

# CELEBRATE FOOD... FROM FIELD TO TABLE!

## COOK TOGETHER



Dietitians of Canada's Nutrition Month 2011 campaign focuses on a celebration of food – right from where it's grown and harvested all the way to appetizing and healthy food on our tables. Discover ideas on how to celebrate food with your family.

Eating together as a family has many healthy benefits – kids and teens from families who eat together, eat better – they eat more fruits, vegetables and milk products.

Healthy cooking tastes delicious. You and your family can cook and enjoy delicious, healthy meals from Canada's rich food bounty together. Here's a sample Tuesday dinner menu from Dietitians of Canada's "COOK!" showing you how everyone can lend a hand to get a healthy meal on the table in a snap.

Recipe	Family Duties
<b>Sunny Day Shepherd's Pie</b>	Teens chop onions, celery, carrots. Adult cooks beef, adds vegetables and makes sauce. Younger children 'mash' sweet potatoes and place over beef/vegetable mixture. Adult puts in/takes out of oven and serves.
<b>Kid-friendly Garden Salad*</b>	Teens prepare the salad dressing on Sunday and refrigerate; teens cut up the veggies on Tuesday; younger kids portion the veggies and dressing.
<b>Warm Canadian Winter Fruit Salad*</b>	Adult cuts fruit after dinner for fruit salad and prepares.
<b>Glass of milk</b>	Teens help younger children to pour milk in glasses.

\* See recipes on [www.dietitians.ca](http://www.dietitians.ca)  
All recipes are from Dietitians of Canada's "Cook!"

Make healthy meal preparation a family affair. Below are some tips to get everyone involved:

#### Assign duties to family members:

- Set the table
- Fill glasses with milk
- Clean dishes as the meal is being prepared
- Put scraps in compost or other bins
- Fill the dishwasher

#### Conversation starters about food... Ask:

- Where in Canada are sweet potatoes grown?
- How are sweet potatoes different from yams?
- Do canned fruits have less nutrients than fresh?

Getting the whole family involved helps lighten the load for any one person. It's fun and rewarding to cook together and sitting at the table allows for time to catch up on everyone's day and enjoy a delicious, nutrient-rich, home cooked meal together.

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## Sunny Day Shepherd's Pie

Makes 6 servings



- Preheat oven to 350°F (180°C)
- 8-inch (20 cm) square glass baking dish

1 lb	extra-lean ground beef	500 g
1/2 cup	chopped onion	125 mL
1/2 cup	chopped carrot	125 mL
1/2 cup	chopped celery	125 mL
1/2 tsp	freshly ground black pepper	2 mL
1/4 tsp	salt	1 mL
1/4 tsp	ground nutmeg	1 mL
1	clove garlic, minced	1
1-1/2 tbsp	all-purpose flour	22 mL
1-1/4 cups	reduced-sodium beef broth	300 mL
1/2 cup	drained no-salt-added canned corn	125 mL
2 cups	mashed sweet potatoes (about 2 medium)	500 mL

1. In a large skillet, over medium-high heat, cook beef, breaking it up with the back of a spoon, for about 8 minutes or until no longer pink. Using a slotted spoon, transfer beef to a bowl and set aside. Drain off all but 2 tsp (10 mL) fat from the pan.
2. Reduce heat to medium. Add onion, carrot, celery, pepper, salt and nutmeg to the skillet and sauté for 4 to 5 minutes or until vegetables are softened. Add garlic and sauté for 30 seconds. Sprinkle with flour and cook, stirring, for 1 minute. Gradually stir in broth and bring to a boil; boil, stirring, until thickened. Return beef and accumulated juices to the pan and stir to coat.
3. Pour beef mixture into baking dish. Sprinkle corn evenly over top. Spread sweet potatoes evenly over corn.
4. Bake in preheated oven for 35 to 40 minutes or until a knife inserted in the center comes out hot.

**Nutrients per serving:** Calories 241, Fat: 6.6 g, Saturated fat: 2.7 g, Sodium: 312 mg (13% DV), Carbohydrate: 26 g, Fibre: 4 g (16% DV), Protein: 19 g, Calcium 50 mg (5% DV) and Iron: 2.6 mg (19% DV)

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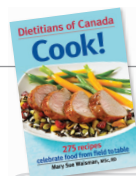


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Visit [www.dietitians.ca](http://www.dietitians.ca) to discover recipes from Dietitians of Canada's "COOK!"

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For more information about Nutrition Month, visit [www.dietitians.ca](http://www.dietitians.ca). Nutrition Month is brought to you by Dietitians of Canada and thousands of dietitians across the country, in collaboration with the campaign sponsors.

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