| | |
|----------------|---------------------------------|
| 2 cups | dried lentils |
| 3 cups | water |
| 2-15oz cans | kidney beans, undrained |
| 2 medium | onions, finely chopped |
| 1 | green pepper, finely chopped |
| 1 | celery stalk, finely chopped, |
| 8 cloves | garlic, minced (don't be shy!) |
| 2-14 ½ oz cans | stewed tomatoes, undrained |
| 1-15oz can | tomato sauce |
| 1-6oz can | tomato paste |
| ¼ cup | salsa |
| 1 | jalapeno, finely chopped |
| ½ cup | chili powder |
| 1-4oz can | diced green chillies, undrained |
| 1 tsp | salt |

In Dutch oven, cover lentils with water and bring to boil. Reduce heat and simmer 40 minutes or until most of the water has been absorbed.

Add remaining ingredients, stirring after each addition. Simmer 2 ½-3 hours, stirring frequently. (Here, we set the slow cooker on 3 ½ out of 5, and cook for about 6 hours). Season to taste with salt and pepper. Makes 6-8 servings. Good with rice or heavy bread!

Have your family try eating soy products, beans and lentils, as your protein source. Try using soy-based “meat alternatives” (e.g. Ground round) to substitute for meat in your favorite recipes.

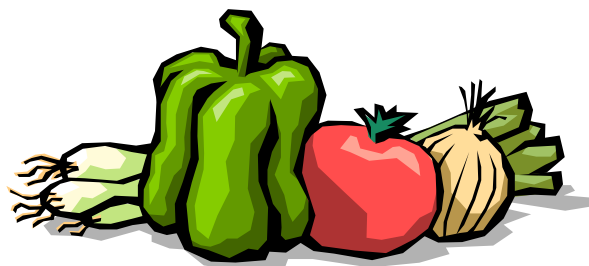
Plan a vegetarian supper meal once per week. Do this by adding black beans to nachos, tacos, burritos or soups.

Asian Shrimp Soup

(Richard Hardinge)

1 large onion, chopped
3 cloves garlic, crushed
2 small green chillies, finely chopped
1-2 Tbsp olive oil
1-2 cups snow peas
1 zucchini, chopped
½ cup fresh cilantro or parsley, chopped
½ cup green onions, chopped
5 cups chicken stock
Shrimp – how ever many you'd like
1 Tbsp roasted cumin seeds
Salt and pepper to taste
Oriental noodles

Sauté onions, chillies and garlic in olive oil. Add the onions, chillies and garlic. Sauté shrimp in the same frying pan as the onions, chillies and garlic. When they are cooked, add them to the soup. Add the remaining ingredients and simmer on the stove or in a slow cooker for 45 minutes. Then add in oriental noodles, as many as you like, and cook until noodles are soft.



Majadra

(Aida Tahhan)

| | |
|--------|----------------|
| 2 cups | parboiled rice |
| 1 cup | brown lentils |
| 5 cups | water |
| 1 cup | chopped onions |
| ¼ cup | olive oil |
| 1 tsp | salt |
| 1 tsp | cumin |

Boil the lentils with water for 20–30 minutes or until tender. Drain lentils, reserve water. Soak rice in boiling water for 15 minutes, then drain and rinse.

Combine rice and lentils; add salt and cumin, and 3 cups of the reserved lentil water. Cook for another 20 minutes over medium heat.

Fry onion in olive oil until golden, then mix with rice and lentils. Serve with salad or yogurt.

Try using brown rice. It does take longer to cook, but it is more nutritious and has a nutty flavor.

Dietitian's Tip: Brown lentils are sometimes green in color. They do not require pre-soaking, as some of the other legumes do. This nutritious meatless meal is also very economical.

Vegetables

Lemon Roasted Potatoes

(Chandra Boles)

5 large potatoes
¼ cup olive oil
¾ cup water
¼ cup lemon juice
1 tsp garlic powder or 2-3 cloves fresh garlic crushed
1 Tbsp parsley
pepper to taste

Mix all but potatoes and pour into 9"x 13" baking dish. Cut potatoes into wedges or cubes, they are great with skin on. Stir into baking dish until potatoes are covered with sauce. Bake at 400°F until potatoes are soft and lightly browned. Baking time will depend on how potatoes are cut - approximately 1 hour. If you like more lemon flavor you can substitute some of the water with more lemon juice. For easy clean up I line pan with foil.

When using sweet potatoes pop them into the oven at 350°F for about an hour. Scoop out the pulp. It will still be bright orange and ready to eat. Cutting it and peeling it raw with a knife causes the vegetable to a dark grey color. They are one of the very best vegetables we can eat so try one soon!

Dietitian's Fact: Leaving the potato skins on the potato helps contain the nutrients in the flesh, which usually escape during cooking. Potato skins are a good source of vitamin C, B6, potassium and fiber.

Harvest Salad To Go

(Fran McGorman)

| | |
|----------|--|
| 1 Tbsp | calorie wise ranch dressing |
| ½ cup | Granny Smith apple wedges |
| ¼ cup | red grapes |
| 4 slices | shaved oven roasted turkey breast (or leftovers cut into strips) |
| 2 cups | mixed greens, torn |
| ¼ cup | shredded cheese |
| 1 ½ tsp | bacon bits |

Pour dressing into bottom of resealable container. Add apples. Toss to coat. Layer with remaining ingredients. Seal container. Toss salad to coat with dressing just before serving.

Makes 3 cups (single serving). Serve with whole wheat crackers or bread. Enjoy.

Dietitian's Fact: Did you know that 7 out of 10 children (4 to 8 years old) and one-half of adults do not meet the minimum daily servings of vegetables and fruit recommended in Canada's Food Guide.

Use EATracker.ca to get personalized feedback on your intake.

Dietitian's Tip: A low-fat cracker has less than 3 grams of fat per serving.

Virtually Complete Salad

(Lori Harland)

My latest discovery was a salad dressing. Safeway makes fat free balsamic and red wine vinegar dressing that is only 15 calories per tablespoon, but when you add 1 tsp of melted honey to 2 tbsp of dressing it is an amazing combo that I use on a salad.

| | |
|-----------|--------------------------------------|
| 2 cups | lettuce greens |
| ¼ - ½ cup | chopped cucumber |
| ¼ cup | feta cheese, crumbled (or to taste) |
| ¼ cup | dried cranberries |
| ¼ cup | roasted pecans |
| ½ cup | roasted chicken chunks or 1 can tuna |
| 2-3 Tbsp | above mentioned dressing |

Just add a whole grain bread or bun.

Dietitian's Fact: Cranberries (like other berries) have many health benefits. They are full of antioxidants, which are considered cancer fighters and are thought to prevent plaque formation on teeth. Preliminary studies also show they may improve good cholesterol and reduce bad cholesterol. They truly are a heart healthy choice!

The one tip that I have is to include plant-based food with each meal - i.e. fruit, vegetables, and whole grains. These foods include fibre, minerals and vitamins that we need. Also, they are filling and usually low in calories - so they help to control weight.

GETTING YOUR FRUITS & VEGGIES?

- In the summer months I stock up on all the fresh berries. When I get the munchies I eat them and put no limits on fruit. Watermelon and berries are supposed to be full of antioxidants and keep you young. They also help keep you regular.
- I add as many vegetables (finely chopped) as I can to any and all of my ground beef recipes. Also, try adding thinly sliced carrots, chopped cauliflower, broccoli or mushrooms to your favorite pasta sauce.
- Include healthy vegetable side dishes in your menu planning to get more servings of vegetables in your day.
- Eat a variety of multicolored fruits and vegetables in the course of a day. It encourages good nutrition and decreases appetite and cravings for sugar. It's what I do.
- With four teenagers, we try to have a fruit salad made up and in the fridge for snacking. Anybody can dice up fruit, so it is a good task and a healthy alternative to cookies or crackers after school.
- After you go shopping and have bought fresh vegetables - clean and cut them up and put them in a container. When the kids come home after school, pull them out with some ranch dressing - a much healthier snack than potato chips!

CHECK THIS OUT:

For more recipes with vegetables than you could ever dream of go to
www.peakmarket.com

Snacks

Hummus Dip

(Karen More)

1 can chick peas (or Garbanzo beans)
2-3 Tbsp olive oil
1-2 garlic clove, minced
Juice from 1 lemon
pinch cayenne pepper (optional)

Directions: blend all ingredients together in food processor until chick peas are well blended. Chill until served. Can add parsley on top as a decorative touch. Serve with crackers (e.g. wheat thins, rice crackers). Enjoy!

Low Fat Tortilla Chips

(Betty Lam)

Cut 5 tortillas into eight to make 40 wedges.
Arrange on baking sheets, coat with cooking spray.
Sprinkle with ½ tsp each salt and chili powder.
Bake at 350°F until crisp, about 10 minutes.

The secret is this... Only eat when you are hungry and eat just enough to feel satisfied. Don't eat just because you think you will be hungry later. If you eat until you're full, it will be riding along with you for months.

Chewy Marshmallow Granola Bar

(Brenda Smith)

Melt:

½ cup margarine
4 cups marshmallows

Remove from heat and add:

½ tsp vanilla
1 cup rolled oats
½ cup coconut
1 cup sunflower seeds
½ cup wheat germ
½ cup bran
½ cup oat bran
½ cup raisins or dried cranberries

Mix all together. It will be sticky. Press into a shallow pan (11x17) sprayed with non-stick spray. Cut into 24 bars. Goes great with fruit or applesauce for a late afternoon snack.

Pack for hotel stays. Take a small cooler with water, juice boxes and fruit. This will help eliminate the hunger pains and dry mouth that often lead to junk purchases along the way. Home baked muffins and fruit take care of bedtime munchies. A resealable bag full of healthy granola/trail mix makes for a nice nibbler.

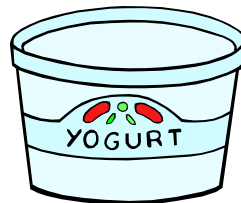
Dietitian's Fact: High fibre diets have been associated with lower risk for diseases such as heart disease, cancer and type 2 diabetes. Try adding whole wheat, bran, nuts, seeds or dried fruit to recipes. For more information on the fibre content of foods, see Health Canada's Nutrient Value of Some Common Foods at www.hc-sc.gc.ca.

Cream Cheese Pinwheels

(Claudia Nieradka)

| | |
|-------------|--|
| 1 package | cream cheese, low fat |
| 1 cup | low fat or fat free plain yogurt or sour cream |
| 1 container | bruschetta mixture |
| 1 cup | finely shredded low fat cheese |
| 8-10 | tortilla wraps |

The night before, place yogurt or sour cream in a sieve lined with cheesecloth to allow the fluid to drain so it can thicken. Refrigerate. Place softened cream cheese in a bowl. Meanwhile put bruschetta in sieve to drain some of the oil. Mix sour cream or yogurt with cream cheese. Add drained bruschetta and mix well. Add cheese. Mix well. Spread onto wraps. Roll up. Wrap in plastic wrap for at least one hour or overnight. Cut into pieces and serve. I use the different kinds of wraps to produce color affect. Easy to prepare and transport to potlucks.



Dietitian's Fact: The red pigment in tomatoes is called lycopene. Researchers have found that eating tomatoes lowers the risk of colon, stomach, prostate, lung, breast and endometrial cancer. Although raw tomatoes are great, cooking them releases even more of the beneficial lycopene.

Splenda Coated Pecans

(Betty Lam)

3 egg whites
2 Tbsp vanilla extract
2 Tbsp honey (optional)
2 lb pecan halves (or a mixture of other nuts)
2 cups Splenda
 $\frac{3}{4}$ tsp salt
2 tsp cinnamon
a pinch cardamom (optional, but makes a difference)

Preheat oven to 250°F. Spray 2 baking sheets with Pam. In a mixing bowl, whip together the egg whites and vanilla until frothy. Beat in honey. In a separate bowl, mix together Splenda, salt, cinnamon and cardamom.

Add pecans to egg whites, stir to coat the nuts evenly (I use my hands for this step-messy but more efficient). Remove the nuts, and toss them in the Splenda mixture until coated. Spread the nuts out on the prepared baking sheets.

Bake at 250°F (no higher) for exactly 1 hour. Stir every 15 minutes to prevent burning. Cool, then package nuts appropriately.

I have a bowl of baking almonds on my counter and will snack on 4-6 prior to or while I am preparing supper. This curbs my appetite enough to prevent me from snacking on healthier choices or sampling while I am preparing supper.

HUNGRY OR THIRSTY?

Dietitian's Fact: Kids who drink more Kool Aid, soft drinks and fruit beverages may have an inadequate intake of fruits, vegetables, milk and 100% fruit juice. Making healthy snack choices instead increases our chance of meeting our individual nutrition requirements.

- Often we mix up our hunger and thirst signals. I truly need to make a conscious effort to drink more throughout the day. Remember if you are stuck in the munching rut...is your body really craving a snack or just a good watering?
- Try the unsweetened flavored water, which makes drinking it far more pleasant!
- Don't get all your liquid from fruit juice and stay away from pop or drinking too much beer. Those last two are especially hard for students!
- In the cooler months, make tea before bed to cut out bedtime snacks. There are so many kinds out there now. I especially like to drink green tea.
- We swear by orange juice (the real squeezed, no preservatives added type). It's great as a coffee break treat with a handful of almonds. No prep time, little time to eat and no utensils!
- Drink V8 Juice as a snack, not only is it filling but it gives 2 servings of vegetables in one shot!
- Use your blender to make delicious smoothies using fruit, ice and low fat yogurt!

SMART SNACKING

- Has snacking become part of your daily routine? Snacks can provide energy and nutrients for our daily activities, support healthy growth and development, and may help prevent overeating later in the day.
- Avoid buying snacks on the run, as they are often high in calories, fat and sugar. Pick up lots of healthy snacks such as dried fruit, nuts and yoghurt at the grocery store. Look for items with the Health Check logo. Plan a once a week “treat” night for snack-sized chips, popcorn, or chocolate.
- I have replaced my bedtime ice cream with home made yogurt. A cut-up apple and sprinkling of cinnamon replaces the need for a sweetener. A little ground flax seed adds heart healthy oil. What a satisfying snack.
- Variety for a fresh yogurt sundae is endless! Try adding coconut and rolled oats or raspberry yogurt with cranberry and almond granola. Mmm good!
- When I am commuting/driving long distances it is easy to get bored and get the munchies. I pack carrot sticks or nuts and raisins to munch (and crunch) on instead of junk food.
- I like to keep dried fruit, fruit cups, and pudding cups at work to have for snacks.
- Eat regular meals so you can avoid the temptation of snacking on unhealthy snacks.

Baked Goods

Classic Pumpkin Date Loaf

(Barb Ross)

| | |
|----------|------------------------|
| ¾ cup | boiling water |
| 1 ½ cups | 100% Bran cereal |
| ½ cup | chopped Dates |
| 1/3 cup | butter or Margarine |
| 1 | egg |
| 1 can | pumpkin (14 oz/398 ml) |
| 2 cups | all purpose flour |
| ½ cup | granulated sugar |
| 1 Tbsp | baking Powder |
| 2 tsp | ground Cinnamon |
| 2 tsp | ground Ginger |
| 1 tsp | baking Soda |
| ½ tsp | salt |

Pour water over cereal, dates and butter in bowl, stirring until butter melts. Cool. Stir in egg and pumpkin until smooth. Combine remaining ingredients in large bowl. Stir cereal mixture into dry ingredients, just until moistened. (Mixture is stiff). Pour into greased 8x4 inch (1.5 L/22 x 11cm) loaf pan. Bake at 350°F for about 55 minutes, or until tester inserted in center comes out clean. Cool in pan 10 minutes, remove and cool completely. Makes 1 loaf, 14 slices.

Dietitian's Tip: Eating dark colored vegetables and fruit- such as pumpkins, carrots- is a great way to boost your intake of vitamin A and beta-carotene.

No Sugar Added Blueberry Muffins

(Cori Hadley)

| | |
|----------|-------------------------------|
| 1 ½ cups | bran |
| ½ cup | applesauce |
| 1 cup | butter milk |
| ½ cup | Splenda |
| 1 Tbsp | molasses (optional) |
| 2 cups | blueberries (fresh or frozen) |
| 1 tsp | baking soda |
| 1 tsp | salt |
| 2 egg | whites |
| ½ cup | whole-wheat flour |

Mix bran with buttermilk. Mix apple sauce, egg whites, Splenda and molasses and add to bran mixture. Mix in remaining dry ingredients. Bake at 375°F for 20-25 minutes. For my chocolate fix, I sometimes use chocolate chips instead of blueberries.

Avoid noon "binge-attacks" by eating a wholesome and filling low fat, high fibre cereal every morning.



Dietitian's Tip: Canada's Food Guide helps Canadians make healthier choices. Using the guide to choose the type and amount of foods recommended will help to meet nutrient needs, achieve a healthy weight and reduce the risk of chronic diseases.

Applesauce Bran Cereal Muffins

(Sue Dunn)

1 ¼ cup whole wheat flour
1 Tbsp baking powder
¼ tsp salt
2 cups Raisin Bran Cereal
1 cup fat free milk
1 egg
½ cup applesauce
1/3 cup firmly packed brown sugar
2 Tbsp margarine, melted

Preheat oven to 400°F. Mix flour, baking powder and salt in one bowl. In a second bowl, mix cereal and milk. Let stand. Stir egg, apple sauce, sugar and margarine into cereal/milk mixture. Add flour mixture and stir until just moist. Batter will be lumpy. Bake for 20 minutes. Makes 6 large muffins.

I have this muffin with peanut butter or cheese or just eat it plain.

Dietitian's Fact: Did you know that children and adults who regularly eat breakfast have been found to have healthier weights? Breakfast also helps improve concentration and mental alertness. So grab this healthy muffin and put it together with a fruity yogurt shake and you are off to a great start!

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