



# SWEET AND SALTY Salsa WITH FETA

**RECIPE PROVIDED BY:** Dairy Farmers of Canada

**RECIPE SOURCE:** [Cookspiration.com](http://Cookspiration.com)

## RECIPE INFO

**SERVINGS:** 4 to 6

**PREPARATION TIME:**

5 minutes

## INGREDIENTS

1 cup (250 mL) Canadian Feta,  
finely diced

1 cup (250 mL) watermelon, finely  
diced

1 cup (250 mL) cantaloupe, finely  
diced

1 cup (250 mL) red bell pepper,  
finely diced

1 cup (250 mL) pineapple, finely  
diced

1/4 cup (60 mL) red onion, chopped

1/4 cup (60 mL) fresh cilantro,  
chopped

Freshly ground pepper

## INSTRUCTIONS

### STEP 1

In a large bowl, mix all the ingredients together and season with pepper.

### STEP 2

Serve with meat or grilled fish, or as an accompaniment to Mexican dishes.

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# MONTEREY JACK AND EGG PITA POCKETS

**RECIPE PROVIDED BY:** Dairy Farmers of Canada

**RECIPE SOURCE:** [Cookspiration.com](http://Cookspiration.com)

## RECIPE INFO

**SERVINGS:** 4

**PREPARATION TIME:**  
15 minutes

## INGREDIENTS

1/2 cup (125 mL) pizza sauce, no salt added

4 eggs, scrambled

2 1/2 cups (625 mL) your choice of vegetables (zucchini, bell peppers, celery, green onions, etc.), grated

6 oz (180 g) Canadian Monterey Jack, grated

12–15 whole wheat mini-pitas (or 4 large pitas), cut in half

## INSTRUCTIONS

### STEP 1

Mix pizza sauce, eggs, vegetables and Monterey Jack.

### STEP 2

Stuff pita halves with the mixture and add to lunch box, along with crudités.

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# MEXICAN SQUASH AND BEAN SALAD

**RECIPE PROVIDED BY:** Dairy Farmers of Canada

**RECIPE SOURCE:** [Cookspiration.com](http://Cookspiration.com)

## RECIPE INFO

**SERVINGS:** 4

**PREPARATION TIME:** 20 minutes

**COOKING TIME:** 25 minutes

## INGREDIENTS

1 tbsp (15 mL) butter  
1 small onion, chopped  
2 cloves garlic, minced  
1 tbsp (15 mL) chili powder  
1 tsp (5 mL) dried oregano  
Salt and pepper  
1 1/2 cups (375 mL) diced (1/2 inch/1 cm pieces) fresh or frozen butternut squash, thawed  
1/2 cup (125 mL) water  
1 1/2 cups (375 mL) canned no-salt-added diced tomatoes with juice  
1 cup (250 mL) cooked or drained and rinsed canned unsalted black beans  
1/2 cup (125 mL) frozen corn kernels, thawed  
2 small corn or whole wheat tortillas  
1/2 to 1 tsp (2 to 5 mL) grated lime zest  
1 1/2 tbsp (22 mL) freshly-squeezed lime juice, divided  
1/2 cup (125 mL) plain Greek yogurt  
1 cup (250 mL) shredded Mozzarella  
8 cups (2 L) torn romaine lettuce  
1 cup (250 mL) cherry tomatoes, cut in half  
Chopped fresh cilantro (optional)

## INSTRUCTIONS

### STEP 1

Preheat oven to 350°F (180°C). Line a large baking sheet with parchment paper.

### STEP 2

In a large skillet, melt butter over medium heat. Sauté onion, garlic, chili powder, oregano, 1/8 tsp (0.5 mL) salt and 1/4 tsp (1 mL) pepper for about 2 minutes or until onion starts to soften. Add squash and sauté for 1 minute or until onion is soft. Stir in water. Cover and boil for 5 minutes.

### STEP 3

Stir in canned tomatoes, beans and corn. Reduce heat to medium-low, cover and boil gently, stirring occasionally, for about 15 minutes or until squash is soft.

### STEP 4

Meanwhile, cut each tortilla into 12 thin wedges. Arrange in a single layer on prepared baking sheet. Bake in preheated oven for 8 to 10 minutes or until golden and crisp. Set aside.

### STEP 5

In a small bowl, stir lime zest and 1/2 tbsp (7 mL) lime juice into yogurt and season with a pinch each of salt and pepper.

### STEP 6

Remove squash mixture from heat. Stir in remaining lime juice and half of the shredded cheese until melted. Season to taste with pepper and up to 1/8 tsp (0.5 mL) more salt.

### STEP 7

In a large bowl, combine half of the lime yogurt and lettuce; toss to coat. Divide lettuce among serving plates. Spoon squash mixture on top of salad and top with remaining shredded cheese and grape tomatoes. Dollop with remaining lime yogurt, top with baked tortilla chips. Sprinkle with cilantro (if using).

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# ROASTED SALMON AND BROCCOLI WITH LEMON PARMESAN SAUCE

**RECIPE PROVIDED BY:** Dairy Farmers of Canada

**RECIPE SOURCE:** [Cookspiration.com](https://www.cookspiration.com)

## RECIPE INFO

**SERVINGS:** 4

**PREPARATION TIME:**  
15 minutes

## INGREDIENTS

2 cloves garlic, divided  
1/4 tsp (1 mL) salt  
Pepper  
1 tbsp (15 mL) butter, melted, divided  
2 tsp (10 mL) olive oil  
Grated zest of 1/2 lemon  
1/4 cup (60 mL) freshly squeezed lemon juice  
6 cups (1.5 L) broccoli florets (about 1 large bunch)  
4 pieces salmon fillet, 1/2-inch (1 cm) thick (each about 4 oz/125 g)  
2 tbsp (30 mL) cornstarch  
2 cups (500 mL) milk  
1/4 cup (60 mL) Parmesan cheese, grated

## INSTRUCTIONS

### STEP 1

Preheat oven to 425°F (220°C). Line a large rimmed baking sheet with parchment paper or foil.

### STEP 2

In a small bowl, combine 1 clove of garlic, salt, 1/4 tsp (1 mL) pepper, 1 tsp (5 mL) of the melted butter, oil and 2 tbsp (30 mL) of the lemon juice.

### STEP 3

On prepared baking sheet, drizzle about half of the garlic mixture over broccoli and toss to coat; spread over half of the baking sheet. Pat salmon fillets dry and place on baking sheet beside broccoli, spacing fillets at least 1/2 inch (1 cm) apart. Brush with remaining garlic mixture. Set aside.

### STEP 4

In a small saucepan, heat remaining 2 tsp (10 mL) butter over medium heat. Sauté remaining clove of garlic for 1 minute. Whisk cornstarch with milk and stir into saucepan; bring to a boil, whisking often. Boil, whisking, for about 3 minutes or until slightly thickened. Remove from heat and whisk in lemon zest and Parmesan cheese; drizzle in remaining lemon juice, while whisking, until blended. Season to taste with pepper.

### STEP 5

Meanwhile, roast broccoli and salmon for about 8 minutes or until broccoli is browned and tender and salmon just flakes easily with a fork.

### STEP 6

Divide broccoli and salmon among serving plates and drizzle with sauce.

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# SPICED CHIA PUDDING

**RECIPE PROVIDED BY:** Dairy Farmers of Canada

**RECIPE SOURCE:** [Cookspiration.com](https://www.cookspiration.com)

## RECIPE INFO

**SERVINGS:** 7

**PREPARATION TIME:**

10 minutes

**REFRIGERATION TIME:**

12 hours

## INGREDIENTS

2 cups (500 mL) 1% milk  
3 tbsp (45 mL) honey  
1/8 tsp (0.5 mL) ground ginger  
1/8 tsp (0.5 mL) ground cardamom  
1/4 tsp (1 mL) vanilla extract  
1/4 tsp (1 mL) ground cinnamon  
1/3 cup (75 mL) black or white chia seeds  
1/3 cup (75 mL) 1% vanilla yogurt  
1/2 cup (125 mL) strawberries or other fresh fruit of the season

## INSTRUCTIONS

### STEP 1

In a saucepan, heat milk, honey, vanilla and spices over medium heat until milk is steaming. Transfer mixture to a bowl and let sit for 10 minutes. Stir in chia seeds. Refrigerate 12 hours or more.

### STEP 2

Mix in yogurt. Divide three quarters of the strawberries into seven glass bowls. Scoop equal amounts of the chia pudding into each. Top with the remaining strawberries.

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# BALSAMIC CHIC AVOCADO TOAST

**RECIPE PROVIDED BY:** Avocados from Mexico

**RECIPE SOURCE:** [Cookspiration.com](http://Cookspiration.com)

## RECIPE INFO

**SERVINGS:** 1-2

## INGREDIENTS

2 slices multigrain bread, toasted  
1 Avocado from Mexico, sliced  
6-8 cherry tomatoes, halved  
10-12 bocconcini pearls  
A few fresh basil leaves  
Balsamic vinegar reduction  
Fresh ground pepper to taste

## INSTRUCTIONS

### STEP 1

Toast the bread slices under the broiler until they reach the desired shade.

### STEP 2

Arrange the avocado slices on the toasted bread and garnish with the cherry tomatoes.

### STEP 3

Add the bocconcini pearls and drizzle the balsamic vinegar over them.

### STEP 4

Garnish with the basil leaves and add pepper to taste.

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# STACKED PANZANELLA SALAD WITH AVOCADO

**RECIPE PROVIDED BY:** Avocados from Mexico

**RECIPE SOURCE:** [Cookspiration.com](https://www.cookspiration.com)

## RECIPE INFO

**SERVINGS:** 4

## INGREDIENTS

2 cups of tomatoes, diced  
2 cups of baguette bread, diced  
¾ cup of red onion, minced  
½ cup of basil, thinly sliced  
¾ cup of feta cheese, diced  
2 Avocados from Mexico, diced  
2 cups of grilled chicken or grilled shrimps (optional)  
125 ml of olive oil  
25 ml of wine vinegar  
50 ml of herbs

## INSTRUCTIONS

### STEP 1

Divide all salad ingredients into 4 even portions.

### STEP 2

Place a portion of bread in a large mason jar.

### STEP 3

Follow up by stacking the diced tomatoes, diced cucumbers, onions, diced feta cheese and basil, in that order.

### STEP 4

Add French dressing and seal the jar.

### STEP 5

Shake the jar vigorously.

### STEP 6

Garnish with diced avocados.

### STEP 7

Add grilled chicken or grilled shrimp for a protein boost.

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# MINT BASIL GUACAMOLE

**RECIPE PROVIDED BY:** Avocados from Mexico

**RECIPE SOURCE:** [Cookspiration.com](https://www.cookspiration.com)

## RECIPE INFO

**SERVINGS:** 4-6

## INGREDIENTS

4 ripe Avocados from Mexico  
3 tablespoons fresh mint (finely chopped)  
3 tablespoons fresh basil (finely chopped)  
1 ½ limes (juiced)  
½ teaspoon smoked paprika (plus more for sprinkling)  
1 ½ teaspoons Himalayan or sea salt  
Small handful pumpkin seeds  
Small handful sunflower seeds  
150g container of soft tofu (optional)  
Tortilla chips  
Cucumber slices (optional)

## INSTRUCTIONS

### STEP 1

Mix all ingredients together in a medium-sized bowl using two forks. Add the soft tofu if you prefer a 'lighter' guacamole. Sprinkle lightly with smoked paprika.

### STEP 2

Serve with tortilla chips and/or cucumber slices (another light option, if you prefer).

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# AVOCADO, MANGO, AND BLACK BEAN SALAD ON WILTED KALE

**RECIPE PROVIDED BY:** Avocados from Mexico

**RECIPE SOURCE:** [Cookspiration.com](http://Cookspiration.com)

## RECIPE INFO

**SERVINGS:** 4

## INGREDIENTS

½ medium bunch kale – stems removed and finely chopped  
1, 14 oz. (398 ml) can black beans (no added salt) – drained and rinsed  
1 mango – peeled, pitted, diced  
½ medium red onion – diced  
1 ripe avocado from Mexico – peeled, pitted and diced  
2-3 tablespoons crushed unsalted peanuts  
The juice of one lime  
2 tablespoons extra virgin olive oil (EVO)  
2 teaspoons honey  
2-3 dashes Tabasco (or to desired taste)  
Pinch of salt  
Pinch of red pepper flakes

## INSTRUCTIONS

### STEP 1

In a small bowl whisk together lime juice, EVO, honey, tobacco, salt, and red pepper flakes.

### STEP 2

Remove the stems from the kale and discard. Finely chop the kale (the smaller the better).

### STEP 3

Wash the kale and spin dry. Place dried kale into a large salad bowl. Add about ⅓ of the dressing to the kale and toss with salad tongs or massage with hands for about 1 minute. Make sure it is evenly coated. Let the kale sit in the fridge while you do the next step.

### STEP 4

Drain and rinse black beans and place in a medium sized bowl.

### STEP 5

Remove skin and pit of mango and dice.

### STEP 6

Remove the outer skin and ends of the onion and dice.

### STEP 7

Add the mango, onion, and the remainder of the dressing to the black beans and toss until ingredients are evenly distributed. Remove the kale from the fridge. Place the bean mixture on top of the kale. Sprinkle the diced avocados over the bean mixture and then the crushed peanuts over the whole salad.

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# LEMONY ROASTED POTATO AND AVOCADO SALAD

**RECIPE PROVIDED BY:** Avocados from Mexico

**RECIPE SOURCE:** [Cookspiration.com](http://Cookspiration.com)

## RECIPE INFO

**SERVINGS:** 4-6

## INGREDIENTS

7 medium yellow potatoes  
3 ripe Avocados from Mexico (cut into cubes)  
Zest from 2 lemons  
Juice from 2 lemons  
6 thin slices of lemon  
1 head of garlic (separated, peeled and minced)  
1 ½ teaspoons sea salt  
1 teaspoon pepper  
⅓ cup olive oil

## INSTRUCTIONS

### STEP 1

Chop potatoes into large chunks and place them in a Ziploc type bag. Add all remaining ingredients to the bag, save the avocados and the thin slices of lemon.

### STEP 2

Close the bag and suck out any air. With your hands massage the marinade into the potatoes and place in the fridge overnight (12 hours is ideal... but the longer the better! ... up to three days).

### STEP 3

Once the potatoes are marinated, preheat oven to 400°F. Dump potatoes onto two pans and spread them out (so they are not touching). Roast for about 50 minutes or until golden brown.

### STEP 4

Once roasted, add potatoes to a large salad bowl along with cubes of avocado and finish with a squeeze of lemon juice, a sprinkle of sea salt and a few thin slices of lemon. No dressing necessary!

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# EGGPLANT DIP

**RECIPE PROVIDED BY:** Diabetes Canada

**RECIPE SOURCE:** [Cookspiration.com](http://Cookspiration.com)

## RECIPE INFO

**MAKES:** 2 cups (500 mL)

## INGREDIENTS

- 1 eggplant
- 3 green onions, finely chopped
- 1 large tomato, peeled and chopped
- 1 small clove garlic, finely chopped
- 1/2 stalk celery, finely chopped
- 1 tbsp (15 mL) freshly squeezed lemon juice or white wine vinegar
- 1 tbsp (15 mL) vegetable oil
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) freshly ground black pepper

## INSTRUCTIONS

### STEP 1

Preheat oven to 400°F (200°C).

### STEP 2

Prick eggplant in several places with a fork. Place in baking pan and roast in preheated oven for 30 minutes. Let cool, then peel and finely chop.

### STEP 3

In a bowl, combine chopped eggplant, green onions, tomato, garlic and celery. Add lemon juice, oil, salt and pepper. Cover and refrigerate for at least 4 hours to blend the flavors.

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# TACO SOUP

**RECIPE PROVIDED BY:** Diabetes Canada

**RECIPE SOURCE:** [Cookspiration.com](http://Cookspiration.com)

## RECIPE INFO

**MAKES:** 13 cups (3.25 L)

## INGREDIENTS

1 lb (500 g) of lean ground beef  
1 medium onion, chopped  
2 large stalks of celery, chopped  
1 green pepper, chopped  
28 ounce (796 mL) can tomatoes, diced or whole  
19 ounce (540 mL) can kidney beans, rinsed  
19 ounce (540 mL) can black beans, rinsed  
2 cups (500 mL) of frozen kernel corn  
2 tsp (10 mL) chili powder  
1 tsp (5 mL) each of cumin, oregano, paprika and garlic powder  
½ tsp (2 mL) of black pepper  
2 cups (500 mL) water  
Garnish: dollop of fat-free sour cream

## INSTRUCTIONS

### STEP 1

Brown the hamburger meat at low-medium heat. Drain off any fat.

### STEP 2

Add the onions, celery and green pepper. Cook until soft.

### STEP 3

Add the rest of the ingredients. Add water if soup seems too thick.

### STEP 4

Bring to a boil, then cover and simmer for 30 minutes. Add extra water if getting too thick.

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# VEGGIE BURGERS

**RECIPE PROVIDED BY:** Diabetes Canada

**RECIPE SOURCE:** [Cookspiration.com](http://Cookspiration.com)

## RECIPE INFO

**SERVINGS:** 5

## INGREDIENTS

1 can (19 oz/540 mL) brown lentils, drained and rinsed  
2/3 cup (150 mL) dry bread crumbs  
1/4 cup (60 mL) finely chopped onion  
1/4 cup (60 mL) finely chopped celery  
1/2 tsp (2 mL) salt  
1/2 tsp (2 mL) freshly ground black pepper  
1 tsp (5 mL) Worcestershire sauce  
1 tbsp (15 mL) vegetable oil  
1/2 cup (125 mL) shredded Cheddar or Swiss cheese

## INSTRUCTIONS

### STEP 1

In a large bowl, mash lentils. Stir in bread crumbs, onion, celery, salt, pepper, 1/3 cup (75 mL) water and Worcestershire sauce until well blended. Form into five 3/4-inch (2 cm) thick patties.

### STEP 2

In a skillet, heat oil over medium heat. Cook burgers for about 5 minutes per side or until browned on both sides. Top each with cheese.

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# SPANISH BULGUR

**RECIPE PROVIDED BY:** Diabetes Canada

**RECIPE SOURCE:** [Cookspiration.com](http://Cookspiration.com)

## RECIPE INFO

**SERVINGS:** 8

## INGREDIENTS

2 tbsp (30 mL) vegetable oil  
1 clove garlic, finely chopped  
1 cup (250 mL) thinly sliced carrot  
1/2 cup (125 mL) coarsely chopped onion  
1 1/4 cups (300 mL) coarse bulgur  
1 can (19 oz/540 mL) no-salt-added diced tomatoes, with juice  
2 tsp (10 mL) paprika  
1 tsp (5 mL) dried tarragon or oregano  
1 tsp (5 mL) salt  
Pinch freshly ground black pepper  
2 1/4 cups (550 mL) hot Vegetable Stock or Chicken Stock  
1 cup (250 mL) coarsely chopped celery  
1 cup (250 mL) coarsely chopped green or red bell pepper  
1 cup (250 mL) rinsed drained canned or cooked chickpeas  
1/2 cup (125 mL) coarsely chopped soy nuts

## INSTRUCTIONS

### STEP 1

In a skillet, heat oil over medium heat. Sauté garlic, carrot and onion for 5 minutes. Add bulgur and sauté for about 3 minutes or until bulgur is coated with pan juices.

### STEP 2

Stir in tomatoes with juice, paprika, tarragon, salt, pepper and stock; bring to a boil. Stir in celery and green pepper; reduce heat to low, cover and simmer for 15 minutes or until bulgur is almost tender.

### STEP 3

Stir in chickpeas and soy nuts; cover and simmer for 5 minutes or until bulgur is tender and juices are absorbed. Remove from heat and let stand, covered, for 10 minutes. Fluff with a fork.

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# EASY CHICKEN CURRY

**RECIPE PROVIDED BY:** Diabetes Canada

**RECIPE SOURCE:** [Cookspiration.com](http://Cookspiration.com)

## RECIPE INFO

**SERVINGS:** 6 large or 9 small

## INGREDIENTS

1 tbsp (15 mL) vegetable oil  
¼ cup (60 mL) water  
2 medium onions, chopped  
6 cloves garlic, crushed or finely chopped  
1 tbsp (15 mL) curry powder  
2 tbsp (30 mL) garam masala  
½ tsp (2 mL) salt (optional)  
19 oz (540 mL) can of tomatoes (whole or chopped)  
¼ cup (60 mL) packed fresh cilantro, finely chopped  
1 cup (250 mL) unflavored low-fat yogurt  
1 cup (250 mL) of chicken stock (1 package reduced salt bouillon + 1 cup/250 mL water)  
18 skinned chicken drumsticks or thighs, skin removed (3½ lbs/1.7 kg weight with skin and bones or 3 lbs/1.5 kg weight with skin removed)  
¼ cup (60 mL) fresh cilantro, roughly chopped, for topping

## INSTRUCTIONS

### STEP 1

To a large heavy pot, heat the oil and water at low to medium. Add the onions and garlic to the pot. Cook until soft. Add the spices, stirring frequently, and cook for one or two minutes until the spices are well blended. Add a bit of water if too dry.

### STEP 2

Add to the pot, the tomatoes, cilantro, yogurt and chicken stock. Blend together, then add the chicken pieces.

### STEP 3

Cover the pot and simmer gently at low-medium heat. Stir periodically. Cook for 1–1½ hour, or until chicken is cooked. If too thick, add extra chicken stock or water if needed. If too thin, cook for the last 15–30 minutes without the lid.

### STEP 4

After cooking, add chopped cilantro.

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