

EAT WELL, SPEND LESS

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Recipes and tips to boost nutrition,
while saving money



Looking for ideas to get the most value for your food dollar?

Registered dietitians are your partners in the kitchen, showing you how to enjoy fabulous, nourishing meals that are easy on your wallet and big on taste. Because when it comes to your health, you don't need to make trade-offs.

In this handy booklet, you'll find:

- **simple dietitian-designed recipes** that give you nutrients you need to feel well and stay energized;
- **clever tips** to help you get creative in your kitchen, while making healthful, satisfying and budget-friendly meals, and;
- **easy meal ideas** for using up leftover ingredients to help you save money by reducing food waste.



Easy Chickpea Masala

TOTAL TIME: 25 mins

MAKES: 4 servings

The easy curry sauce in this recipe is perfect with budget- and pantry-friendly canned chickpeas and super-convenient frozen veggies. And it's so tasty, you'll want to put it on everything! Bonus? With just one pan to clean up, it's a time-saving winner.

INGREDIENTS

2 tbsp (30 mL) canola oil
4 cloves garlic, minced
1 onion, chopped
1 tbsp (15 mL) minced fresh ginger root
3 tbsp (45 mL) tomato paste
2 tsp (10 mL) garam masala
1 tsp (5 mL) ground cumin
1 can (796 mL) whole tomatoes, undrained
 $\frac{3}{4}$ cup (175 mL) water
2 cans (19 oz/540 mL) chickpeas, drained and rinsed
1 pkg (500 g) frozen cauliflower florets
2 tbsp (30 mL) smooth or crunchy peanut butter
1 tbsp (15 mL) freshly squeezed lemon juice (or more to taste)
 $\frac{1}{4}$ cup (60 mL) chopped fresh cilantro (optional)

DIRECTIONS

1. In a large, deep non-stick skillet, heat oil over medium-high heat. Add garlic, onion and ginger; cook, stirring for about 5 minutes or until starting to brown. Add tomato paste, garam masala and cumin; cook, stirring, until slightly darkened, about 1 minute.
2. Stir in tomatoes and water, breaking up tomatoes with a spoon. Add chickpeas; bring to a simmer. Reduce heat to medium-low, cover and simmer until thickened, about 8 minutes.
3. Stir in cauliflower, peanut butter and lemon juice. Increase heat to medium-high and bring to a boil. Reduce heat to maintain a gentle simmer and cook, stirring occasionally, until cauliflower is tender, about 5 minutes. Sprinkle with cilantro, if using.

TURN UP THE TASTE

If you like your curry spicy, then add about a $\frac{1}{2}$ tsp cayenne pepper along with the other spices.

TIME SAVER

Make a double batch in a big pot, then freeze it in portion-friendly containers up to four weeks for "reheat and eat" lunches or dinners.





SIMPLE SWAP

Swap in whatever frozen veggie and/or chopped fresh veggie odds and ends from the fridge. Be sure to simmer until heated through.

Dietitians' Top Tips

NEAT TO KNOW NUTRITION TIP

This tasty dish is chock full of gut-friendly fibre thanks to the tomatoes, chickpeas, and cauliflower. With a whopping 16 grams per serving, this dish gives you about half your daily fibre!

STORAGE TIP

Don't let extra tomato paste go to waste! Drop it by tablespoonfuls onto a parchment-lined baking sheet and freeze until firm. Transfer frozen tomato pucks to an airtight container. Freeze for up to two months. Thaw in the fridge before using.



GOOD TO KNOW

When it comes to cooking oils, Canadian canola oil is the best value for your health. It is low in saturated fat, a good source of omega-3 fats, high in monounsaturated fat, trans fat-free and costs just pennies per serving.

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Creamy Garlic Chicken & Penne Skillet

TOTAL TIME: 35 mins
MAKES: 4 to 6 servings

Everything cooks in a creamy, milk-based sauce in this satisfying, one-pot meal. Don't let the amount of garlic scare you off! The garlic softens and sweetens when braised in milk, creating a delicious, savoury sauce.

INGREDIENTS

6 small boneless, skinless chicken thighs (about 500 g)
¾ tsp (4 mL) Italian seasoning, divided
½ tsp (2 mL) each salt and pepper, divided
2 tbsp (30 mL) butter
1 pkg (454 g) mushrooms, sliced
1 onion, sliced
1 cup (250 mL) garlic cloves, cut in half or quartered (about 40 cloves)
3 tbsp (45 mL) all-purpose flour
4 cups (1 L) milk
2 ½ cups (750 mL) uncooked whole grain penne pasta
2 cups (500 mL) frozen peas
3 tbsp (45 mL) lemon juice or white wine vinegar

DIRECTIONS

1. Sprinkle chicken with a pinch each of the Italian seasoning, salt and pepper. In a large deep non-stick skillet, melt butter over medium heat. Brown chicken well, turning once, about 10 minutes; remove to plate.
2. Increase heat to medium-high; add mushrooms, onion, garlic and remaining seasoning to skillet. Cook, stirring occasionally, until mushrooms are browned and most of the liquid has evaporated, about 6 minutes.
3. Stir flour into skillet; cook, stirring for 1 minute. Stirring constantly, slowly pour in milk. Stir in pasta and cooked chicken with accumulated juices, tucking into liquid. Bring to simmer, stirring often. Adjust heat as necessary to maintain simmer; cook, stirring often until pasta is almost tender and sauce is still runny, about 10 minutes. (If sauce is reducing too quickly, stir in enough water to keep it saucy and pasta submerged, adding about 2 tbsp water at a time.)
4. Stir in peas and lemon juice; cook until pasta is al dente and sauce is desired consistency, about 3 minutes.

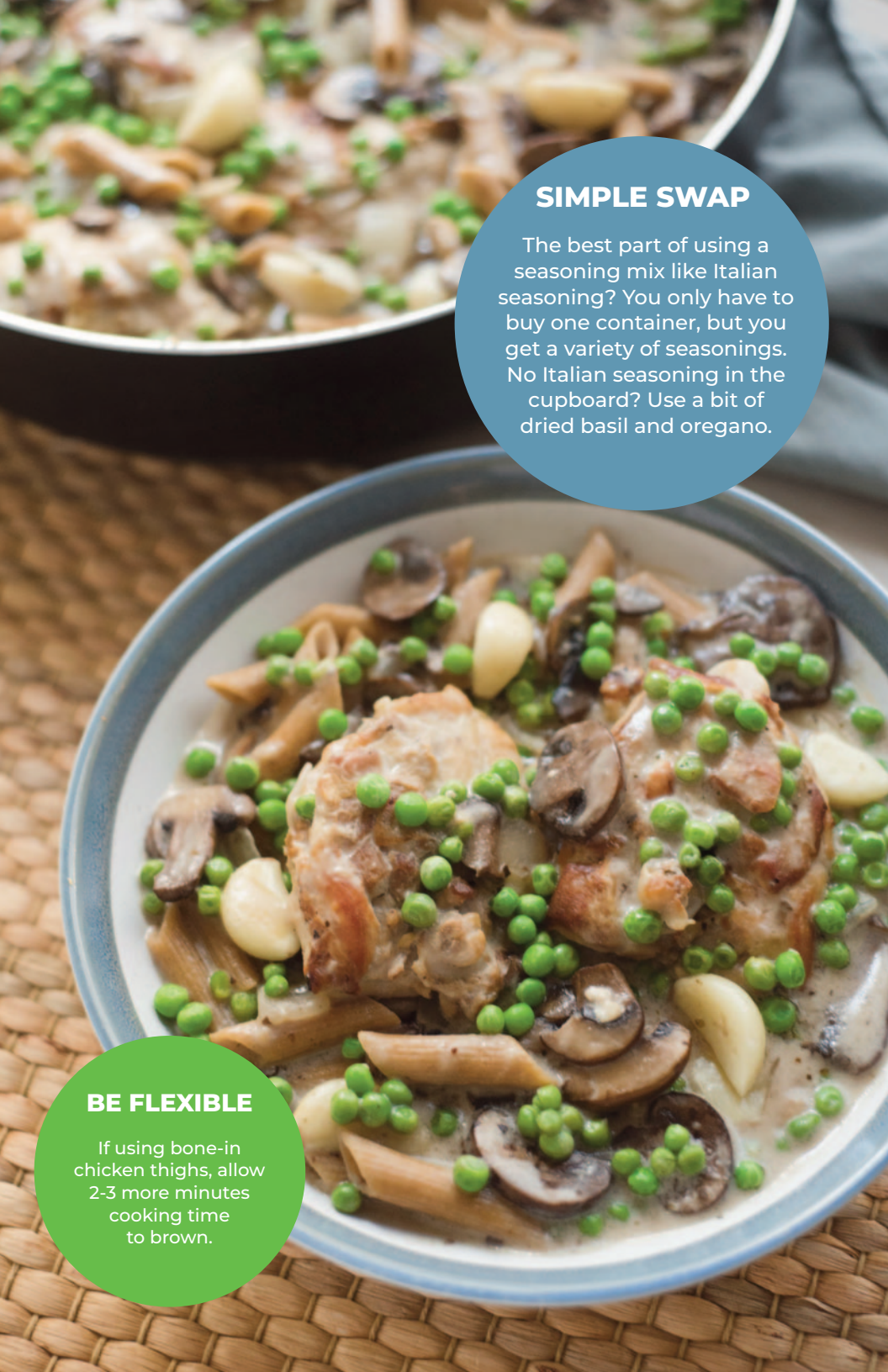
BE FLEXIBLE

If you or someone in your family isn't a fan of peas, keep them as a separate side dish. Or replace them with another frozen vegetable, like green beans.

TIME SAVER

Make the most of your prep time by cutting up your veggies while the chicken is browning.





SIMPLE SWAP

The best part of using a seasoning mix like Italian seasoning? You only have to buy one container, but you get a variety of seasonings. No Italian seasoning in the cupboard? Use a bit of dried basil and oregano.

BE FLEXIBLE

If using bone-in chicken thighs, allow 2-3 more minutes cooking time to brown.

Dietitians' Top Tips

GOOD TO KNOW

Adding just one cup of local milk (or four cups in this recipe!) is a simple, affordable way to include 15 essential nutrients in a range of delicious recipes. Thanks to milk, this dish is an excellent source of calcium – a nutrient many Canadians don't get enough of. **

NEAT TO KNOW NUTRITION TIP

The humble frozen pea is an often-overlooked veggie (surprise—it's actually a legume!) and one of the best healthy buys in the grocery store. Half a cup of peas provides four grams of protein and four grams of fibre, along with health-promoting nutrients like vitamins A and C, and potassium. *

STORAGE TIP

Although it's more costly, you can buy garlic already peeled, speeding up the prep time. Find bags of peeled garlic in the refrigerated area of the produce section. Toss in extra peeled garlic when roasting veggies or add to stir-fries or curries.

* Based on 4 servings.

** Canadian Nutrient File, version 2015, Code 2412.



Mediterranean-Inspired Veggie, Tuna & Barley Salad

TOTAL TIME: 40 mins

MAKES: 6 servings

Looking for a tasty twist on tuna salad? This meal borrows a few flavours from the Mediterranean and uses lots of colourful veggies and fibre-rich barley for a satisfying dinner or packed-lunch option.

INGREDIENTS

- 2 cups (500 mL) uncooked pearled barley
- 2 cups (500 mL) chopped cucumber
- 2 large tomatoes, cored and diced
- 2 carrots, peeled and grated
- 2 green onions, sliced
- 3 cans (170 g each) light tuna, drained and flaked
- 12 cups (3 L) lightly packed torn or chopped romaine lettuce (about 1 large head)
- ½ cup (125 mL) crumbled feta cheese (optional)
- ⅓ cup (75 mL) shelled unsalted sunflower seeds (optional)

LEMON-OREGANO DRESSING

- 1 tsp (5 mL) grated lemon zest
- ⅔ cup (150 mL) freshly squeezed lemon juice
- ½ cup (125 mL) canola oil
- 4 tsp (20 mL) liquid honey
- 1 large clove garlic, pressed
- 1 ½ tsp (7 mL) dried oregano
- ½ tsp (2 mL) each salt and pepper
- ¼ tsp (1 mL) crushed red pepper flakes

DIRECTIONS

1. Cook barley according to package instructions, omitting salt; drain and let cool, or rinse under cold water to cool quickly.
2. **Lemon-Oregano Dressing:** In a small bowl or jar, whisk or shake together lemon zest and juice, oil, honey, garlic, oregano, salt, pepper and pepper flakes.
3. In a large bowl, gently toss cooled barley, cucumber, tomatoes, carrots, onions and tuna with half of the dressing until coated.
4. Divide lettuce among plates. Top with barley mixture and sprinkle with feta cheese and sunflower seeds, if using. If desired, serve remaining dressing on the side. Cover and refrigerate any remaining dressing for up to three days.

BE FLEXIBLE

Switch up the protein, grain and veggies, depending on what you have on hand or what's on sale. Don't have romaine? Use spinach. Have canned salmon or chickpeas, instead of tuna? Go for it! No barley? Use cooked quinoa or brown rice.

LOVE LOCAL

Barley is a Canadian-grown grain that has a delicious nutty flavour and a satisfyingly chewy texture. And it's rich in heart-healthy fibre, helping to reduce cholesterol.



MULTI-PURPOSE DRESSING

The barley soaks up the dressing, so saving half the dressing to drizzle over top spreads the dressing love to the greens and toppings. Double the recipe and save it in the fridge for other uses like salads, pasta or potato salad.

Dietitians' Top Tips

NEAT TO KNOW NUTRITION TIP

Dynamic duo! A serving of this recipe is an excellent source of vitamin C and iron. The vitamin C from the veggies boosts the amount of iron you absorb, and iron helps deliver oxygen to your body and brain, helping you feel energized.

LOVE THOSE LEFTOVERS

Leftovers keep for up to three days, making terrific lunches. Just top your greens with the barley salad and sprinkle with the extra dressing, cheese and seeds right before serving to keep everything fresh and crunchy.

STORAGE TIP

Fresh heads of lettuce should be washed really well with water before refrigerating. Dry the leaves and store them in an airtight container with a small clean tea towel.



Use Up Those Veggies

Let's all give our health a big boost (instead of the compost bin) and our wallets a much-needed break by eating up those delicious veggies before they spoil in our fridges!

GOT SOFT, REALLY RIPE TOMATOES? EXTEND THEIR LIVES!

Cut off the spoiled parts and chop up the rest of the tomatoes. Toss in a little oil, salt and pepper (add herbs, and garlic cloves, if you have them). Roast at 400°F until cooked through, about 20 minutes. Stores for three to five days in the fridge or up to 10 months in the freezer.



For delicious variations, use the roasted tomatoes in pasta sauces or in warm power bowls, or use as a topper for toast.

GOT CABBAGE? ROAST IT!

Cut cabbage into 1½-inch (3-cm) wedges, keeping the core intact to hold the wedges together. Arrange on a lightly greased baking sheet. Drizzle with oil and sprinkle with your favorite spices, such as garlic powder, curry powder or smoked paprika, and a little salt and pepper. Roast in a 450°F (230°C) oven, turning once, until golden and tender, about 25 minutes.



Ramp up the pizzazz factor by drizzling roasted cabbage with lemon juice or tahini or adding a dollop of sriracha mayo.

GOT POTATO AND CARROT PEELS? MAKE VEGGIE CRISPS

Toss well-washed peels with canola oil to coat; sprinkle with salt, garlic powder and a pinch of chili flakes. Spread over a parchment-lined baking sheet and bake at 400°F (200°C) until crisp and golden, about 15 minutes, stirring half-way through. Enjoy as a flavourful snack or as a salad topper.



For a change from ketchup, dip crisps in pureed roasted tomatoes (add a pinch of salt and garlic powder).

GOT BROCCOLI STALKS? THEN IT'S STIR-FRY TIME.

Don't compost those sturdy stalks. They're full of vitamins and minerals (and they're tender once peeled). Peel away the tough outer skin and slice thinly. Stir-fry in a little oil over medium-high heat, adding a clove or two of pressed garlic and a pinch of salt. Yum!

Add a pinch of chili flakes in the last 30 seconds of cooking for a pop of serious flavour!

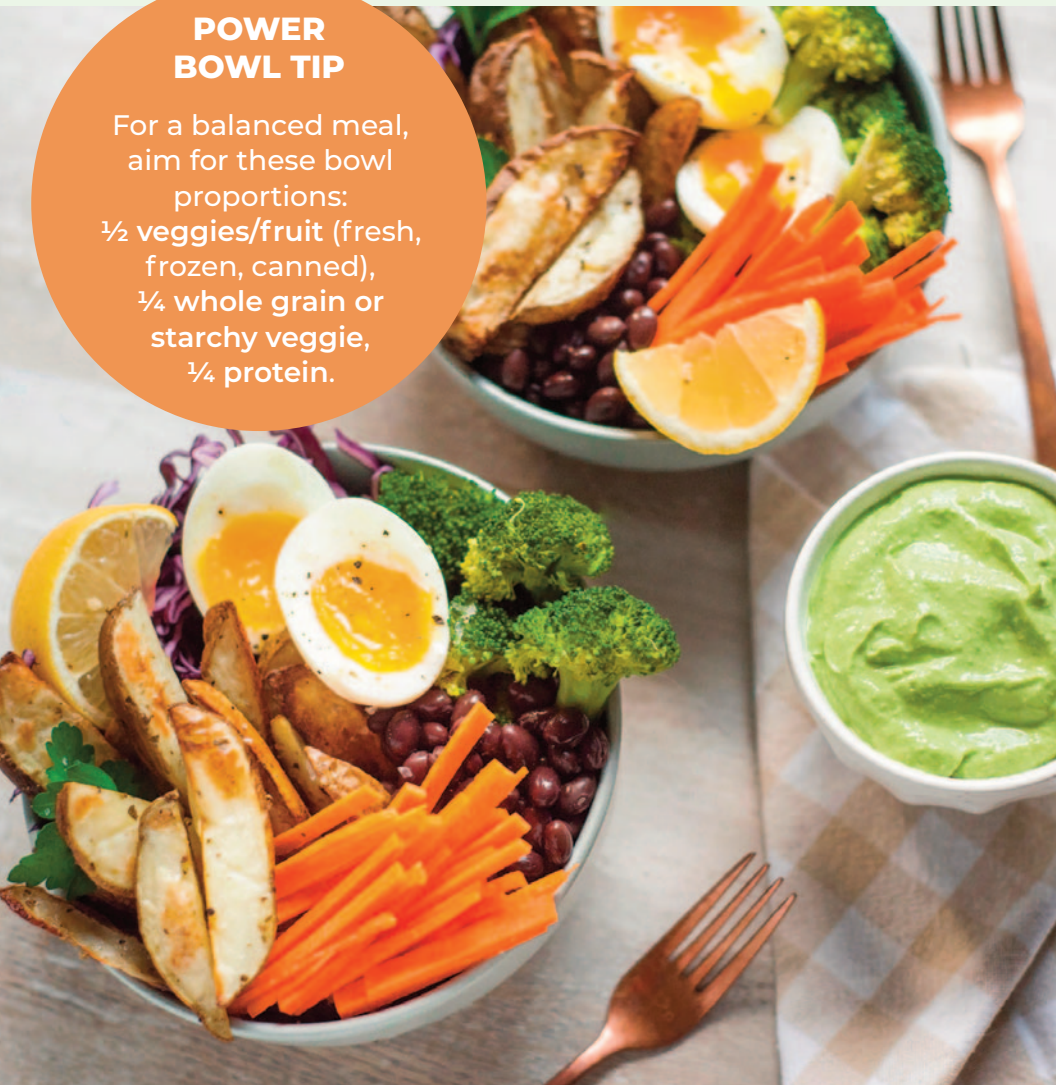


Bring on the Instant Power Bowl!

Got a little bit of this and a little bit of that, but not sure what to make? Try an instant power bowl – perfect for using up the last bits of ingredients you have handy.

POWER BOWL TIP

For a balanced meal, aim for these bowl proportions:
½ veggies/fruit (fresh, frozen, canned),
¼ whole grain or starchy veggie,
¼ protein.



Dietitians' Top Tips

LOAD ON THE VEGGIES AND FRUIT.

Fill half your bowl with raw and/or cooked veggies. And why not add some fruit?

- **Try:** coleslaw mix, grated carrots, cherry tomatoes and leftover cooked vegetables, such as roasted beets, steamed broccoli, or sautéed leafy greens. Add seasonal fruit like apple or pear slices, berries or melon.

ADD A GRAIN OR STARCHY VEGGIE.

Heat up any leftover cooked grains or cooked starchy veggies.

- **Try:** rice, wheat berries, barley, quinoa, farro, pasta, couscous, potatoes, sweet potatoes, turnip, plantain, squash or pumpkin.

ADD A PROTEIN-PACKED FOOD OR TWO.

Mix and match your protein food choices for a greater variety of nutrients.

- **Try:** canned beans, canned lentils, cubed tofu, shredded cheese, canned tuna, leftover cooked meat, hummus, thawed frozen edamame.

DRESS IT UP

Choose a dressing and a garnish for the finishing touch.

- **Try:** Drizzle with lemon juice, sriracha, peanut sauce or soy sauce. Sprinkle with sliced green onions, a few nuts or seeds (e.g., peanuts, sunflower seeds, sesame seeds) or baked pita crisps.

HOT TIP

Shop at home first! Get into the habit of doing an ingredient inventory before you go to the store – you might have more food on hand than you realize. That way, you won't waste money buying food you don't need – and you won't waste food either!



GOOD TO KNOW

Wasted food is wasted money! The average Canadian household wastes about 4.5 meals a week, which adds up to \$1,100 per year.¹

Reference

1. Love Food Hate Waste Canada. (2021). Food Waste in Canadian Homes in 2020. Love Food Hate Waste Canada.

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friendly registered dietitian.

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